

# **QPR: Question, Persuade, Refer Suicide Prevention Gatekeeper Training**

Mountain View Whisman School District  
Parent Training  
May 9, 2018



**SANTA CLARA COUNTY**  
Behavioral Health Services

# PRE-TRAINING SURVEY

# <http://bit.ly/2DTgaba>



## QPR Pre-training Survey

**SECTION I:** Please provide the following information BEFORE the Gatekeeper Training. The anonymous information you provide will be used to assess the effectiveness of the QPR training.

1. Age (optional) \_\_\_\_\_
2. Gender (optional - check one): ☐ Male ☐ Female
3. Ethnicity (optional -- check one)

<input type="checkbox"/> African American	<input type="checkbox"/> Latino / Hispanic
<input type="checkbox"/> Asian American	<input type="checkbox"/> Native American
<input type="checkbox"/> Caucasian	<input type="checkbox"/> Other: _____
4. Highest grade completed (optional):

<input type="checkbox"/> Junior High	<input type="checkbox"/> 2 years of college
<input type="checkbox"/> High School	<input type="checkbox"/> 4 years of college
<input type="checkbox"/> Trade/vocational school	<input type="checkbox"/> 5+ years of college
5. How would you rate your knowledge of suicide in the following areas?

a) Facts concerning suicide prevention: <input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High	f) Information about local resources for help with suicide: <input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High
b) Warning signs of suicide: <input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High	g) Do you feel that asking someone about suicide is appropriate? <input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Never
c) How to ask someone about suicide: <input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High	h) Do you feel likely to ask someone if they are thinking of suicide? <input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Never
d) Persuading someone to get help: <input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High	i) Please rate your level of understanding about suicide and suicide prevention. <input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High
e) How to get help for someone: <input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High	

**STOP HERE.** Please complete the BACK of this form when your instructor tells you to do so.



# LEARNING OBJECTIVES

Today we will discuss:

1. Overview of suicide in Santa Clara County
2. Warning signs of suicidal ideation
3. Indirect and direct ways of asking the suicide question
4. How to persuade someone to seek help
5. Available resources to refer and connect

