



## MEMO

As delivered online from the QPR Institute, the following learning objectives may be used to determine continuing education requirements for gatekeeper training.

### **Minimum learning objectives**

*Participants completing the 1-2 hour QPR Gatekeeper Training for Suicide Prevention should be able to:*

1. Recognize someone at risk for suicide
2. Demonstrate increased knowledge of intervention skills
3. Describe knowledge of referral resources and how to refer someone to help

### **Optional learning objectives**

Depending on the length of the program, what additional content is presented, and whether role-plays or a quiz are included, classroom instructors may elect or require additional learning objectives. Depending on what is included, instructors may select from the following list additional learning objectives.

*Participants completing the QPR Gatekeeper Training for Suicide Prevention as adapted by a classroom instructor should:*

1. Understand suicide as a national and local public health problem
2. Understand the common myths and facts surrounding suicidal behavior
3. Recognize and identify at least three suicide warning signs
4. Describe the relationship of untreated clinical depression and other mental illnesses and substance abuse to increased suicide risk
5. Understand means restriction and how to immediately reduce risk
6. Recognize and identify three risk factors for suicide
7. Recognize and identify three protective factors against suicide
8. Demonstrate how to ask about potential suicidal intent (in role-play)
9. Demonstrate how to listen and persuade someone to get help (in role-play)
10. Demonstrate how to make a referral for professional assistance (in role-play)
11. Describe community and national resources and how to access them

### **Core QPR Gatekeeper Training Curriculum Content**

Based on the needs of young adult and adult learners, extensive testing, and the available scientific literature, the QPR for Suicide Prevention Gatekeeper training program includes the following educational elements delivered in a multimedia format:

- A nine-minute celebrity-hosted video intended inform and orient participants to QPR
- Basic orientation to suicide prevention and the role of gatekeepers
- Disclaimer that QPR is not treatment, but a citizen emergency response to a mental health crisis

- Review of the common myths about suicide and an active cognitive correction of participant false beliefs
- Review and recognition of samples of evidence-based suicide warning signs
- How to set up a QPR intervention (timing, environment, resources)
- How to ask the S (suicide) Question (examples, specific phraseology, anticipated results)
- How to persuade a suicidal person to accept help (active listening skills, focus on problem(s), requests for life-saving action)
- How to refer a suicidal person to local/national resources (accompanied referral, names, numbers, addresses)
- How to improve self-efficacy and enhance hope by offering a personal belief in a positive outcome
- Where possible and time permits, active behavioral rehearsal of QPR skills in role-play situations
- The take-home text QPR booklet which reviews the training and includes the following background risk and protective factor information:
  - definition of a gatekeeper and the role
  - overcoming negative emotional reactions to suicide
  - basic understanding of suicidal behavior
  - definition of suicidal behavior
  - review and listing of multiple warning signs
  - depression as a risk factor for suicide
  - alcohol as a risk factor for suicide
  - review of the progressive QPR steps/sample questions
  - brief tutorial on active listening skills
  - how to deal with resistance
  - what to do in the event the person refuses help
  - recommendations on removal of means of suicide
  - the value of hope and faith in preventing suicide

QPR trained gatekeepers are also provided a three-part reminder folding card suitable for wallet or purse that contains a review of suicide warning signs, the QPR steps, and local and/or national hotlines.