



QPR

Suicide Prevention Gatekeeper Training
PrevCon 2021
Rhode Island Student Assistance Services
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Ask A Question, Save A Life

QPR

Question, Persuade, Refer

Agenda

- Introductions
- Social Media Campaigns
- Self care
- Scope of the problem
- Survivor Support
- What is QPR?
- Myths and Facts about Suicide
- Situational and Behavioral Warning Signs
- The QPR Interview and asking the “S” question
- Referral process-”Who ya gonna call?”
- Discussion/Q&A



Suicide Prevention Social Media Campaigns

#BeThe1To

If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

Ask.

Keep them safe.

Be there.

Help them connect.

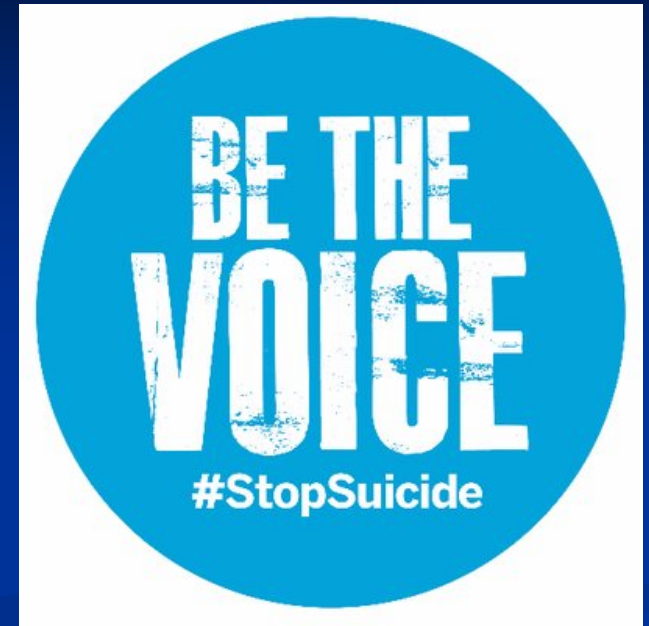
Follow up.

Find out why these steps can save a life at BeThe1To.com.
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



