

QPR SUICIDE TRIAGE TRAINING COURSE

QPR Suicide Triage Training for University or Continuing Education Unit credit is an online and multimedia course for all “first responders” including; crisis line workers, law enforcement, fire fighters, EMTs, clergy, case managers, correctional personnel, school counselors, residential staff, and others who come in contact with people at risk for suicide.

THIS COURSE COVERS:

- Size and scope of the suicide problem in America
- Risk factors for suicide
- Relationship of mental illness to suicide
- Current status of suicide risk assessment
- How to Question suicidal persons
- How to Persuade them to accept help
- How to Refer them to resources
- How to determine immediate risk for suicide
- How to document a suicide risk assessment

CREDITS:

- One Eastern Washington University undergraduate credit is available
- Continuing Education Units (CEUs) are available

REQUIREMENTS FOR CREDIT:

- Passing a 25-item post-course nationally benchmarked clinical exam with 75% or more correct responses
- For those seeking university credit, earning a passing grade on final, 5-page paper required (topic must be approved by EWU instructor)

COURSE CONTENT:

- Orientation to QPR Suicide Triage Training
- The Epidemiology of Suicide (65-minute video/CD lecture)
- Mental Illness and Suicide (45-minute video/CD lecture)
- The Current Climate of Suicide Risk Assessment (text file)
- Introduction to the QPR Triage Document
- Learning “How to Ask the Suicide Question”
- Learning triage questions, rationale and samples
- Audio files for documentation practice
- Role play exercises
- Instructions for completing the QPR Triage Document
- Evaluation and quiz with QPR Triage method

COURSE OBJECTIVES:

- State the background, rationale and guidelines for the QPR Suicide Triage Method.
- Identify information on suicide risk reduction practices and critical information on unrecognized suicide risk.
- Discuss the epidemiology of suicide and describe the relationship between mental illness and suicide.
- State at least ten risk factors for suicide and state what methods of suicide are used in America.
- State clinical risk information important to assessing suicidal persons and the current limitations in suicide risk assessment.
- Describe research findings regarding suicide risk versus trait variables and state how and why mental health treatment is critical to saving lives.
- Use the QPR Suicide Triage Interview format, including asking the “Suicide Question,” supporting the suicidal person’s decision to get help, assisting the suicidal person in accessing additional resources and completing the ‘QPR Suicide Triage Document.’