



WHAT IS QPR TRAINING?



Many initiatives in the history of our nation and public health have been successful at reducing deaths, saving lives, and improving quality of life through widespread public health education campaigns. Suicide prevention is no different. We know that suicide intervention cannot be left to the vulnerable person at risk for suicide who may be disoriented, or symptomatic in a psychiatric emergency. Public education has been a key getting help to at-risk individuals.

QPR Gatekeeper Training is a public education skills training just like CPR Training. Do you have CPR certification? Is a CPR certificate a requirement for you at work? Have you ever known someone who applied CPR skills to someone in a cardiological emergency? Do you know someone whose life may have been saved by CPR? To get your CPR training, you went to a qualified trainer who probably used a video or CD and then facilitated practice sessions followed by a quiz. This is exactly how QPR Gatekeeper Training is modeled.

Think of the many public health initiatives that you personally have been touched by: seatbelt safety, child safety seats, hand-washing campaigns to prevent flu, Mothers Against Drunk Driving, STR which stands for Smile, Talk, and Reach...for stroke intervention, fire safety drills such as EDITH (exit drills for the home), texting-can-wait automobile safety, Smoky the Bear forest fires prevention, and many more.

QPR stands for Question, Persuade, and Refer. This online and/or in-class training can teach anyone to recognize suicide warning signs and how to act confidently by questioning the at-risk person, persuading him or her to get help, and directly taking responsibility for referring him or her to an appropriate helping agency or mental health professional.

QPR Gatekeeper was developed by Dr. Paul Quinnett in Washington State, at the QPR Institute (www.qprinstitute.com) and is recognized by national suicide experts as an evidence-based practice.

While under the grant, ASPARC is equipped to purchase and provide the training to any public or professional groups via online and/or classroom combined training. Other special interest groups may find more training options at the QPR Institute.

ASPARC trainers can schedule an online + in-class practice session, or an in-class session.

