



Comparison Table of Suicide Prevention Gatekeeper Training Programs

This document supports Goal 13 of the 2012 National Strategy for Suicide Prevention

Gatekeeper training generally refers to programs that seek to develop individuals' "...knowledge, attitudes and skills to identify (those) at risk, determine levels of risk, and make referrals when necessary" (Gould et al., 2003). The purpose of this table is to provide users with a side-by-side comparison of the various gatekeeper training programs listed in the SPRC/AFSP Best Practices Registry (BPR). The BPR identifies, reviews, and disseminates information about best practices that address specific objectives of the National Strategy for Suicide Prevention. All programs in this matrix have been implemented in specific settings (e.g., schools, community settings, college/university campuses) and are listed in the BPR's Section III and in some cases, SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP). Programs in Section III of the BPR have been reviewed for accuracy, likelihood of meeting objectives, and adherence to program design standards. Being listed in Section III of the BPR does not mean that the practice has been proven effective through evaluation. However, all interventions in the NREPP registry have met minimum requirements for review and have been independently assessed and rated for Quality of Research and Readiness for Dissemination. For full descriptions of these and other gatekeeper training programs, go to the SPRC/AFSP BPR's Section III at <http://www.sprc.org/bpr/section-iii-adherence-standards>. Information on NREPP can be found at <http://nrepp.samhsa.gov/Index.aspx>.

Note: Gatekeeper training is frequently implemented as part of comprehensive suicide prevention programs. While many of the programs listed here can be readily disseminated, they should only be implemented after thorough assessment of your community's needs and a determination that gatekeeper training is a reasonable strategy for meeting your community's strategic goals.

Program	Requirements (Costs, time, implementation requirements) Please contact individual programs for current cost information.	Audiences	Program Highlights	Program Objectives
<u>Applied Suicide Intervention Skills Training (ASIST)</u>	Training for trainers: \$2,600 per individual for 5-day course (includes instructors, materials, and host site requirements) Training for gatekeepers: 14 hours over 2 days for training; \$36 for materials (intervention handbook, workbook, wallet-size prompter card, certificate, consumables)	Who is trained: Caregivers (e.g., those seeking to reduce immediate risk of suicide), clergy, counselors, community volunteers, law enforcement Who is helped: Clients of caregivers; individuals at risk for suicide Size of training group: Groups of 15, 24, or 30 in 'training for trainers'; up to 30 in 'training for gatekeepers'	Participatory work groups Mini-lectures, facilitated discussions, group simulation, and role play Training in suicide first aid <i>Also available in Spanish and French; can be culturally adapted</i>	Raise awareness of societal attitudes about suicide Enhance communication, identification, and intervention skills Increase knowledge of resources for both caregivers and people at risk

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Army ACE (Ask, Care, and Escort)	<p>Training for gatekeepers: ACE is a 4-hour peer-to-peer or “buddy-to-buddy” training. It can be ordered free of charge from: http://www.armyg1.army.mil/hr/suicide/training_sub.asp?sub_cat=25</p> <p>ACE should be implemented as instructed in the training protocols. Deviations should be approved in advance by the ACE development team.</p>	<p>Who is trained: Soldiers and junior leaders</p> <p>Who is helped: Soldiers at risk for suicide</p> <p>Size of training group: Recommended for a Platoon size element (approximately 30 participants) who know each other.</p>	<p>Encourages soldiers to directly and honestly question any battle buddy who exhibits suicidal behavior.</p> <p>The battle buddy should <i>ask</i> a fellow soldier whether he or she is suicidal, <i>care</i> for the soldier, and <i>escort</i> the soldier to the source of professional help</p>	<p>Increase individual and group responsibility for the well-being of others</p> <p>Increase awareness of stigma and its negative effects on help-seeking</p> <p>Increase knowledge and skills for identifying, intervening, and referring suicidal Warriors for help</p> <p>Increase competence/confidence in application of these skills</p> <p>Increase knowledge of military and community resources for referrals</p>