MHA-NYC
SUICIDE
PREVENTION
LIFELINE

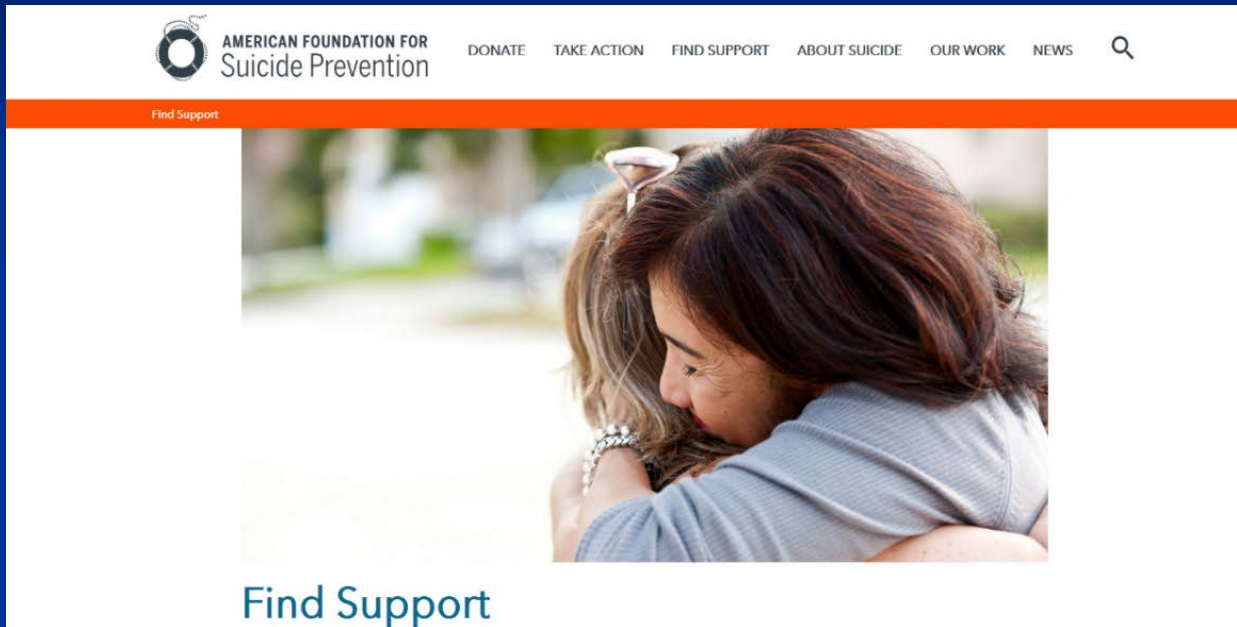


#BE HERE TOMORROW

What's your self care?



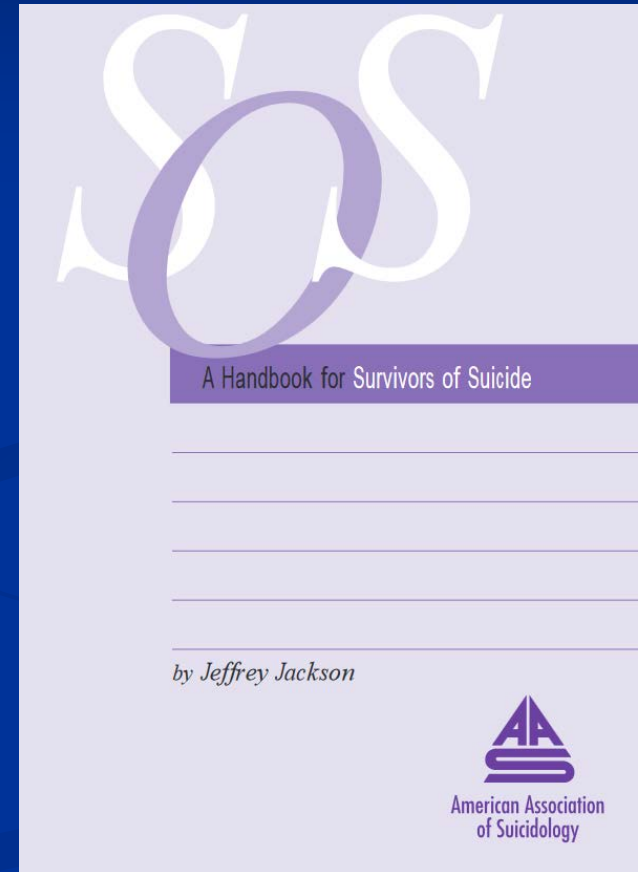
Where do we go for survivor support?



The screenshot shows the top navigation bar of the American Foundation for Suicide Prevention website. The logo is on the left, followed by the text 'AMERICAN FOUNDATION FOR Suicide Prevention'. To the right are links for 'DONATE', 'TAKE ACTION', 'FIND SUPPORT', 'ABOUT SUICIDE', 'OUR WORK', and 'NEWS', along with a search icon. Below the navigation bar is an orange banner with the text 'Find Support'. The main content area features a large photograph of two women embracing. Below the photo, the text 'Find Support' is displayed in a blue font.



The poster has a green background with white and yellow geometric shapes. At the top right, it says 'International Survivors of Suicide Loss Day' with a small icon. The main text reads 'Register Today' in large white letters, followed by 'Saturday, November 21, 2020'. At the bottom left is the URL 'afsp.org/survivorday' and at the bottom right is the American Foundation for Suicide Prevention logo.



