

# QPR

## Question, Persuade, Refer

### *Suicide Prevention Gatekeeper Training*

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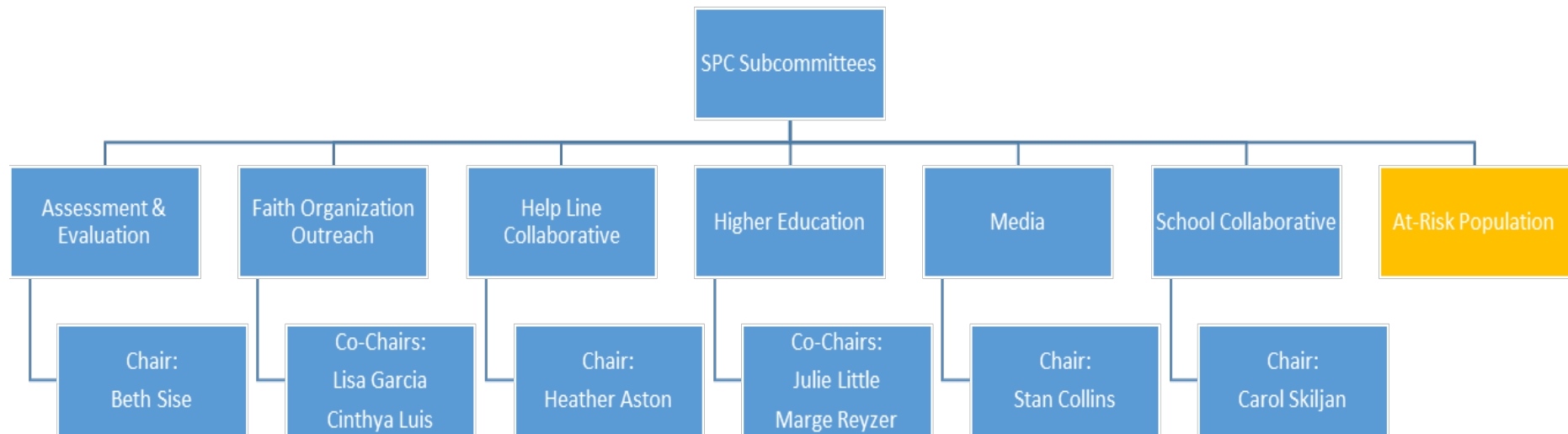
Community Health Improvement Partners

San Diego County Suicide Prevention Council

# San Diego County Suicide Prevention Council Overview

Beginning in 1999, Community Health Improvement Partners (CHIP) facilitated the local Suicide Prevention Work Team. The Work Team wrote a successful grant in 2009 and in April 2010, the County of San Diego Health and Human Services Agency contracted with CHIP to facilitate a Suicide Prevention Action Plan Committee (SPAPC). The purpose of the SPAPC was to develop a Suicide Prevention Action Plan (SPAP) for San Diego County. After the development of the SPAP in October 2011, a Suicide Prevention Council (SPC) was formed to guide the implementation of the SPAP and ongoing efforts for stigma-reduction associated with mental health challenges. CHIP facilitates monthly SPC meetings as well as related sub-committee meetings.

# SPC Subcommittees



# What is QPR?

## **QPR stands for Question, Persuade, Refer**

- Suicide prevention gatekeeper training that can be done in one hour.
- As CPR is for the heart, QPR is for the mind.
- Developed by Dr. Paul Quinnett and the QPR Institute in 1999 in Spokane, WA.
- Meets the requirements for listing in the National Registry of Evidence-based Practices and Policies (NREPP).