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At-Risk for Middle School Educators	<p>Training for gatekeepers: This 50 minute online training costs \$5 to \$30 per user, depending on the number and length of the licenses purchased. Discounts apply for county and statewide implementation.</p> <p>The <i>Implementation Manual</i> should be reviewed prior to implementation.</p> <p>Teachers and staff should be aware of their school's referral policies/protocols.</p> <p>The program is most effective when used as part of the school's larger strategic plan to identify and help at-risk students.</p>	<p>Who is trained: Middle school educators and staff</p> <p>Who is helped: Students at risk for suicide</p> <p>Size of training group: Training is delivered individually online</p>	<p>The program teaches middle school educators and staff how to identify students exhibiting signs of psychological distress, including depression and thoughts of suicide; approach students to discuss their concern, and make a referral to school support personnel.</p> <p>The program is delivered online.</p>	<p>Increase knowledge of signs of student psychological distress including verbal, behavioral or situational clues</p> <p>Increase motivation to approach students to discuss their concern and if necessary, refer</p> <p>Increase knowledge of how to communicate with at-risk students and motivate them to seek help</p> <p>Increase knowledge about prevalence of psychological distress and suicidality among middle school students</p> <p>Increase knowledge of how to handle a situation when concerned that a student may plan to harm him/herself</p> <p>Increase knowledge of local referral points and resources for at-risk students</p>

Program	Requirements (Costs, time, implementation requirements) Please contact individual programs for current cost information.	Audiences	Program Highlights	Program Objectives
<u>At-Risk for High School Educators</u>	<p>Training for gatekeepers: At-Risk annual licenses for schools and districts from \$500-\$3,500 per school, depending on the number and size of the schools including technical support, user tracking and assessment tools and promotional materials.</p> <p>Implementation manual should be reviewed. Training is most effective when used as part of a school's larger strategic plan to identify and help at-risk students.</p>	<p>Who is trained: High school educators</p> <p>Who is helped: High school students</p> <p>Size of training group: Unspecified</p>	<p>One-hour, web-based training that teaches high school educators how to identify students exhibiting signs of psychological distress, approach students to address their concern, and make a referral to school support services</p> <p>During the training, learners assume the role of a high school teacher concerned about three students, explore each students' profile and engage in simulated conversations with each student</p>	<p>Increase knowledge of prevalence of suicide attempts and psychological distress among high school students</p> <p>Increase knowledge of signs of psychological distress, including verbal, behavioral and situational clues</p> <p>Increase knowledge of how to communicate with at-risk students and motivate them to seek help</p> <p>Increase knowledge of local referral points and resources for at-risk students</p>
<u>At-Risk for University and College Faculty</u>	<p>Training for gatekeepers: \$1,850 to \$4,850 for 45-minute web-based training (includes site license for 1-2 years that allows re-training); cost depends on # of learners</p> <p>Implementation manual should be reviewed and training should include campus-specific resources and referral points.</p> <p>Should be considered as part of a campus' larger strategic plan.</p>	<p>Who is trained: College and university faculty and staff</p> <p>Who is helped: College and university students</p> <p>Size of training group: Different site licenses are available and accommodate from 100 to 500 participants; options are also available for individual licenses or very large groups (501+)</p>	<p>Web-based simulation that allows learners to analyze profiles (include information on academic performance, behaviors, and physical appearance) of virtual students and interact with them</p> <p>Information on symptoms of mental distress (including depression, anxiety, and suicidal thoughts)</p> <p>Customizable features that allow incorporation of campus-specific resources and referral points.</p>	<p>Increase knowledge of signs of student psychological distress</p> <p>Increase knowledge of how to communicate with at-risk students</p> <p>Increase knowledge of local resources and referral points for at-risk students</p>