The book cover features a large, stylized 'SOS' logo in white and purple. Below the logo, the title 'A Handbook for Survivors of Suicide' is written in white on a purple background. The author's name, 'by Jeffrey Jackson', is printed in a smaller font. At the bottom right is the logo for the American Association of Suicidology, which consists of the letters 'AA' above a stylized 'S'.

SUICIDE

THE RIPPLE EFFECT



#BEHERETOMORROW

Documentary: "SUICIDE - THE RIPPLE EFFECT"

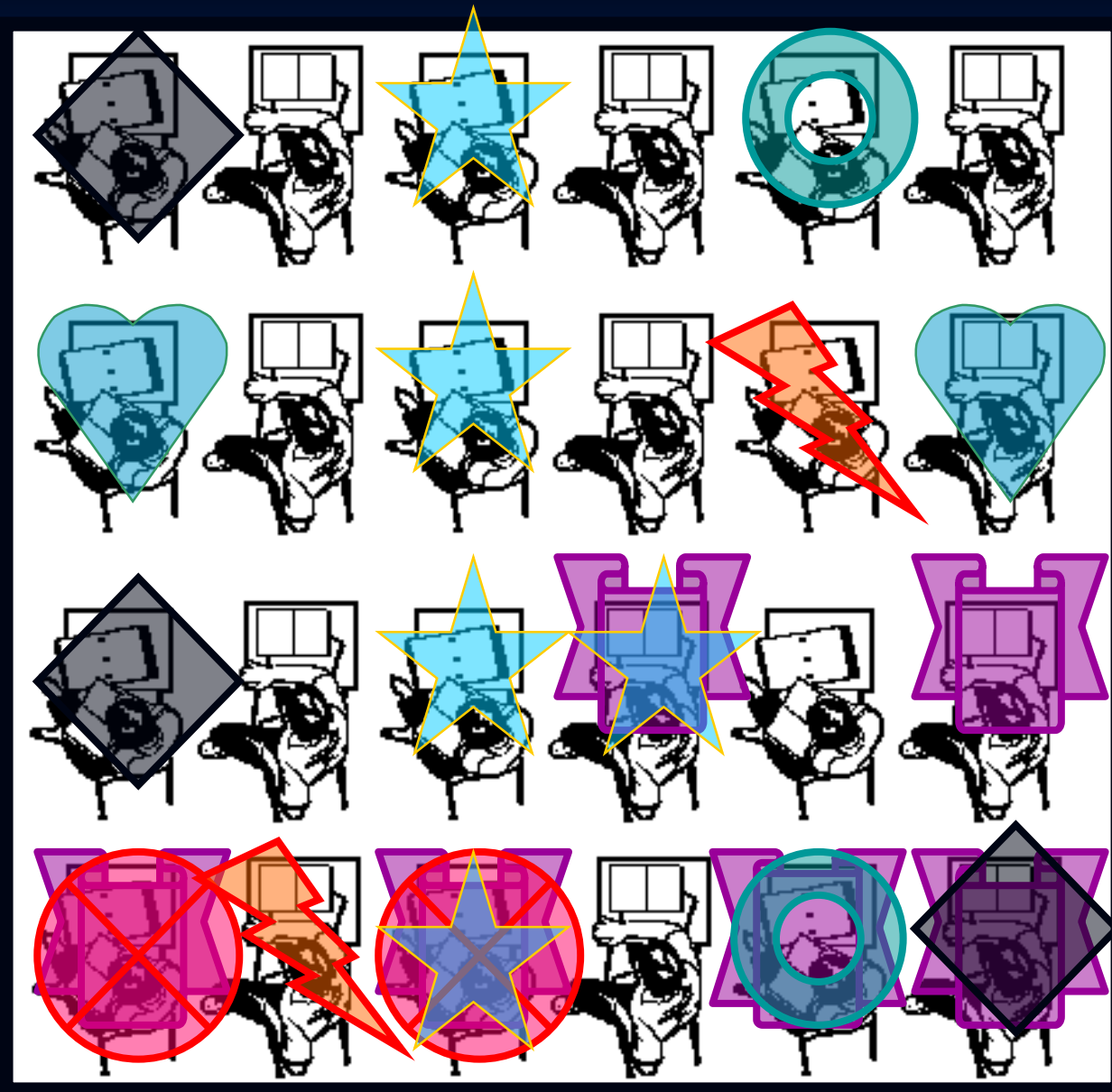
"Suicide: The Ripple Effect" is a feature length documentary film and MOVEMENT, focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration and hope that are helping millions heal & stay alive. Seen by over 250,000 people already, across 7 countries, this film is having a global impact.