## **As a QPR-trained Gatekeeper you will learn to:**

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

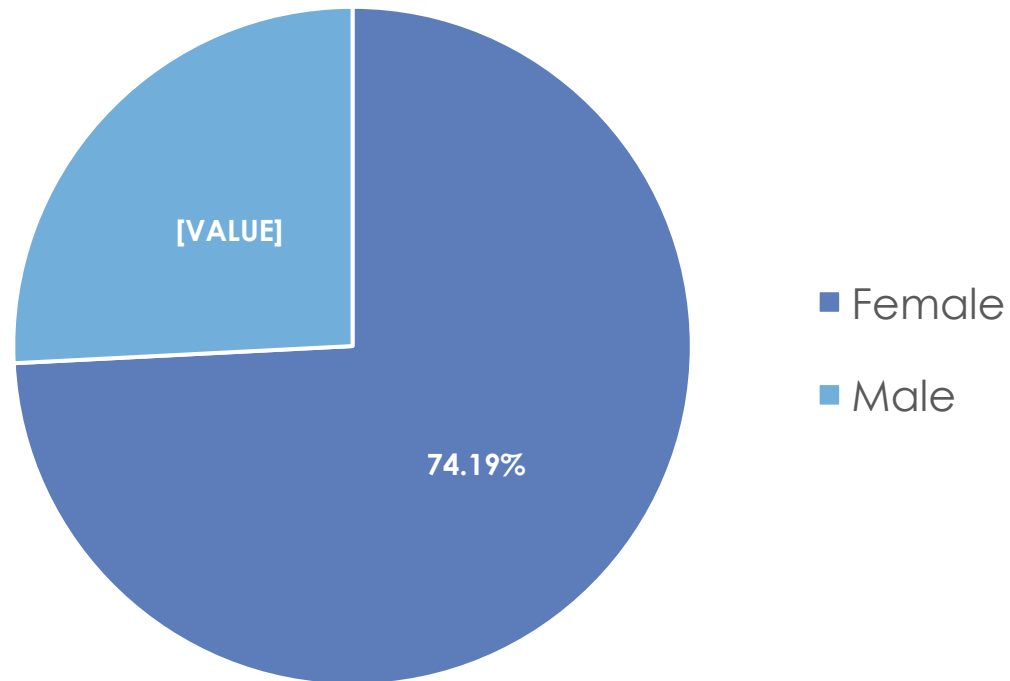
# QPR in San Diego

- Through the County of San Diego & CHIP, the QPR training program started in 2011 and trains an average of 1,500 individuals a year.
- As of December 2016, over 11,000 San Diegans have been trained in QPR across 400 trainings.
- Certified over 80 QPR Gatekeeper Instructors.

