

# Suicide Prevention Training for School Employees (June 2018)

The trainings included in the chart below meet criteria for school employee training as required by IC 20-28-3-6.

Training	Audience	Training Description	Program Outcomes/ Objective	Contact/Cost
<p><b>Applied Suicide Intervention Skills Training (ASIST)</b></p> <p><a href="https://www.livingworks.net/asist/">https://www.livingworks.net/asist/</a></p>	<ul style="list-style-type: none"> <li>• School Counselors</li> <li>• Social Workers</li> <li>• Nurses</li> <li>• School Psychologist.</li> </ul>	<p>A two-day intensive and interactive training aimed at developing “suicide first aid” skills and competencies. This model involves assessment of suicide risk and the development of a “safeplan,” which provides various options depending on present and future risk, available resources and the needs of the person at risk.</p>	<ul style="list-style-type: none"> <li>• Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide.</li> <li>• Discuss suicide in a direct manner with someone at risk.</li> <li>• Identify risk alerts and develop related safe plans.</li> <li>• Demonstrate the skills required to intervene with a person at risk of suicide.</li> <li>• List the types of resources available to a person at risk, including themselves.</li> <li>• Make a commitment to improving community resources.</li> <li>• Recognize that suicide prevention is broader than suicide first-aid and includes life promotion and self-care for caregivers.</li> </ul>	<p>1.888.733.5484</p> <p>Email: <a href="mailto:usa@livingworks.net">usa@livingworks.net</a></p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p>

<p><b>At-Risk for PK-12 Educators Online Program</b></p> <p><a href="https://www.sprc.org/resources-programs/kognito-risk-high-school-educators">https://www.sprc.org/resources-programs/kognito-risk-high-school-educators</a></p> <p><b>Note:</b> This is only a 60-minute training. An additional hour focused on in-person practice of gatekeeper skills (e.g., noticing distress, asking the question, and referring a student to help) and review of local suicide prevention policies and procedures is required. A guidance document is available for this 1-hour practice session <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>• 9-12<sup>th</sup> grade school educators</li> </ul>	<p>60 minutes, online, interactive gatekeeper training</p>	<ul style="list-style-type: none"> <li>• Recognize and respond to signs of psychological distress in students.</li> </ul>	<p>1-212-675-9234</p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p>
<p><b>Question Persuade Refer (QPR)</b></p> <p><a href="https://www.sprc.org/resources-programs/gpr-gatekeeper-training-suicide-prevention">https://www.sprc.org/resources-programs/gpr-gatekeeper-training-suicide-prevention</a></p>	<ul style="list-style-type: none"> <li>• Any and all school personnel</li> <li>• Volunteers</li> </ul>	<p>A two-hour program designed to teach school staff how to recognize and refer someone at risk of by following three steps.</p>	<ul style="list-style-type: none"> <li>• Knowledge about suicide.</li> <li>• Gatekeeper self-efficacy.</li> <li>• Knowledge of suicide prevention resources.</li> <li>• Gatekeeper skills.</li> <li>• Diffusion of gatekeeper training information.</li> </ul>	<p>1.888.726.7926</p> <p>Email: <a href="mailto:gpr@qprinstitute.com">gpr@qprinstitute.com</a></p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p> <p><i>List of QPR certified trainers for Indiana can be accessed on IDOE webpage</i></p>
<p><b>Question Persuade Refer (QPR) Gatekeeper Trainer Certification Course</b></p> <p><i>(Training to become a trainer)</i></p> <p><a href="https://www.qprinstitute.com/become-an-instructor">https://www.qprinstitute.com/become-an-instructor</a></p> <p><b>NOTE:</b> This will count as meeting the requirements of IC 20-28-3-6 as long as the training includes the approved 2-hour QPR training as part of the training day. Only the in-person version is approved, NOT the self-study version.</p>	<ul style="list-style-type: none"> <li>• Any and all school personnel</li> <li>• School volunteers</li> </ul>	<p>An eight-hour training where you will learn how to conduct a QPR Gatekeeper Training, be given valuable teaching tools geared to increase awareness about suicide risk factors, and learn life-saving suicide prevention strategies.</p>	<ul style="list-style-type: none"> <li>• Understanding the nature and range of suicidal communications.</li> <li>• Knowing the groups at greatest risk of suicide and why QPR can work for them.</li> <li>• Suicide and suicide prevention in history.</li> <li>• The how, why and the research.</li> <li>• New and promising approaches to suicide prevention.</li> <li>• How QPR fits into national efforts.</li> </ul>	<p>1.888.726.7926</p> <p>Email: <a href="mailto:gpr@qprinstitute.com">gpr@qprinstitute.com</a></p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p>

<p><b>SafeTALK</b></p> <p><a href="https://www.livingworks.net/safetalk/">https://www.livingworks.net/safetalk/</a></p>	<ul style="list-style-type: none"> <li>• Any and all school personnel</li> <li>• School volunteers (15 years of age and older)</li> </ul>	<p>A half-day (approx. 3.5 hours) alertness training that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper. SafeTALK trained helpers can recognize invitations to help from people having suicidal thoughts, and take action by connecting them with life-saving intervention resources.</p>	<ul style="list-style-type: none"> <li>• Notice and respond to the situations where suicide thoughts might be present</li> <li>• Recognize that invitations for help are often overlooked</li> <li>• Move beyond the common tendency to miss, dismiss, and avoid suicide</li> <li>• Apply the TALK steps: Tell, Ask, Listen, and Keep Safe</li> <li>• Know community resources and how to connect someone with thoughts of suicide to them for further help</li> </ul>	<p>1.888.733.5484</p> <p>Email: <a href="mailto:info@livingworks.net">info@livingworks.net</a></p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p> <p><i>List of SafeTALK certified trainers through the American Foundation of Suicide Prevention can be accessed on IDOE webpage</i></p>
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- Trainings should be data-informed and responsive to address the unique needs of vulnerable populations, such as LGBTQ youth, foster youth, individuals with disabilities, and cultural, ethnic and racial groups.
- Training programs need to be culturally informed and developed with a focus on equity for specific subpopulations.
- All trainings can have instructors focus on specific district subpopulations and equitably address the needs of vulnerable youth.
- All trainings should be responsive to the social, emotional, cultural, educational, physical and developmental needs of the student population.

**To be added as an approved training, the program would need to be an effective or promising program and recommended by the Indiana Suicide Prevention Network Advisory Council. The application process for review and approval is posted [here](#).**