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.

The film chronicles Kevin's personal journey and the ripple effect it has on those who have been impacted by his suicide attempt and his life's work since. In addition, the film highlights the stories of individuals and families who are utilizing their personal tragedy to bring hope and healing to others.

why this story

Suicide is an epidemic that takes over 800,000 lives globally every year. In the United States alone there are one million suicide attempts and over 40,000 deaths by suicide every year. Our United States Military is devastatingly impacted with 22 Veterans dying everyday by suicide, and that is an



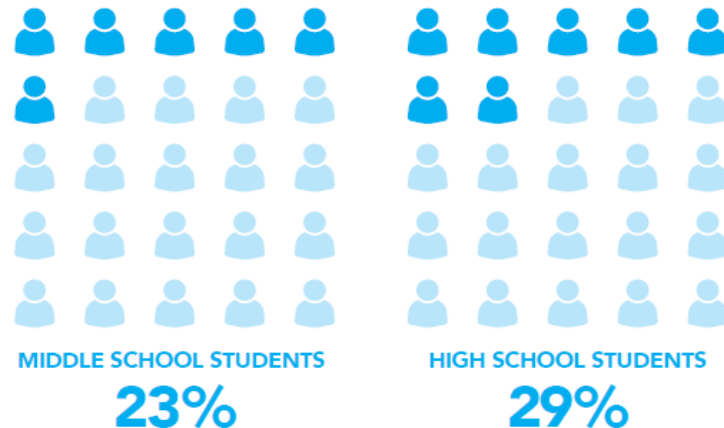
-  **Substance Abusers**
-  **Chemical Dependency**
-  **Children of Alcoholics**
-  **Affected Others**
-  **Depressed**
-  **Eating Disorders**
-  **Physical/ Sexual Abuse**

Scope of the Problem

WHAT YRBS DATA TELL US ABOUT RI TEEN SOCIAL AND EMOTIONAL COMPETENCIES: SELF MANAGEMENT

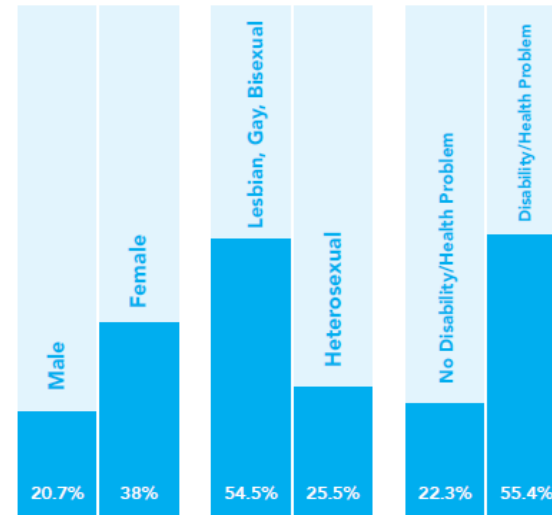
The ability to manage stress, regulate emotions, and motivate oneself can have a significant impact on day-to-day life and health among teens. The Youth Risk Behavior Survey (YRBS) provides an opportunity for us to measure these issues from the students' perspective.