Program	Requirements (Costs, time, implementation requirements) Please contact individual programs for current cost information.	Audiences	Program Highlights	Program Objectives
<u>At-Risk for University and College Students</u>	<p>Training for gatekeepers: 30 minutes; \$2–20 per user.</p> <p>The <i>Implementation Manual</i> should be thoroughly reviewed.</p> <p>Campus counseling center staff should have the ability to assess and manage students who may be at risk for suicide prior to implementation.</p> <p>The program is most effective when used as part of a larger strategic plan to identify and help at-risk students.</p>	<p>Who is trained: College and university students</p> <p>Who is helped: College and university students</p> <p>Size of training group: Training is self-administered by individuals</p>	<p>The online, interactive program teaches students how to identify students at risk, approach them to discuss their concerns, and make referrals to the counseling center.</p> <p>Learners become familiar with the help services and resources at their university.</p> <p>Using avatars, learners assume the role of a college student concerned about four friends, and learn effective techniques to encourage help-seeking.</p>	<p>Increase knowledge of signs of student psychological distress</p> <p>Increase knowledge of how to communicate with at-risk students and motivate them to seek help</p> <p>Increase knowledge of how to handle situations where students raise concerns that they may harm themselves</p> <p>Increase awareness of local resources and referral points for at-risk students, including the campus counseling center</p>

Program	Requirements (Costs, time, implementation requirements) Please contact individual programs for current cost information.	Audiences	Program Highlights	Program Objectives
<u>At-Risk in the ED</u>	<p>Training for gatekeepers: One hour; approximately \$35–75 per user.</p> <p>Emergency departments (EDs) should have protocols in place to manage patients who are found to be at risk for suicide.</p>	<p>Who is trained: ED staff</p> <p>Who is helped: ED patients</p> <p>Size of training group: Training is self-administered by individuals</p>	<p>This online, interactive program teaches ED staff to recognize warning signs of suicide and substance abuse, screen patients who exhibit the signs, and respond to those who screen positive.</p> <p>Learners engage in simulated conversations with three emotionally responsive avatars representing patients who may be at risk for suicide and/or substance abuse.</p>	<p>Increase knowledge of warning signs for suicide and substance abuse risk</p> <p>Increase knowledge of how to use evidence-based screening tools</p> <p>Increase knowledge of how to communicate effectively with patients at risk</p> <p>Increase knowledge of how and where to refer patients at risk</p> <p>Increase knowledge of how to manage risk</p> <p>Increase ability to document patient interviews</p> <p>Increase knowledge of protective factors and means restriction</p>

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<u>Be A Link!</u>	<p>Training for trainers: \$295 for 2-day training (includes toolkit and materials); trainings available at both local sites and Yellow Ribbon site; cost varies for travel</p> <p>Training for gatekeepers: \$375 for 2-hour training (includes instructor materials); \$5 per set for participant materials; cost varies for travel/overhead (if off-site trainer is needed)</p> <p>A school crisis plan should be adopted in prior to training</p>	<p>Who is trained: Adult community members (e.g., school staff/faculty, first responders, social workers, religious leaders, etc.)</p> <p>Who is helped: Youth at risk for suicide (10-18 years of age)</p> <p>Size of training group: Minimum of 10 participants in ‘training for trainers’ at Yellow Ribbon site; minimum of 20 in ‘training for trainers’ at local site (group can be mixed or by discipline); up to 90 in ‘training for gatekeepers’</p>	<p>Information on risk factors and warning signs for suicide, community referral points for help, and crisis protocols</p> <p>Training uses PowerPoint presentation (provided on a CD) and ‘Be A Link’ trainer’s manual (includes talking points for each PowerPoint slide, program overview and outline, FAQ, preparation worksheet, and links to additional resources)</p> <p>Includes recommendations for safe and effective messaging</p>	<p>Increase knowledge of warning signs for suicide</p> <p>Increase understanding of protocols for referring youth to helping resources</p> <p>Increase knowledge of help resources</p>
<u>Campus Connect</u>	<p>Training for trainers: \$4,500 for 6-hour workshop (includes manuals, consultation, and travel)</p> <p>Training for gatekeepers: 2.5 hours for training</p> <p>Completion of Campus Connect Readiness Checklist required prior to training</p>	<p>Who is trained: College and university faculty, staff, and students</p> <p>Who is helped: College and university students at risk for suicide</p> <p>Size of training group: Up to 25 participants in training for trainers; up to 30 in gatekeeper training</p>	<p>Information on suicide statistics, risk/protective factors, warning signs, and referral sources</p> <p>Skills training on listening to, communicating with, and engaging at-risk students</p> <p>Final role play activity to practice skills</p>	<p>Increase knowledge of suicide warning signs and referral points for students at risk for suicide</p> <p>Increase skills for responding to college students at risk for suicide</p> <p>Increase self-efficacy regarding an individual's ability to respond to a student at risk for suicide</p>