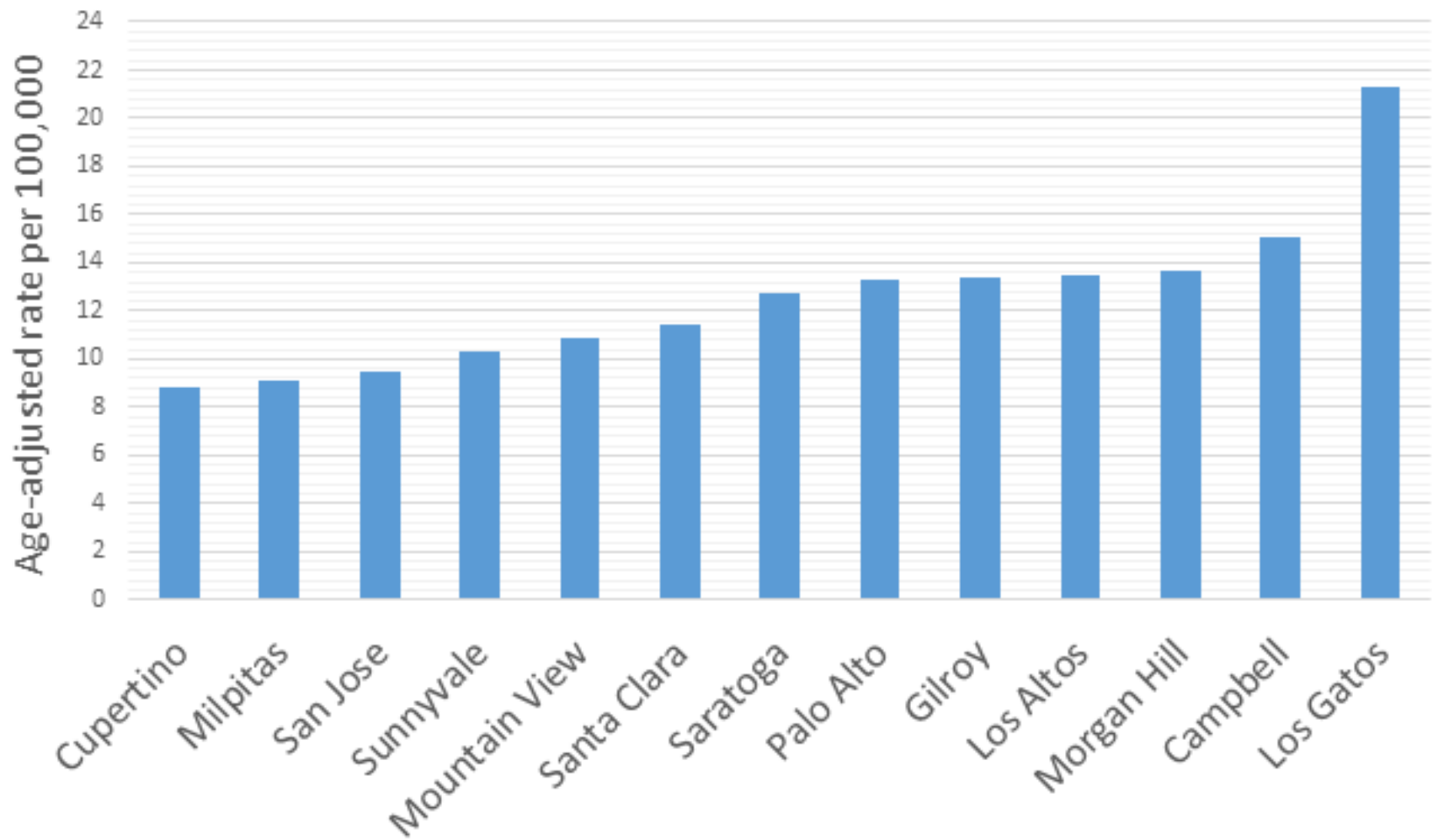
## DISCLAIMER

The subject matter and content of this training may make you feel uncomfortable or upset, and that's okay.

Trainers will remain after the lesson for anyone who would like to talk or ask additional questions.

# Suicide: An Overview

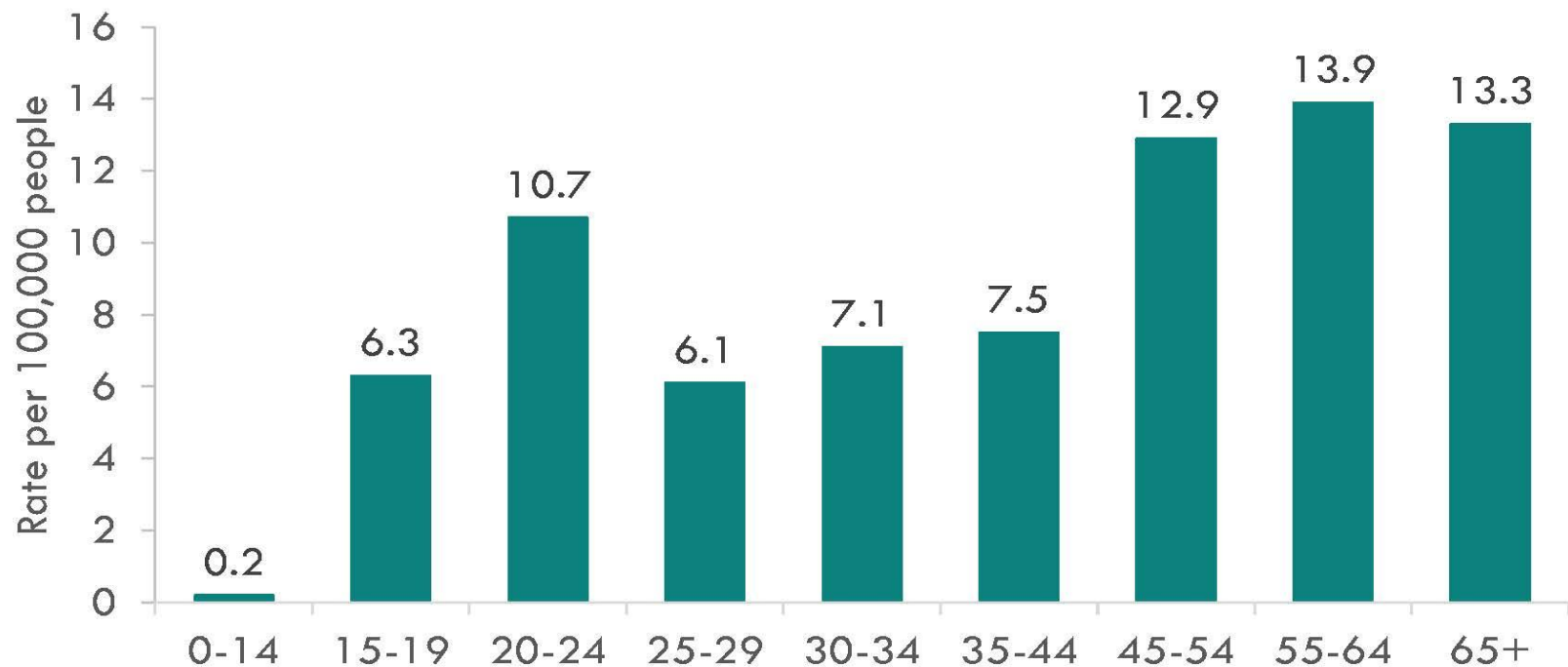
## County Suicide Rates per 100,000 by City (2007-16)