Reporting feelings of sadness/hopelessness:



In an average class of 25:

6 middle school students (23%) and 7 high school students (29%) reported feeling so sad/hopeless for 2 or more consecutive weeks that they stopped doing some normal activities.



Female students, gay/lesbian/bisexual students, and students with long-term health problems or physical/emotional/learning disabilities were most likely to report feelings of sadness/hopelessness.

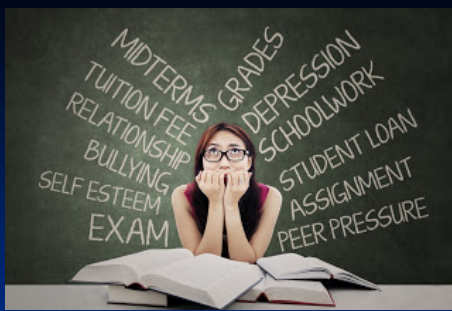
18% of middle schoolers have ever seriously considered suicide.

16% of high school students seriously considered suicide within the last year.

What is QPR?

What is a “Gatekeeper?”

- Question, Persuade, Refer
- QPR is not intended to be a form of counseling or treatment.
- QPR is intended to offer hope through positive action.
- We are *all* gatekeepers
 - Parents, Family, Employers, Teachers, All adults in the school community, Teens, Afterschool program staff, Primary Care Physicians, Social workers, etc.



QPR

Suicide Myths and Facts

- **Myth** Asking a student about suicide will only make them angry and increase the risk of suicide.
- **Fact** Asking someone directly about suicidal intent **lowers** anxiety, opens up communication and lowers the risk
- **Myth** Suicidal kids keep their plans to themselves.
- **Fact** Most suicidal kids communicate their intent sometime during the week preceding their attempt.
- **Myth** Those who talk about suicide don't do it.
- **Fact** People who talk about suicide may try, or even complete
- **Myth** Once a child decides to complete suicide, there is nothing anyone can do to stop them.
- **Fact** Suicide is the most preventable kind of death, and almost any positive action may save a life.

Scope of The Problem For LGBTQQI Youth



- 7.7 % Rhode Island HS Youth identify as gay, lesbian, bisexual or unsure
- More likely to engage in risky behaviors
- Increased rate for violent behaviors
- Much more likely to skip school due to unsafe feelings
- More likely to be forced to have sexual intercourse
- 4 X More likely to attempt suicide
- More likely to use marijuana, alcohol, cigarettes, painkillers, cocaine, inhalants or ecstasy
- Learning disabilities more prevalent

(YRBS 2013)

QPR

Youth Suicide Clues And Warning Signs

The more clues and signs observed, the
greater the risk.

Take all signs seriously!

QPR

For Youth

Suicide Warning Signs

- *Threatening to kill oneself or talking about wanting to kill oneself or someone else*
- *Looking for ways to kill oneself*
- *Talking or writing about death*
- ***SUBSTANCE USE AND ABUSE***
- *Feeling hopeless*
- *Feeling rage or uncontrolled anger*
- *Acting reckless/engaging in risky activities*
- *Feeling trapped-no way out*
- *Withdrawing from friends, family, activities, etc.*
- *Dramatic mood changes*

QPR For Youth

Behavioral Warning Signs:

- Any previous suicide attempt or history of depression or mental health issues
- Acquiring a gun or stockpiling pills/known gun in the home
- Giving away prized possessions
- *Consistent* sad or distressed postings on Twitter, Facebook
- Writing assignments/journal entries that talk about death, dying, dark themes
- Self-destructive acts
- Unexplained anger, aggression and irritability
- Chronic truancy, running away

QPR For Youth

Situational Clues and Risk Factors:

- Public embarrassment or humiliation
- Family history of incarceration/legal history
- Change in school performance/Being expelled from school /Fired from job
- Recent disappointment/family problems/alienation/rejection
- Chronic homelessness
- *Loss* of any major relationship
- Death or anniversary of a friend or family member, especially if by suicide
- Victimization/*bullying* /unsafe school
- Coming out timing and experience for LGBT youth

