



Let's Talk Gatekeeper Training

Setting
Multiple

Type of Program
Education and Training

NSSP Goals Addressed
4.7, 7.8, 8.2

Program Description

The *Let's Talk Gatekeeper Training* program provides suicide prevention training to foster parents and other adults who care for children. The two-hour training is largely conducted using PowerPoint; it also includes some interactive lessons. Participants receive several handouts, including: resource lists, risk factor checklists, a bibliography, etc. Additional third-party brochures, fact sheets, and guidelines relating to suicide risk and response are also provided (these, however, were not reviewed). Training content includes:

- Myths and facts about suicide
- Risk and protective factors for suicide
- Warning signs of suicide
- How to communicate about suicide with at-risk youth
- How to restrict means
- How to respond to a suicide crisis

Let's Talk was developed by the Massachusetts Society for the Prevention of Cruelty to Children in collaboration with the Massachusetts Department of Children and Families. Training content was developed through a review of the literature, key informant interviews, and a review of other suicide prevention trainings. Pilot trainings were conducted to refine the final product.

Program Objectives

After training, adult caregivers should have:

1. Increased understanding of the nature and signs of depression and suicidal behavior.
2. Increased sense of competence and confidence in identifying youth at risk.
3. Increased capability to respond effectively to a youth in crisis.

Implementation Essentials

- Training participants should be aware of the limitations of their role in dealing with youth at risk for suicide.
- Training participants should be aware of available resources and referral protocol for youth at risk for suicide.

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Costs

Training materials (including PowerPoint slides, trainers' manual, and handouts) are available at no charge. For more information contact Alan Holmlund, Director of the Massachusetts Department of Public Health, Suicide Prevention Program at 617-624-5476 or by email at alan.holmlund@state.ma.us.

*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practices Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness. Additional information about the Best Practices Registry can be found at www.sprc.org.

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