Question, Persuade, and Refer Gatekeeper Training for Suicide Prevention (QPR Gatekeeper Training)

TARGET AUDIENCE

This program is for adults who are in positions to recognize and refer someone at risk for suicide.

SUMMARY

The Question, Persuade, and Refer Gatekeeper Training for Suicide Prevention (QPR Gatekeeper Training) program is designed to teach adults how to identify individuals at risk for suicide and take action to prevent any destructive behavior.

EVIDENCE

A randomized controlled trial of 32 schools found that compared to wait-list control groups, participants trained in QPR Gatekeeper Training demonstrated an increased knowledge of suicide issues, increases in abilities to ask appropriate questions about suicide, and better awareness of school policies and abilities to use referral resources for suicidal students. Program effects were maintained 1 year after treatment. One pretest / posttest study with no control group was conducted in a group of clinical and non-clinical staff working for the Department of Veterans Affairs, and results demonstrated a significant increase in knowledge and self-efficacy.

COMPONENTS

QPR Gatekeeper Training is available online or through live training sessions and hosted by Certified QPR Gatekeeper Instructors. Gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, and firefighters. The program intends to teach participants how to intervene in order to prevent another's suicide. The target skills to do this can be remembered by the acronym QPR (Question, Persuade, and Refer).

- Question - Identify the warning signs of suicide and ask about the presence of suicidal thoughts and feelings;
- Persuade - Provide hope and social and spiritual support to those at risk; and
- Refer - Refer person to local resources or 1-800-Suicide for evaluation and further help.

Participants also learn the epidemiology, current statistics, myths, and misconceptions surrounding suicide.

PREVIOUS USE

Over one million people in the United States, Australia, Canada, France, Ireland, Israel, Italy, New Zealand, Puerto Rico, Qatar, and Spain have been trained in QPR Gatekeeper Training.
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## TRAINING

Optional training is available. An 8-hour, on-site Gatekeeper Instructor Certification Course or a QPR Gatekeeper Instructor Certification Self-Study Course costs $495 per person for a minimum of 10 participants. An 8- to 10-hour, online QPR Gatekeeper Instructor Certification Course for English-speaking, bilingual participants outside of the United States and Canada costs $670 per person. Certifications are for 3 years, and re-certification costs $85.

## CONSIDERATIONS

Considerations for implementing this program include understanding that this program can be delivered on-site or online, recruiting instructors, obtaining training for instructors for on-site delivery, and ensuring participants have access to a computer with internet capabilities for online delivery.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

## IMPLEMENTATION

If you are interested in implementing the QPR Gatekeeper Training program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

## TIME

Online and in-person classes are approximately 1 hour. Facilitator planning and preparation will vary and could be extensive.

## COST

Required implementation materials include Ask a Question Save a Life booklet, The Tender Leaves of Hope booklet, and the Helping a Child Survive a Suicide Crisis brochure. The cost of booklets varies from $1.75 to $2.50 each. Brochures cost $40 for 100 copies.

## EVALUATION PLAN

To move the QPR Gatekeeper Training program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

## CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact the QPR Institute by phone 1-888-726-7926 or visit www.qprinstitute.com/

## SOURCE