Source: Santa Clara County Public Health Department

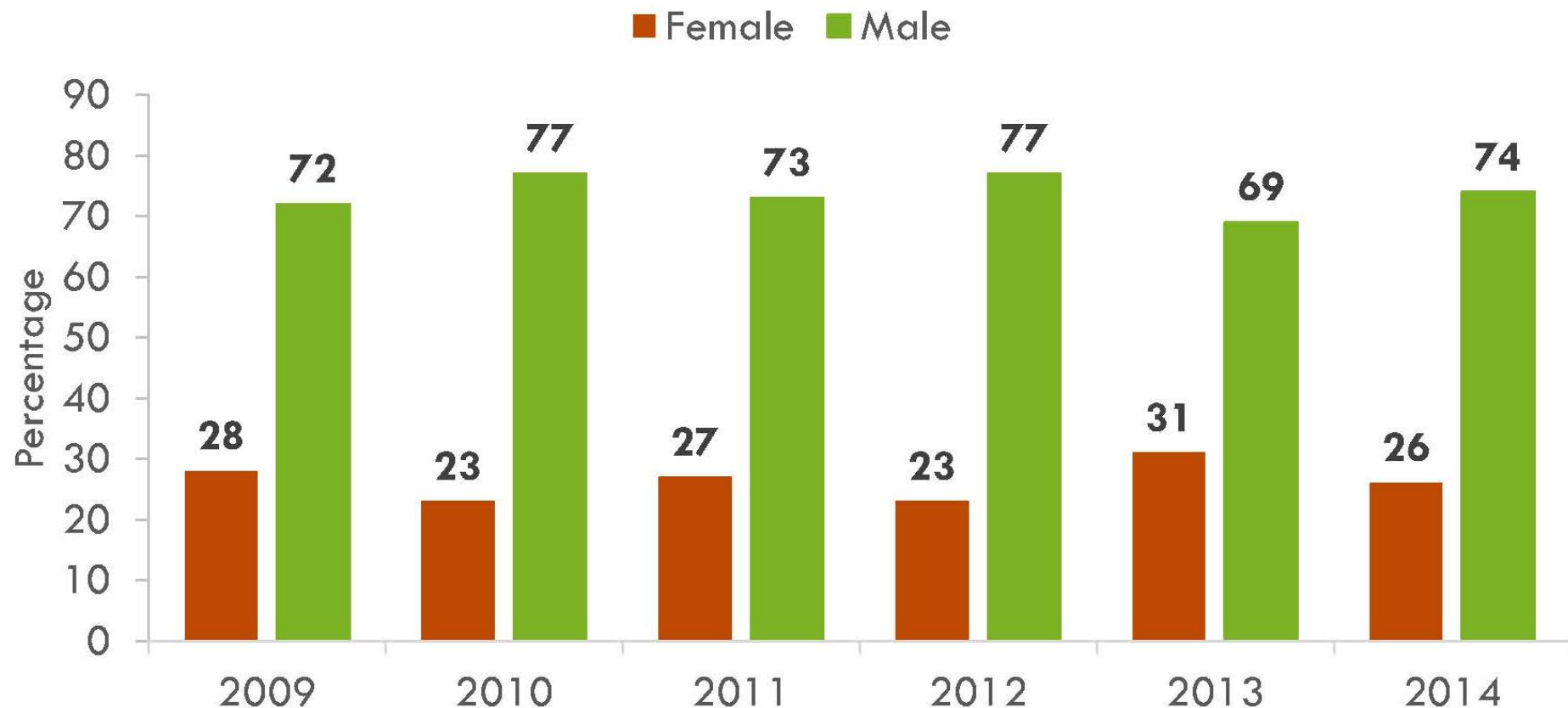
## Age-specific rates of suicide deaths, 2010-2014 (pooled)

6



Source: Santa Clara County Public Health Department, Coroner death data, 2009-2014; State of California, Department of Finance, Race/Ethnic Population with Age and Sex Detail, 2000-2010. State of California, Department of Finance, State and County Population Projection, 2010-2060. Sacramento, California, January 31, 2013

