Gatekeeper Training: Background

Philip Rodgers, PhD

- Garrett Lee Smith Memorial Act
- College Grantee TA Meeting
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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)

- Intercessor
- 2-16 hours of training
- Gatekeeper
- Population
- Individual Identified as "At-Risk"
- Referred to Appropriate Resource
**Generic Logic Model**

**Gatekeeper Training**

<table>
<thead>
<tr>
<th>Inputs</th>
<th>Activities</th>
<th>Outputs</th>
<th>Immediate</th>
<th>Intermediate</th>
<th>Long-term</th>
</tr>
</thead>
<tbody>
<tr>
<td>Funds</td>
<td>Gatekeeper</td>
<td>Knowledge</td>
<td>Identification of those at-risk</td>
<td>Referrals for help</td>
<td>Suicide</td>
</tr>
<tr>
<td>Staff</td>
<td>Training</td>
<td>Attitudes</td>
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<tr>
<td>Materials</td>
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<td>Skills</td>
<td></td>
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<td>Trainers</td>
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</tbody>
</table>

**Process Evaluation**

**Outcomes Evaluation**

**Critical Components**

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

<table>
<thead>
<tr>
<th>Knowledge</th>
<th>Attitudes</th>
<th>Skills</th>
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</thead>
<tbody>
<tr>
<td>Awareness Building</td>
<td>Gatekeeper Training</td>
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</table>
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
• Many unpublished evaluations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

