



Kern County Mental Health

Suicide Prevention

Community Education

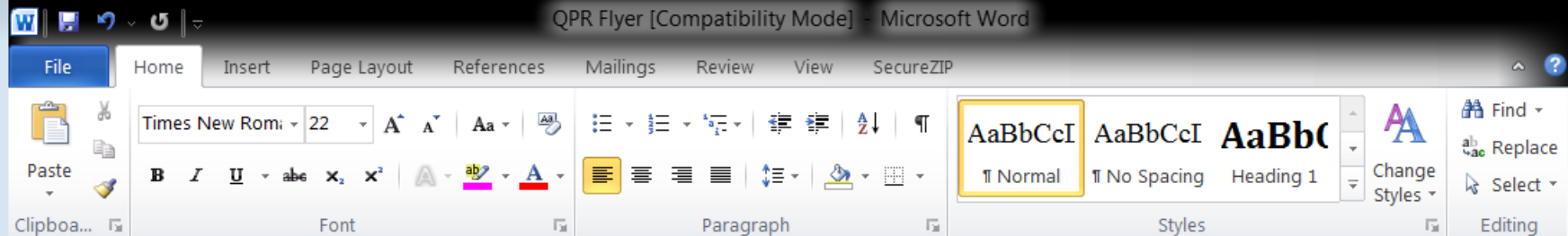
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Project Goals

- Increase the number of people in our community who are aware of:
 - Warning signs of suicide
 - How to intervene to help a person at risk
 - What local resources can help and how to access them
 - Boost Hotline Volunteer recruitment

Community Education Tools

- QPR: Question, Persuade, & Refer
- 90 Minute gatekeeper Training
- We had 6 instructors take the self-study certification course (on own timeline)
- Liked that this could be done in 90 minutes (a good fit for a regular class)
- Relatively inexpensive: \$500 per instructor



QPR

In as little as one and ½ hours, individuals can learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life. Presented by a certified instructor, each QPR training includes information on:

- The problem of suicide nationally & in California
- Common myths & facts associated with suicide
- Warning signs of suicide
- Tips for asking the suicide question
- Methods for persuading suicidal individuals to get help
- Ways of referring at risk people to local resources
- And time for Questions & Answers

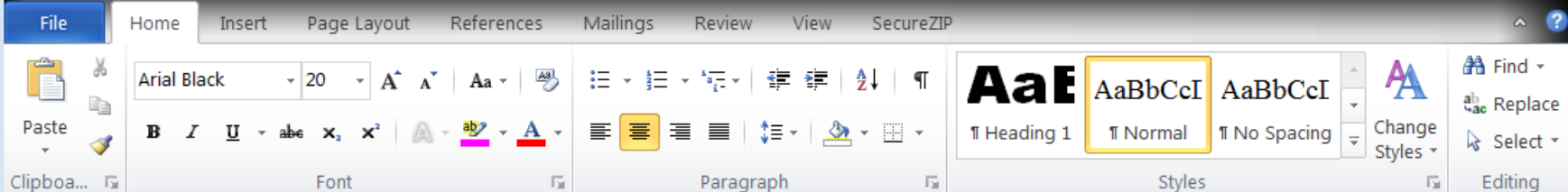
Each attendee will receive a QPR booklet and card with information on suicide prevention, as well as resource information for treatment providers and support groups within their community

Question, Persuade, and Refer
Ask a question, Save a life

FOR MORE INFO CALL:

ASIST

- Applied Suicide Intervention Skills Training
- Two-day workshop teaching SIM with hands-on practice
- Agency already had a group of trainers with a monthly schedule
- Added 2 more through CalMHSA funded T4Ts
- Felt having this level of knowledge really benefitted students going in to field of mental health (target group)



KCMH Presents:

A.S.I.S.T.

Applied Suicide Intervention Skills Training

- **The workshop includes a practical model clearly detailing the steps in an intervention.**
- **Hands on practice ensures you will leave with a concrete understanding of how to apply the concepts learned.**
- **LivingWorks has been helping communities become suicide safer for almost 25 years.**
- **Integrated and coordinated, LivingWorks programs help communities**

Implementation Barriers

- Very few responses to cold email blast to professors/instructors at our local campuses
- Almost no one was able/willing to pay for either training
- In the settings we were invited to, we frequently got only 15 minutes to present (too short for either training)

Implementation Facilitators

- Work with any timeslot you're given
 - 5 minutes: Cover Crisis Hotline and the Know the Signs website
 - 15 minutes: the above and brief talk on warning signs a local resources
 - 90 minutes: QPR
 - Two days: ASIST

Facilitators Continued

- Brief presentations often led to additional opportunities to train staff & students
 - Students who heard 5 or 15 minute talk later contacted us and came to QPR or ASIST (sometimes months later)
 - Foot in the door technique
 - Once people heard what was available, we had more participants for both trainings

Impact

- CSUB Peer counselors took QPR
- CSUB Resident Hall Advisors took QPR
- Several CSUB school counseling students came to ASIST and to our Regional Meeting
- Everyone who heard us present received at a minimum the information about the KCMH Hotline & local MH resources
- Increase in Hotline volunteer numbers from 12 to 26 in the past 18 months (most are CSUB students)

Recommendations

- Always say “yes” to a speaking opportunity, regardless of time allotment
 - Time invested here will lead to further opportunities and greater numbers of people educated/trained (school example: 120)
- Cover costs of training when possible (everyone likes a freebie!)
- Have several levels of presentation available so that requests can be met without having to customize each time
- Partner with other organizations that have trainers or speakers (CSUB partnership)

Sustainability

- Partnering with other local agencies to share cost
- May have to charge a fee, but possibly materials only fee
- Select trainings/programs that do not have a regular renewal fee
- Create your own educational program/presentation (we do this anyway...SOT example)



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