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<u>Connect Suicide Prevention Intervention Training</u>	<p>Training for trainers: \$6,000 for 3-day session (2 trainers required); consultation available to assist with implementation (\$160/hr)</p> <p>Training for gatekeepers: \$1,600 (excluding travel) per trainer per day (if not training your own trainers); 4-6 hours for training</p>	<p>Who is trained: Community members, professional service providers (schools, hospitals, police, mental health and/or other services, faith leaders, military) <i>Note: Specific training modules for different professions</i></p> <p>Who is helped: Individuals at risk for suicide</p> <p>Size of training group: Up to 20 participants in ‘training for gatekeepers’</p>	<p>Training on coordination, communication, and connections among resources and stakeholders in the community</p> <p>Rehearsal of vignettes that demonstrate integrated community responses</p> <p>Information about stigma reduction, safe messaging, and promotion of help-seeking behavior</p> <p>Discussion/steps for lethal means restriction</p>	<p>Increase knowledge of protocols and prevention skills including recognition of risk and protective factors and warning signs of a person at risk for suicide</p> <p>Increase confidence in the use of the protocols</p> <p>Increase comfort level with suicide prevention strategies</p> <p>Increase competence in dealing with suicide events</p> <p>Increase community capacity to provide an integrated response to suicide events</p>
<u>Connect Suicide Postvention Training</u>	<p>Training for trainers: \$6,000 for 3-day session (2 trainers required); consultation available to assist with implementation (\$160/hr)</p> <p>Training for gatekeepers: \$1,600 (excluding travel) per trainer per day (if not training your own trainers); 4-6 hours for training</p>	<p>Who is trained: Community members, professional service providers (law enforcement/first responders, coroners, military, faith leaders, educators, mental health clinicians, social service agencies, funeral directors)</p> <p>Who is helped: Survivors and community members in the aftermath of a suicide</p> <p>Size of training group: Up to 20 participants in training for gatekeepers and professional service providers</p>	<p>Enhances collaboration and coordination to provide the most effective intervention</p> <p>Assures outreach and prevention through rapid and comprehensive communication, including best practices, safe messaging, appropriate memorial services and media guidelines</p> <p>Engages resources to help survivors and the community with grieving and healing</p>	<p>Increase knowledge of warning signs and risk and protective factors for a person at risk for suicide</p> <p>Increase understanding of the impact of suicide, and the grief and increased risk that can result</p> <p>Increase knowledge of ways to enhance coping and healing for oneself and others after a loss</p> <p>Increase understanding of the roles and responsibilities of key service providers for communication, promoting an integrated community response after a suicide</p>

Program	Requirements (Costs, time, implementation requirements) Please contact individual programs for current cost information.	Audiences	Program Highlights	Program Objectives
<u>Connect Youth Leaders: Partnering with Adults in Youth Suicide Prevention</u>	<p>Training for gatekeepers: Two-day training including materials and curriculum costs \$6,000 plus travel. Day one is for adults who will be the co-facilitators with youth leaders. Day two is for the adult facilitators continuing from day one and youth leaders.</p> <p>Trainers and participants should be aware of local referral protocols including referral points.</p>	<p>Who is trained: Adult co-facilitators and youth leaders</p> <p>Who is helped: Youth at risk for suicide</p> <p>Size of training group: Up to 15 adults and 20 youth</p>	<p>The training emphasizes that the role of youth is to seek help from an adult when there is a concern, NOT to take on the role of a counselor.</p> <p>The training takes into account developmental considerations of high school-age youth as well as safe messaging guidelines.</p> <p>The program was developed to meet the needs of youth and guide their involvement in youth suicide prevention.</p>	<p>Understand suicide as a public health issue and its impact on communities and individuals</p> <p>Understand risk and protective factors and warning signs for suicide</p> <p>Demonstrate the skill and confidence to recognize warning signs</p> <p>Understand how factors such as gender and culture impact suicide risk</p> <p>Increase knowledge of communication techniques for parents and others to use in a crisis</p> <p>Understand the importance of involving adults when concerned about someone at risk</p> <p>Increase knowledge of best practices concerning restricting access to lethal means, safe messaging, and communication about suicide, and how these differ when working with youth</p> <p>Demonstrate positive attitudes toward helping others</p> <p>Increase awareness of benefits of treatment for mental health and substance abuse issues</p>