## Percentage of suicide deaths by gender, 2009-2014

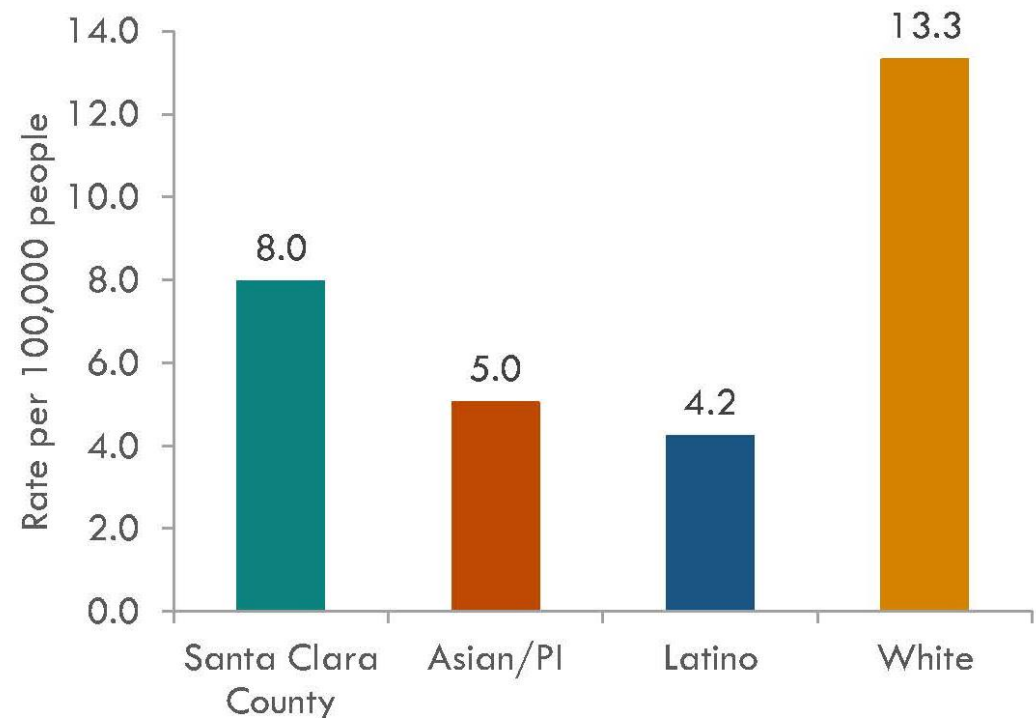
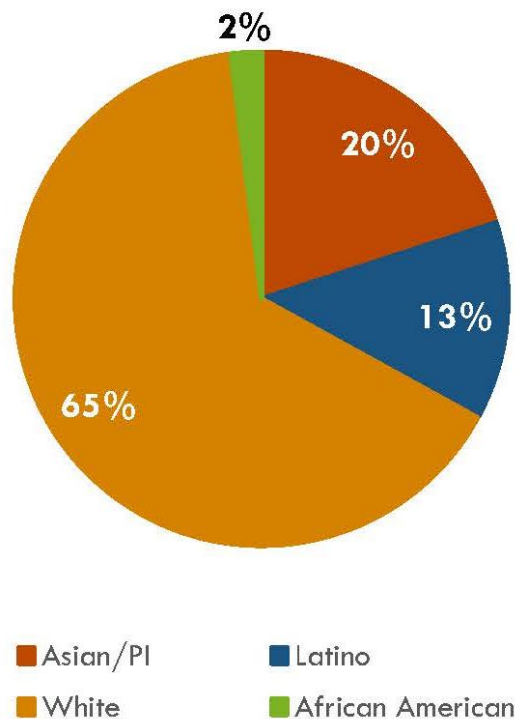


Source: Santa Clara County Public Health Department, Coroner death data, 2009-2014; State of California, Department of Finance, Race/Ethnic Population with Age and Sex Detail, 2000-2010.



## Percentage and age-adjusted rates of suicide deaths by race/ethnicity, 2010-2014 (pooled)

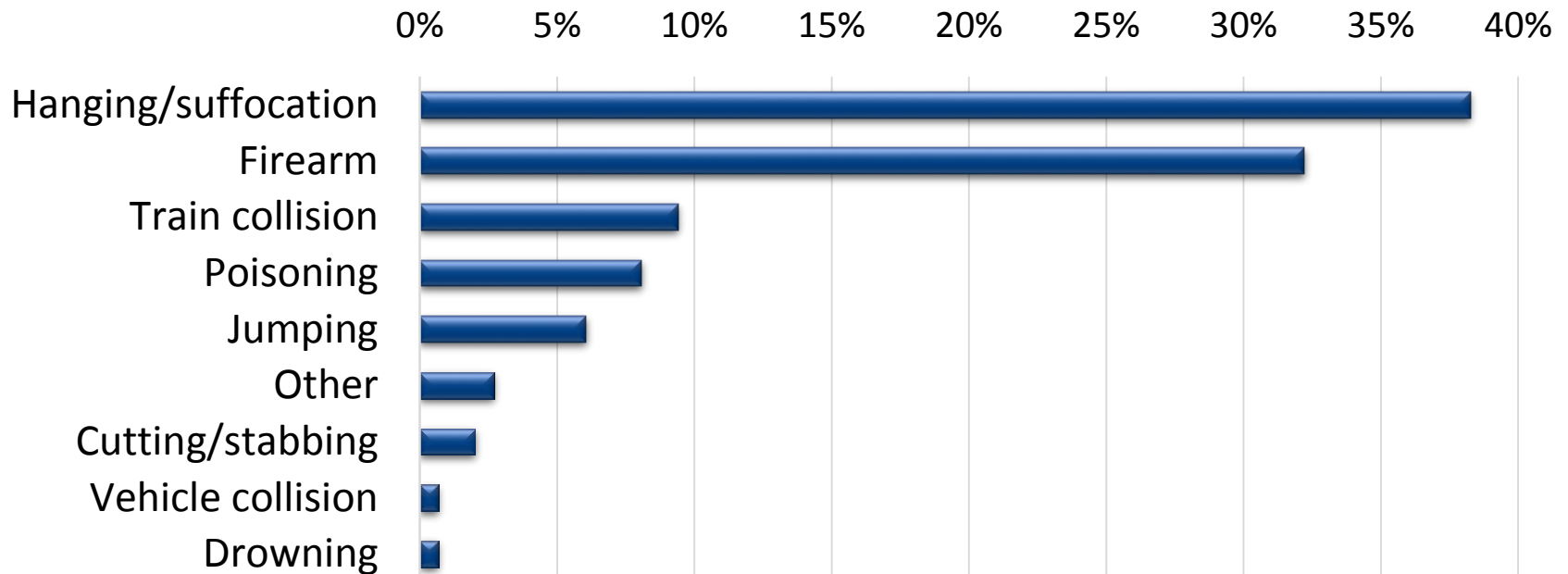
7



Source: Santa Clara County Public Health Department, Coroner death data, 2009-2014