QPR

Be Aware of Physical Warning Signs

Eating disturbances (loss of appetite, overeating)

Changes in sleep patterns

Chronic headaches

Stomach problems

Menstrual irregularities

Visible scarring



These may not be suicide warning signs, but do require some exploration and concern

QPR

Direct Verbal Clues:

- “I’ve decided to kill myself.”
- “I wish I were dead.”
- “I’m going to commit suicide.”
- “I’m going to end it all.”
- “If (such and such) doesn’t happen, I’ll kill myself.”

QPR

Indirect Verbal Clues:

- “I’m tired of life, I just can’t go on.”
- “My family would be better off without me.”
- “Who cares if I’m dead anyway.”
- “I just want out.”
- “I won’t be around much longer.”
- “Pretty soon you won’t have to worry about me.”
- “I just can’t take it anymore/ I can’t take much more of this.”

They said it indirectly...Now what do
I say?

“What do you mean by that?”

“What has changed for you lately
to make you say that?”

QPR

Tips for Asking the Suicide Question

- If in doubt, don't wait, ask the question
- If the youth is reluctant, be persistent
- Talk to the youth alone in a private setting
- Allow the youth to talk freely
- Give yourself plenty of time
- Have your resources handy; QPR Card, phone numbers, counselor's name and any other information that might help

Remember: How you ask the question is *less* important than that you ask it

Q Question

Less Direct Approach:

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

Q 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?”
- “You look pretty miserable, I wonder if you’re thinking about suicide?”
- “Are you thinking about killing yourself?”

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

C-SSRS (Columbia Suicide Severity Rating Scale) Screener Questions

- Have you wished you were dead or wished you could go to sleep and not wake up? Yes/No
- Have you actually had any thoughts of killing yourself?
Yes/No
- Have you been thinking about how you might kill yourself? Yes/No
- Have you had these thoughts and had some intention on acting on them?
Yes/No
- Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan? Yes/No
- Have you ever done anything, started to do anything, or prepared to do anything to end your life? Yes/No

How *Not* to Ask the Suicide Question

“You’re not suicidal, are you?”

“You’re not thinking of doing something stupid are you?”

“You wouldn’t kill yourself, right?”

“I don’t have to worry about you, right?”

Protective Factors

- You!
- Resiliency
- A pet
- Family supports
- Treatment programs/counseling
- Faith based organization/affiliation
- Best friend
- Medication compliance
- Community supports/programs
- School/Structured activities
- Mentor/Positive adults

Advice from Youth To Anyone Working With Youth

- “Keep your eyes open!”
- Listen to us without judgment **no matter what we tell you**
- “Know your kids!”
- Always create a supportive environment for us with posters etc.
- “Just be there”
- Don’t just assume it’s a phase
- We might not talk about it because we assume no one will truly understand
- Personalize a story about a youth who had a positive outcome

P *PERSUADE*

HOW TO PERSUADE SOMEONE TO STAY ALIVE

- *Listen* to the problem and give them your full attention
- Remember, suicide is not the problem, only the solution to a perceived insoluble problem
- Do not rush to judgment
- Offer hope in any form
- Avoid the bumper sticker advice

P *PERSUADE*

Then Say:

- “Come with me. *We* are going to get you some help.”

YOUR WILLINGNESS TO LISTEN AND TO HELP
CAN REKINDLE HOPE, AND MAKE ALL THE
DIFFERENCE.

Who Ya Gonna Call?



