



# Effectiveness of QPR and Other Gatekeeper Trainings

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# Objectives

- Become familiar with different types of Gatekeeper trainings available
- Identify potential limitations of Gatekeeper trainings according to literature
- Propose solutions to improve long term effectiveness of Gatekeeper trainings



# Definitions

- Gatekeeper
  - Someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.
    - Anyone - parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, etc.
  - Gatekeeper training programs are designed to improve knowledge, skills and motivation to prevent suicide
  - Garrett Lee Smith Memorial Act (2004) – prioritizes the training of suicide prevention gatekeepers



# Gatekeeper Trainings

- Question, Persuade, Refer (QPR)
  - Emergency mental health intervention for suicidal persons created in 1995 by Paul Quinnett
  - 1-2 hour training
  - Key Components:
    - Recognize the warning signs of suicide
    - Be able to ask if a person is experiencing thoughts of suicide
    - Know how to offer hope
    - Know how to get help and save a life
  - Specialized trainings available (3-8 hours trainings)
  - An estimated one million American citizens have been trained in QPR



# Gatekeeper Trainings

- Applied Suicide Intervention Skills Training (ASIST)
  - Developed by Livingworks, 1983
  - 2 day/15 hour training
  - Use of audiovisuals, discussions and simulation
  - Key Components:
    - Recognizing signs of suicide
    - Providing a skilled intervention
    - Developing a safety plan to keep someone alive
  - Over one million people trained in ASIST



# Gatekeeper Trainings

- S.A.V.E.
  - Developed by the Education Corps of the VA Center for Excellence for Suicide Prevention
  - 1-2 hour training
  - Key components:
    - Signs of suicidal thinking should be recognized
    - Ask the most important question of all – “are you thinking of killing yourself?”
    - Validate the Veteran’s experience
    - Encourage treatment and Expedite getting help



# Gatekeeper Trainings

- Has anyone participated in a gatekeeper training?
  
- Trainers of Gatekeeper trainings?





# Research on Effectiveness

- Literature suggests initial effectiveness (trainees reporting higher levels of suicide knowledge, skills, self-efficacy and intent to intervene)
- Pre and post tests often used to determine initial effectiveness
- Effectiveness over time is in question
  - Studies identified significant deterioration after 3 and 6 months in self efficacy
- Limited research on influence on trainees beyond 1 year





# Suggestions to Improve Effectiveness

- Qualitative study results:
  - Social Network
  - Continued Learning
  - Community Outreach
  - Accessibility
  - Reminders
  - Program Improvement
  - Certification
- QPR Institute recommends that at least one person per family unit should be trained in QPR
- Considerations for refresher trainings following initial gatekeeper trainings



# Questions for Consideration

- If refresher trainings are to be offered, how often would be recommended?
  
  
  
  
  
  
  
  
  
  
- What benefits and challenges do you see with providing gatekeeper trainings online?



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