Source: Santa Clara County Public Health Department, Coroner death data, 2009-2014; State of California, Department of Finance, State and County Population Projection, 2010-2060. Sacramento, California, January 31, 2013

### Means of Suicide Deaths, 2015

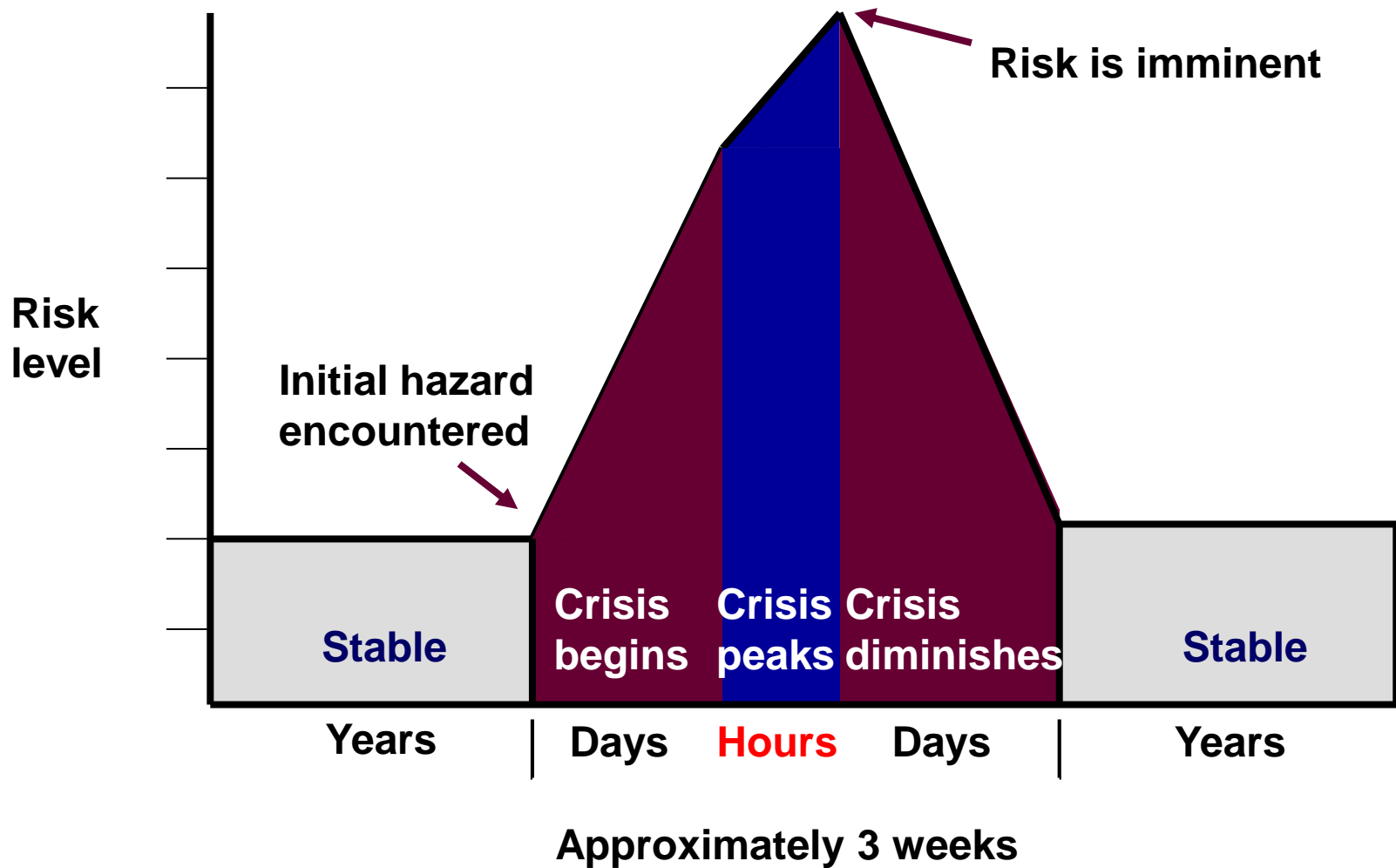


- >30% of all deaths; >40% and most common means among adults 45+ (2015 ME data)

## HIGH-RISK GROUPS

- Mental illness or substance abuse: 90% of suicides
  - Depression and bipolar disorder: highest risk
- Alcohol/drug-related: 40-60% of completed suicides
- Teenagers/youth in transition
- LGBTQ
- Those who have been exposed to trauma
- Males: highest rate of completion

# SUICIDAL CRISIS EPISODE



**QPR: Question, Persuade, Refer**

## QPR: QUESTION, PERSUADE, REFER

- QPR is not intended to be a form of counseling or treatment.
- QPR is intended to offer hope through positive action.