- 911
- **National Suicide Prevention Lifeline: 1-800-273-TALK**
- Local Community Mental Health Center Emergency Intake
 - Kids'Link 1-855-543-5465
- School Environment:
 - **Administrator**
 - School Social Worker
 - Student Assistance Counselor
 - School Psychologist
 - School Nurse
 - Guidance Counselor



Suicide Proof Your Home

[IS YOUR HOME SUICIDE-PROOF?](#) • [SUICIDE PREVENTION RESOURCES](#) • [GET INVOLVED](#) • [ABOUT](#)

[TAKE OUR SURVEY](#)



MEDICATIONS

Lock and limit.

Fact: Teens who attempt suicide use medications more than any other method.

[SUICIDE-PROOF IT](#)



SUPPORT

Listen and ask.

Fact: millions of kids and teens seriously consider attempting suicide every year.

[SUICIDE-PROOF IT](#)



FIREARMS

Remove. Lock.

Fact: Firearms are used in close to half of teen suicide deaths.

[SUICIDE-PROOF IT](#)



For Effective QPR

- Say: “I want you to live,” or “I’m on your side...we’ll get through this. *I am in this with you. You are not alone.*”
- Get Others Involved. Ask the person who else might help. Family? Friends? Siblings? Pastors? Priest? Rabbi? Physician? Counselors? Coaches?

For Effective QPR

- Work as a Team. Consult your school policy and Crisis Team members and offer to work/partner with whomever is going to provide the counseling or treatment.
- Follow up in whatever way feels comfortable to you and let the student know you care about what happens to them. *Supporting re-entry is critical.* Caring may save a life.

REMEMBER

WHEN YOU APPLY QPR,
YOU PLANT THE SEEDS OF
HOPE. HOPE HELPS
PREVENT SUICIDE.



Reporting Suicidal Content on Facebook and Twitter

Report Suicidal Content

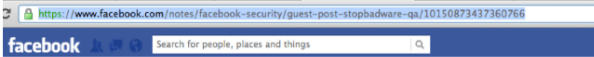
IMPORTANT: If you've encountered a direct threat of suicide on Facebook, please contact law enforcement or a suicide hotline immediately. If the person you're worried about is a member of the US military community, be sure to mention this so they can provide this person with custom support.

Full name of the person who posted the content
As it appears on Facebook

Link (URL) to this person's profile

Please provide a link to the content you're trying to report so we can investigate. To get a link to the exact content you want to report:

1. Find the content (ex: photo, video, comment) you want to report
2. If this content is on someone's Timeline, click on the date/time it was posted (ex: 27 minutes, May 30 at 7:30pm)
3. Copy the URL from your browser's address bar:



Link (URL) to the content

Screenshot
Optional

No files selected.

[Learn how to upload a screenshot](#)

Additional info
(Ex: a copy of what was posted, if you can't provide the link)

Report self harm

Please use this form only to report possible threats of suicide or any other form of self harm you notice on Twitter. For further information on Twitter's policy regarding self-harm, please visit our [Help Center article on Trusted Resources](#).

Reported account

Reported Twitter username

Description of problem

Security reminder: don't disclose private information (e.g. your address or phone number).

Reported Tweet

Link to Tweet (optional)

Your information

Full name

Twitter username (optional)

Your email

This is the email address where we'll contact you. Please enter your current address.

Phone number (optional)

“Like” the Lifeline Facebook Page

NATIONAL SUICIDE PREVENTION LIFELINE
800-273-TALK (8255)
@800273talk

#BETHE1TO HELP SAVE A LIFE.
BETHE1TO.COM

Liked Following Share ... Donate Send Message

Instructor Contact Information



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Find us on Facebook at:

RI Student Assistance Services 



Resources



- Kids'Link 1-855-543-5465
- American Association of Suicidology: www.suicidology.org 
- American Foundation for Suicide Prevention 
- The Jason Foundation <http://www.jasonfoundation.com> 
- National Suicide Prevention Lifeline: **1-800-273-TALK**
- The Trevor Helpline 1.866.4U.TREVOR 
- The Samaritans of Rhode Island 1-401-272-4044
- Crisis Text Line: Text HERE to: 741-741