

Sponsored by the
Front Porch Coalition and the Rapid
City Suicide Prevention Taskforce

Cost is \$95 to attend. Participants
will receive a copy of the QPR Suicide
Triage Document, a nationally recog-
nized, evidence-based suicide assess-
ment tool.

Participants will also learn about the
United States National Strategy for
Suicide Prevention and where to lo-
cate major suicide prevention web-
sites and online resources.

Continuing education credits have
been applied for
from the South Dakota Board of
Counselor Examiners,
South Dakota Board of Social Work
Examiners,
The Certification Board for
Alcohol and Drug Professionals, and
the South Dakota Board of Emer-
gency Medical Services.

Please RSVP to
fpcoffice@midconetwork.com
as space is limited.



915 Mountain View Road
Rapid City, SD 57702

Phone: 605-348-6692

Fax: 605-348-6696

www.frontporchcoalition.org



Advanced QPR (Question, Persuade, Refer) Suicide Triage Training for First Responders

**February 20, 2013
8:00am-5:00pm**

**Turnac Tower @ 909 St. Joseph Street,
Ste 101, Rapid City, SD
(Lincoln Room in the basement of
Casey Peterson & Associates)**

**Developed by: Dr. Paul Quinnett,
Ph.D.,
Presented by: Stephanie Schweitzer
Dixon,
Mental Health & Suicide Postvention
Educator,
Front Porch Coalition**

**Hosted by Front Porch Coalition &
The Rapid City
Suicide Prevention Taskforce**

Advanced QPR (Question, Persuade, Refer) Suicide Triage Training

The QPR Triage interview is a strategic intervention designed to: a) Engage, detect, and assess immediate risk for suicide, b) probe all areas of suicide risk and protective factors according to the core principles and subcomponents recommended by the National Suicide Prevention Lifeline, c) reduce immediate risk if present (including removing means of suicide, rallying immediate supports reducing isolation, and talking the person down from an agitated state, interjecting reasons to live, etc., and d) get the suicidal person to a professional for further assessment or treatment.

The training will provide participants with the skills necessary to provide a tactical interview and risk analysis guide designed to help the responder obtain critical, dynamic information about the nature, urgency, and context of a suicidal crisis, as well as the current level of immediate risk. The QPR Suicide Triage Document is a nationally recognized and evidence-based suicide assessment tool first responders will learn how to use to aid them in provide comprehensive suicide risk assessment and reduction practices.

Participants will be taught about the relationship of mental illness and substance abuse to suicide ideation, attempts and completions, the risks of co-occurring disorders, and the current research on effective treatments for suicidal behaviors.

8:00–8:30 a.m. Registration

8:30–9:30 a.m. Introductions, overview of training, lecture/video: Review of Risk Factors and Epidemiology of Suicide in North America

9:30–9:45 a.m. Break

9:45–10:45 a.m. Lecture/video: Suicide and Mental Illness, Risk Factors by DSM-IV Groups

10:45–11:00 a.m. Break

11:00–Noon Session Continued with Special risk information, e.g. Police Statistics, First Responder Statistics, etc., Q&A

Noon–1:00 p.m. Lunch ("on your own")

1:00–2:15 p.m. Lecture: Current Climate of Suicide Risk Assessment. Reading Handout Discussed. Review of the QPR Suicide Triage Document

2:15 p.m.–2:30 p.m. Break

2:30–4:00 p.m. Introduction of the QPR Method and Discussion; Including Role Play Scenarios

4:00–4:15 p.m. Break

4:15–5:00 p.m. Q&A; testing and evaluation

- Describe the scope of the problem of suicide nationally and in his or her state or province
- Understand basic information about the nature of suicide and what people are most at risk of attempting or dying by suicide
- Know how to conduct an initial suicide risk assessment method used by thousands of mental health professionals
- Learn to speak the language of suicide (think terminology) to reduce referral friction from professionals
- Know how to document precise and accurate suicide risk information in a concise and competent manner
- Know how to immediately reduce the acute distress, despair, and hopelessness being experienced by the suicidal persons with whom you come into contact by engaging in a helpful, empathic, understanding interview
- Know how to immediately enhance protective factors against suicide by working with the suicidal person to make a safety and survival plan
- Recognize at least three suicide warning signs
- Recognize and identify at least three risk factors for suicide
- Recognize and identify at least three protective factors against suicide
- Understand means restriction and how to immediately reduce risk
- Understand the nature of suicide and describe at least one theory of suicidal behavior
- Demonstrate basic helping skills following suicide attempts or completions
- Describe the relationship of mental illness and substance abuse to suicide and understand the fundamentals of our current knowledge about suicide and its prevention
- Pass a nationally standardized exam demonstrating fundamental knowledge about suicide, its causes, and the current status of suicide prevention in America