## SUICIDE MYTHS AND FACTS

**No one can stop a suicide—it is inevitable.**

## SUICIDE MYTHS AND FACTS

**Most suicidal people keep their plans to themselves.**



## SUICIDE MYTHS AND FACTS

**Confronting people about suicide  
will increase their risk of suicide.**

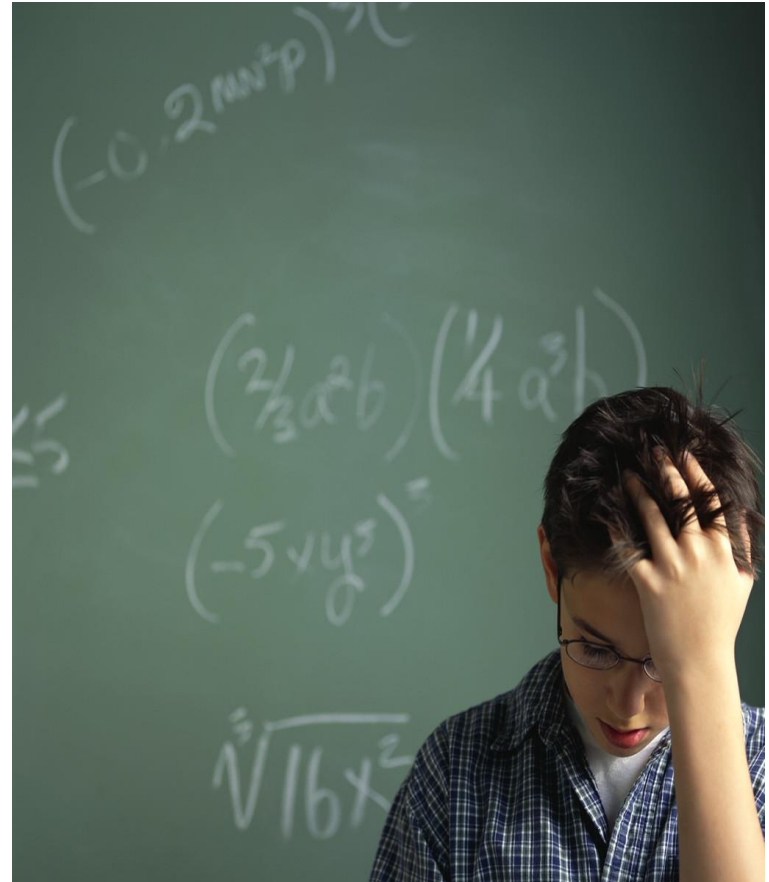
# Suicide Clues and Warning Signs

## GROUP ACTIVITY: SUICIDE CLUES AND WARNING SIGNS

- In small groups, brainstorm:
  - ✓ Verbal clues – direct and indirect
  - ✓ Physical clues
  - ✓ Behavioral clues
  - ✓ Situational clues
  - ✓ Clues on social media

# SIGNS OF DEPRESSION IN THE CLASSROOM

- Difficulty following rules
- Difficulties with group assignments
- Excessive crying
- Distractibility and poor concentration
- Not completing assignments
- Seeming unmotivated or uninterested
- Persistent reports of boredom
- Difficulty learning and retaining new material
- Test anxiety
- Extreme sensitivity to perceived criticism
- Talk of or attempts to run away from the school



**The more clues and signs observed,  
the greater the risk. Take all signs  
seriously.**

# The “Q” in QPR: Question

## HOW TO ASK THE SUICIDE QUESTION: LESS DIRECT APPROACH

- “Have you been unhappy lately?”
- “Have you been very unhappy lately?”
- “Have you been so unhappy lately that you’ve been thinking about ending your life?”
  
- “Do you ever wish you could go to sleep and never wake up?”

## HOW TO ASK THE SUICIDE QUESTION: DIRECT APPROACH

- “You know, when people are as upset as you seem to be, they sometimes wish they were dead. I’m wondering if you’re feeling that way, too?”
- “Are you thinking about killing yourself?”



**Note: If you cannot ask the question, find someone who can.**



## WAYS NOT TO ASK THE QUESTION

“You’re not thinking about suicide,  
are you?”

or

“You’re just kidding about killing  
yourself, right?”

## HELPING PARENTS ASK THE SUICIDE QUESTION

- Allow them share his/her point of view
- Show respect
- Acknowledge and **validate** teen's feelings
- **Paraphrase or summarize** to make sure that you understand what he/she said
- Give them your full attention
- **Stop what you were doing** or set-up a time to talk
- Remain quite
- **Listen** with empathy
- **Refrain from jumping in to fix the problem**
- Use encouraging **non-verbal behaviors**



# The “P” in QPR: Persuade

## HOW TO PERSUADE YOUTH TO GET HELP

### DOs

- Listen to the problem and give your full attention
- Offer hope in any form

### DON'Ts

- Rush to judgment
- Over- or under-react

**Suicide is not the problem.**

Suicide is the solution to perceived insoluble problems.

## PERSUADE

- “Will you go with me to get help?”
- “Will you let me help you get help?”
- “Will you promise me not to kill yourself until we’ve found some help?”