# Demographics

*Based on data fro 2011 through June 2016*

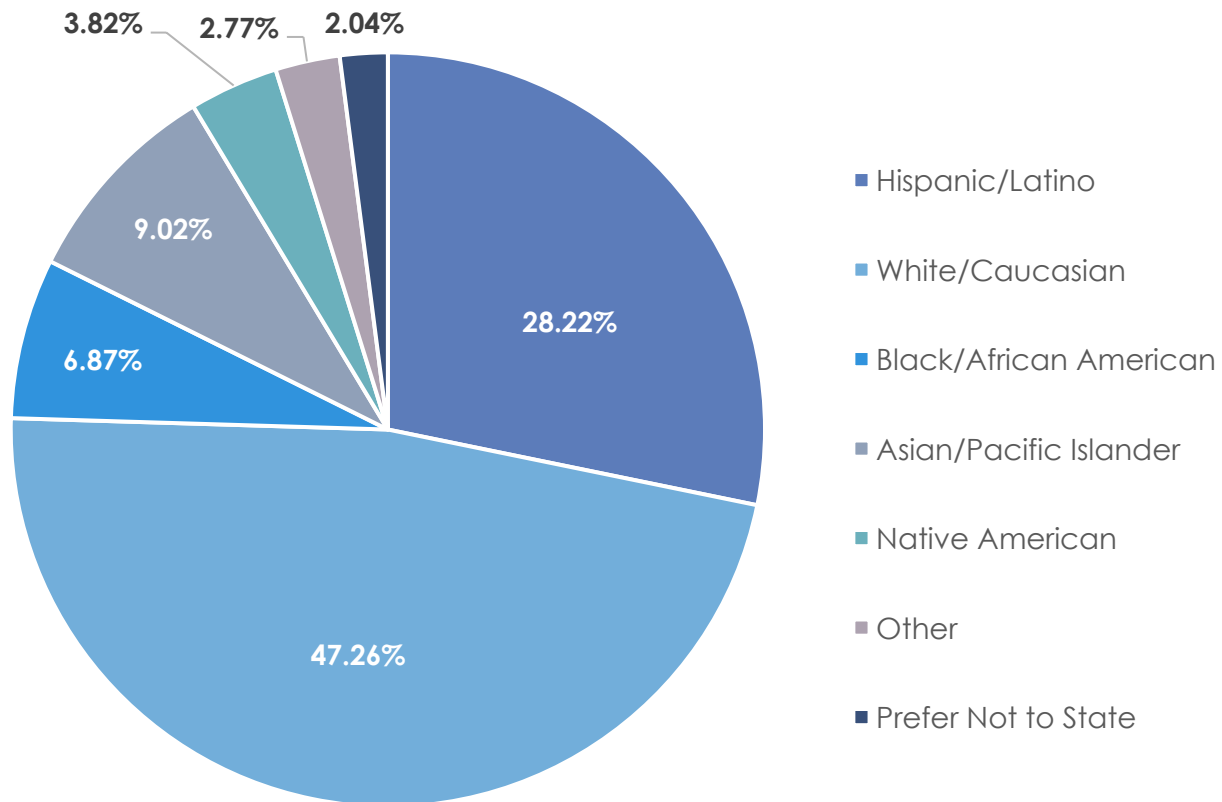
## Gender



# Demographics

Based on data from 2011 through June 2016

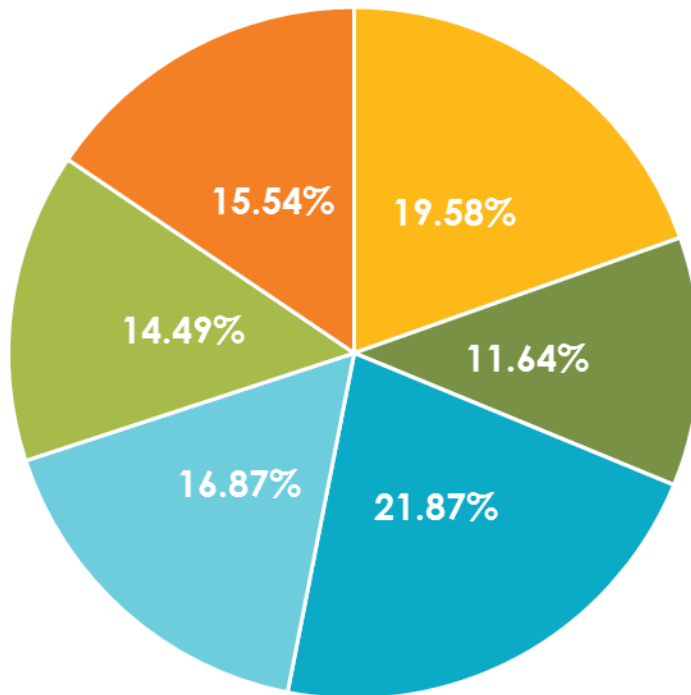
## Race/Ethnicity



# Demographics

Based on 2015 QPR Data

## Region



- North Coastal
- North Central
- Central
- South
- East
- North Inland





# An Assessment of Suicide-Related Knowledge and Skills Among Health Professionals

- Health Psychology Journal study on the effectiveness of various suicide prevention gatekeeper trainings, including QPR
- 1,507 Skilled Workers from Georgia (Paraprofessionals, counselors, support staff, nurses, social workers, physicians)
- Self-reported their gatekeeper training attendance (QPR, online, both, or neither). Those with QPR training:
  - Higher suicide skill scores compared to those with online training or no training.
  - Higher confidence in participants' training skills and support
  - Many participants without training were not aware of the risk groups

# Study Findings

- Capitalize on medical and clinical leadership in designing and implementing training programs.
- Overall, skilled workers are knowledgeable about suicidal behavior, but there are some gaps in knowledge
- Findings may have significant public health implications –making relatively inexpensive changes to include (QPR) gatekeeper trainings.

# Scheduling a Training

Call or email

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**THANK YOU!**

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