

Suicide Prevention Trainings and Presentations Menu

Question, Persuade, & Refer (QPR) Gatekeeper Training for Suicide Prevention is a 2- to 3- hour educational program designed to teach “gatekeepers” (those who are strategically positioned to recognize and refer someone at risk of suicide) the warning signs of suicide and how to responsibly respond by following three steps: Question, Persuade, and Refer. QPR Gatekeeper Trainings are free and open to all providers, schools, organizations, and those who live and work in the community. QPR, guided by certified trainers, is a program designed for everyone to learn what can be done to prevent suicide.

Mental Health First Aid is a free 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. Mental Health First Aiders learn a single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports. The **Adult Mental Health First Aid** course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. **Youth Mental Health First Aid** is appropriate for anyone 18 years and older (parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, etc.) how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

More Than Sad teaches students and educators how to be smart about mental health. This program is accompanied by two films. The *Teen Depression* film teaches students about depression, demystifies treatment, and encourages students who are struggling to seek help. The *Preventing Teen Suicide* film, which is intended for educators and other school personnel, covers mental health conditions, the warning signs of suicide, and the steps we can take to get help for at-risk students. This program can be delivered to staff/faculty, parents or teens.

Talk Saves Lives is a community-based 30-45minute presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.

It's Real: Teens and Mental Health is intended for high school classes or community settings with groups of teens, ages from 14 to 18, It's Real: Teens and Mental Health is a 45-minute program that provides young people with mental health education and resources. The program raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.

VA S.A.V.E. is a brief suicide prevention training that helps you act with care and compassion if you encounter a Veteran who is in crisis or having thoughts of suicide. The acronym S.A.V.E. helps you remember the important steps involved in suicide prevention: know the Signs that indicate a veteran might be thinking about suicide; ask the most important question of all — “Are you thinking of killing yourself?”; validate the Veteran’s experience; and encourage treatment and expedite getting help.



Mental Health Advance Directive (MHAD) workshops are appropriate for anyone wanting an overview of MHADs including but not limited to persons in recovery, peers, MH professionals, community partners, case managers, hospital employees, provider agencies, etc. Pennsylvania residents with serious mental illness have the legal option to create a Mental Health Advance Directive (MHAD), as created by Act 194 and implemented in 2005. The MHAD provides individuals with the opportunity to make mental health treatment decisions in advance of potential incapacitation, or inability to make such decisions.

Motivational Interviewing is a training on a counseling method that helps people resolve ambivalent feelings and insecurities to find the internal motivation they need to change their behavior. It is a practical, empathetic, and short-term process that takes into consideration how difficult it is to make life changes. This intervention helps people become motivated to change the behaviors that are preventing them from making healthier choices. It can also prepare individuals for further, more specific types of therapies. Research has shown that this intervention works well with individuals who start off unmotivated or unprepared for change. It is less useful for those who are already motivated to change. Motivational interviewing is also appropriate for people who are angry or hostile. They may not be ready to commit to change, but motivational interviewing can help them move through the emotional stages of change necessary to find their motivation.

Counseling on Access to Lethal Means (CALM) can help you feel prepared to talk with people about means safety. Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. This course is about how to reduce access to the methods people use to kill themselves. It covers who needs lethal means counseling and how to work with people at risk for suicide—and their families—to reduce access. While this course is primarily designed for mental health professionals, others who work with people at risk for suicide, such as health care providers and social service professionals, may also benefit.

Wellness Recovery Action Plan (WRAP) Seminars teach a simple and powerful process for creating the life and wellness you want. With WRAP, you can discover simple, safe, and effective tools to create and maintain wellness; develop a daily plan to stay on track with your life and wellness goals; identify what throws you off track and develop a plan to keep moving forward; and gain support and stay in control, even in a crisis. **WRAP Seminar I** is for anyone in the world who is interested in wellness, recovery, and creating their own evidence-based Wellness Recovery Action Plan (WRAP). In these interactive seminars, participants learn how to develop personal life and wellness goals as they engage in a mutual learning model with other peers. **WRAP Seminar II** gives participants the skills, knowledge, and materials to facilitate WRAP Seminar I in their community and organization. To become certified WRAP Facilitators, participants in Seminar II participate in interactive learning activities, learn how to facilitate the structure of WRAP, illustrate their personal experience with WRAP, and show understanding of WRAP ethics and values.

Suicide: The Ripple Effect is a feature-length(93 minutes) documentary film and movement, focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration and hope that are helping millions heal & stay alive. Seen by over 250,000 people already, across 7 countries, this film is having a global impact. If you are interested in hosting a screening of *Suicide: The Ripple Effect*, please allow for approximately 2.5 hours for a brief introduction, showing of the film, and a 30-minute discussion afterwards. The film highlights the journey of Kevin Hines, who at age 19, attempted to take his life by jumping from the Golden Gate Bridge. Today Kevin is a world-renowned mental health advocate, motivational speaker and author who travels the globe spreading a message of hope, recovery and wellness.

For more information or to schedule a training or presentation, contact Camette Standley, Education & Training Chair, at CMStandley@MagellanHealth.com.