**Your willingness to listen and help can rekindle hope, and make all the difference.**

# The “R” in QPR: Refer

## REFER

A

- Taking the person directly to someone who can help

B

- Getting a verbal agreement to accept help, then making arrangements to get that help

C

- Give referral information and try to get a good faith commitment not to complete or attempt suicide

**Always:** Make sure the person is safe  
Provide Crisis Hotline / Text Line numbers

## RESOURCES

Name	Number
Santa Clara County Suicide and Crisis Hotline	1-855-278-4204
Crisis Text Line Number	Text “BAY” to 741741
Mental Health Urgent Care Walk-In Clinic: 871 Enborg Court, San Jose	(408) 885-7855 Open everyday 8am-10pm
Uplift Mobile Crisis Unit	(408) 379-9085
Call Center (for referral)	1-800-704-0900
911 – ask for a CIT officer	



## PROMOTING COPING SKILLS AT HOME

- Practice deep breathing exercises
- Break large tasks into smaller, accomplishable portions
- Strive for excellence, not perfection
- Develop back up plans-more flexibility!
- Have a support network of people, places, things
- Schedule a little relaxation time into every day
- Encourage children to get enough sleep and to eat regularly, as both have an impact on mood



# Summary

## FOR EFFECTIVE QPR

- **Say:** “I want you to live,” or “I’m on your side and we’ll get through this.”
- **Get others involved**
- **Communicate** with the support system
- **Follow up**

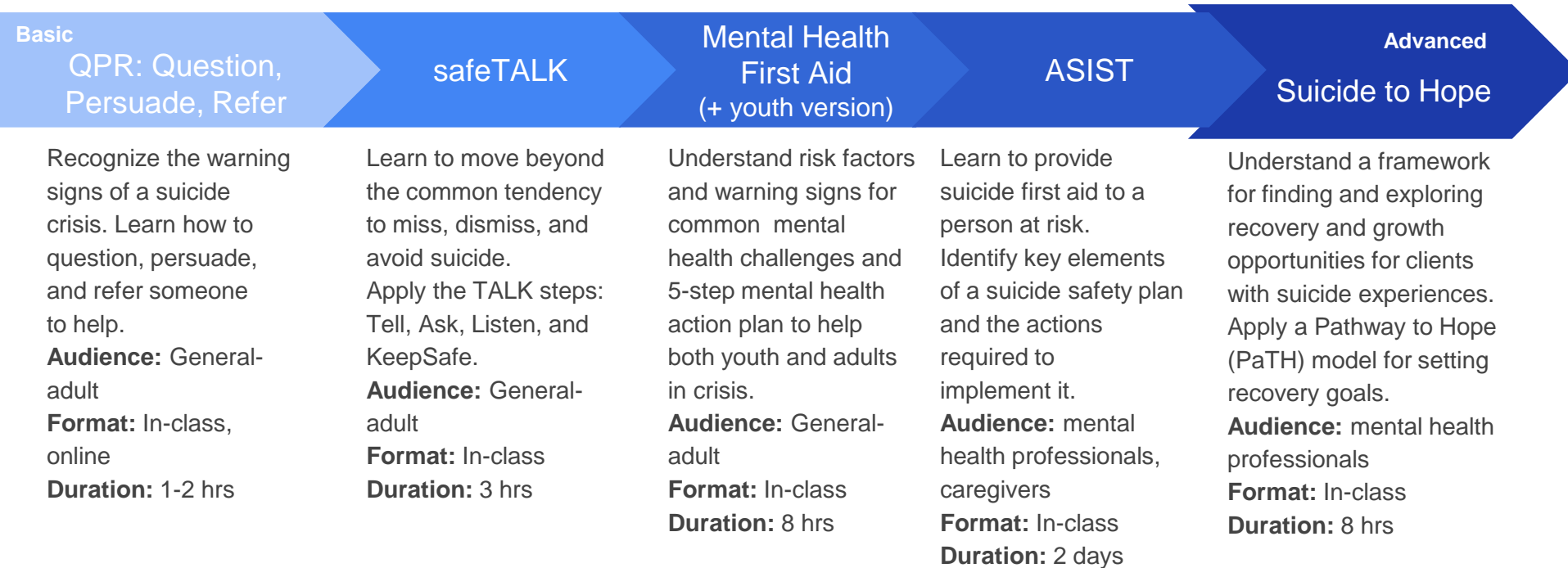


# THE ROLE OF A GATEKEEPER IN PREVENTING SUICIDE

- **Is to:**
  - ✓ Establish rapport
  - ✓ Observe behavior
  - ✓ Recognize signs
  - ✓ Refer to help
  - ✓ Follow-up
- **Is not:**
  - ✓ Being a therapist
  - ✓ Over/under-reacting
  - ✓ Rescuing
  - ✓ Fixing the problem



# Suicide Prevention Adult Training Programs



To arrange a training and for information about youth trainings, please contact [zinat.mohamed@hhs.sccgov.org](mailto:zinat.mohamed@hhs.sccgov.org), (408) 885-6421

*All trainings are free and funded by the voter-approved Mental Health Services Act (Prop. 63).*



## CONTACT US

**Mego Lien, MPH, MIA**

Suicide Prevention Manager

[Mego.Lien@hhs.sccgov.org](mailto:Mego.Lien@hhs.sccgov.org)

