Gatekeeper Training: Background

Philip Rodgers, PhD

- Garrett Lee Smith Memorial Act
- State/Tribal/Adolescents At-Risk Grantee TA Meeting
- December 12-14, 2006

Project partners

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What is gatekeeper training?

“The purpose of gatekeeper training is to develop the knowledge, attitudes, and skills to identify (those) at-risk, determine levels of risk, and make referrals when necessary.”

QPR Objectives

QPR training participants will be able to:
1. Recognize suicide warning signs
2. Recognize signs and symptoms of distress
3. Recognize risk/protective factors
4. Detect suicide risk by asking about suicide
5. Make appropriate referral or disposition

Generic Gatekeeper Model
(the front end)

2-16 hours of training
Intercessor → Gatekeeper → Population
Individual Identified as “At-Risk” → Referred to Appropriate Resource
### Generic Logic Model

**Gatekeeper Training**

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<th>Outcomes Evaluation</th>
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<td><strong>Inputs</strong></td>
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**Gatekeeper Training Outcomes Evaluation**

- Knowledge
- Attitudes
- Skills

**Critical Components**

- Gatekeepers must be able to interact with target population
- Skills must be rehearsed

<table>
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<th>Knowledge</th>
<th>Attitudes</th>
<th>Skills</th>
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<td>Awareness Building</td>
<td>Gatekeeper Training</td>
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Additional Aspects

• Gatekeeper programs do not occur in a vacuum—need to prime/prepare the system
• Is booster training needed?
• Individual and environmental factors matter

What does the literature say?

• Searched PsychInfo
  – Terms “Gatekeeper” + “Suicide” in Abstracts
• Found 7 references
  – 1 primary study
  – A feminist utilitarian perspective on euthanasia: From Nancy Crick to Terri Schiavo
• Many unpublished evaluations
• Outcomes mostly knowledge & attitudes
• But, the famine will not last, a feast is being prepared
Gatekeeper Training

• New Zealand Study of 1st Nation Members
  – Capp, Deane, & Lambert, 2001

  Effect Size
  - Knowledge +1.10**
  - Intention to help -0.10
  - Intention to refer -0.34*
  - Confidence to ID suicide risk +0.33*


Gatekeeper Training

• Many Helping Hearts (peer youth gatekeepers)
  – Stuart, Waalen, & Haelstromm, 2003

  Effect Size
  - Knowledge +0.77
  - Attitudes +1.36
  - Intervention Skills +0.85

Gatekeeper Training

• Ukrainian Military
  – Rozanov, Mokhovikov, & Stiliha, 2002

  • Suicide Deaths 3.90


Benefits of gatekeeper training

• Relatively easy
• Relatively inexpensive
  – “Train and Go”
• Safe
• Tangential benefits (↑ awareness)
• Involves adults, not children
• Popular
Limitations of gatekeeper training

- Poorly defined—what is gatekeeper training?
- Few published studies
- Gatekeepers behavior have not been measured
- Unknown efficacy/effectiveness

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Citations