(408) 310-1127

**Zinat Mohamed**

Suicide Prevention Coordinator

[Zinat.Mohamed@hhs.sccgov.org](mailto:Zinat.Mohamed@hhs.sccgov.org)

(408) 885-6421

**Evelyn Quintanilla**

Community Outreach Specialist

[Evelyn.Quintanilla@hhs.sccgov.org](mailto:Evelyn.Quintanilla@hhs.sccgov.org)

(408) 885-3723

[www.sccbhsd.org/suicideprevention](http://www.sccbhsd.org/suicideprevention)



# PLEASE COMPLETE THE POST-SURVEY

<http://bit.ly/2DUfmCV>



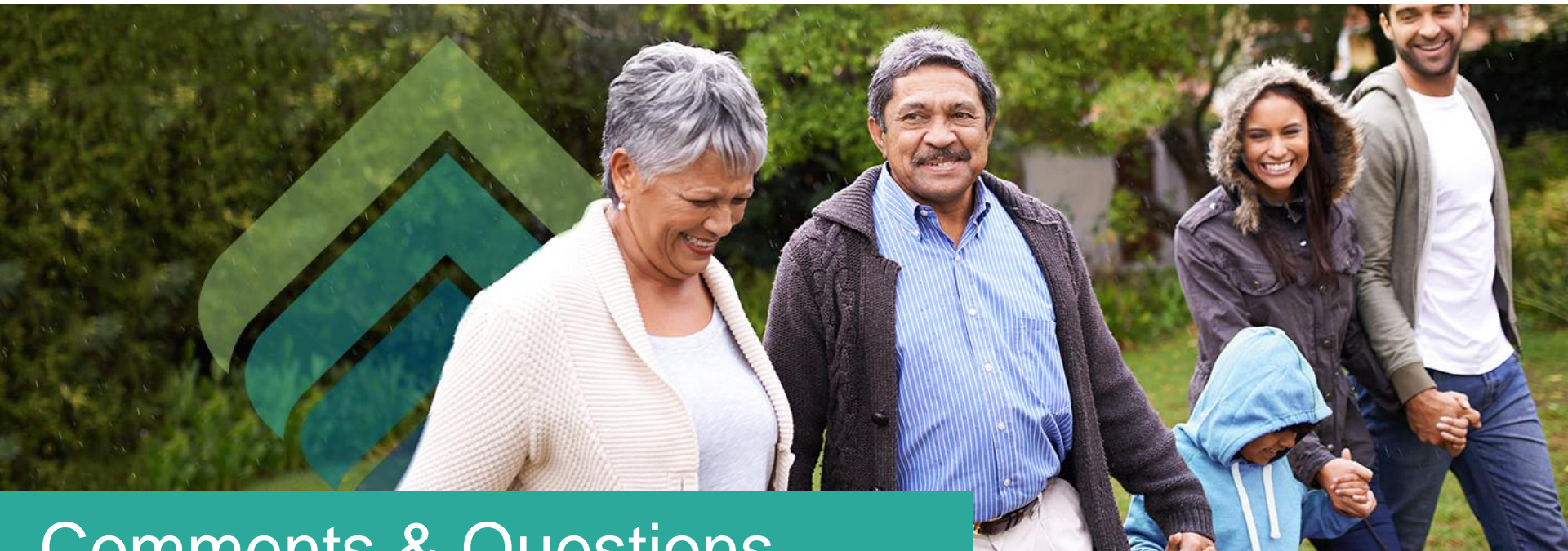
## QPR Pre-training Survey

**SECTION I:** Please provide the following information BEFORE the Gatekeeper Training. The anonymous information you provide will be used to assess the effectiveness of the QPR training.

1. Age (optional) \_\_\_\_\_
2. Gender (optional - check one): ☐ Male ☐ Female
3. Ethnicity (optional -- check one)  
☐ African American ☐ Latino / Hispanic  
☐ Asian American ☐ Native American  
☐ Caucasian ☐ Other: \_\_\_\_\_
4. Highest grade completed (optional):  
☐ Junior High ☐ 2 years of college  
☐ High School ☐ 4 years of college  
☐ Trade/vocational school ☐ 5+ years of college
5. How would you rate your knowledge of suicide in the following areas?
  - a) Facts concerning suicide prevention:  
☐ Low ☐ Medium ☐ High
  - b) Warning signs of suicide:  
☐ Low ☐ Medium ☐ High
  - c) How to ask someone about suicide:  
☐ Low ☐ Medium ☐ High
  - d) Persuading someone to get help:  
☐ Low ☐ Medium ☐ High
  - e) How to get help for someone:  
☐ Low ☐ Medium ☐ High
  - f) Information about local resources for help with suicide:  
☐ Low ☐ Medium ☐ High
  - g) Do you feel that asking someone about suicide is appropriate?  
☐ Always ☐ Sometimes ☐ Never
  - h) Do you feel likely to ask someone if they are thinking of suicide?  
☐ Always ☐ Sometimes ☐ Never
  - i) Please rate your level of understanding about suicide and suicide prevention.  
☐ Low ☐ Medium ☐ High

**STOP HERE.** Please complete the BACK of this form when your instructor tells you to do so.





# Comments & Questions