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<u>EndingSuicide.com</u>	<p>Training for gatekeepers: 2 modules are available for free at www.EndingSuicide.com</p> <p>Participants should access levels of training that correspond best with their level of experience and training needs</p>	<p>Who is trained: Health professionals and school professionals</p> <p>Who is helped: At-risk clients</p> <p>Size of training group: Unspecified</p>	<p>Modules range from the introductory-level materials for those without health training to more complex modules for practicing health professionals</p> <p>Each module is based on a needs analysis, and includes educational objectives, need, goal, author bios, and disclosure information.</p>	<p>Increase knowledge of suicide prevention</p> <p>Increase feelings of self-efficacy to deal with those who may be suicidal</p> <p>Increase positive attitudes towards intervention with those who may be suicidal</p> <p>Increase intention to intervene appropriately with those at risk</p>
<u>Family of Heroes: Training for Family Members of Veterans</u>	<p>Training for gatekeepers: One-hour; approximately \$2–25 per user.</p> <p>Training participants should receive a list of local and national resources for helping veterans who may be at risk for psychological distress.</p>	<p>Who is trained: Family members and caregivers of veterans</p> <p>Who is helped: Returning veterans and their families</p> <p>Size of training group: Training is self-administered by individuals</p>	<p>Learners engage in simulated conversations with three interactive veteran avatars exhibiting signs of post-deployment stress.</p> <p>Teaches conversation strategies for discussing psychological distress, how to motivate the veteran to seek help, and strategies for avoiding common pitfalls, such as pressuring and criticizing the veteran.</p>	<p>Increase knowledge of the signs and prevalence of psychological distress among veterans</p> <p>Increase ability to engage at-risk veterans and motivate them to seek help</p> <p>Increase knowledge of how to handle situations of imminent risk</p> <p>Increase awareness of local resources and referral points for at-risk veterans</p>

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<u>Gryphon Place Gatekeeper Suicide Prevention Program-A Middle School Curriculum</u>	<p>Training for gatekeepers: The three-lesson curriculum is delivered on three consecutive days; costs vary.</p> <p>The program must be presented by personnel trained by Gryphon Place.</p> <p>Specific school referral points for at-risk students and linkages to helping services must be identified and incorporated into the curriculum.</p>	<p>Who is trained: School administrators, faculty, staff, and students</p> <p>Who is helped: Middle school students</p> <p>Size of training group: Not specified</p>	<p>School gatekeepers are taught to identify, intervene with, and obtain help for at-risk youth.</p> <p>The program also discusses mental illness, depression and substance abuse in a manner that reduces stigma and encourages help-seeking behaviors.</p> <p>Students are taught to develop coping, self-esteem, asset-building, stress reduction, and communication skills, and learn about local helping resources.</p>	<p>Increase knowledge about suicide, substance abuse, and common teen stressors</p> <p>Increase knowledge of how to seek help for themselves and others</p> <p>Increase knowledge of helping resources</p>
<u>High School Gatekeeper Curriculum</u>	<p>Training for gatekeepers: Program is delivered in four class period-length lessons; costs vary according to the options selected.</p> <p>Must be presented by those trained by Gryphon Place.</p> <p>Specific school referral points for at-risk students and linkages to helping services must be identified and incorporated into the curriculum prior to implementation.</p>	<p>Who is trained: High school students and teachers</p> <p>Who is helped: Students at risk for suicide</p> <p>Size of training group: Not specified</p>	<p>School gatekeepers are taught to identify, intervene with, and obtain help for at-risk youth.</p> <p>The program emphasizes the destigmatization of mental illness and encourages help-seeking.</p> <p>Teacher training and parent education components are included.</p> <p>Linkages to local and school-based helping resources, including local crisis hotlines, are promoted.</p>	<p>Increase knowledge related to suicide and suicide prevention</p> <p>Increase awareness of one's own attitudes toward suicide and depression</p> <p>Increase knowledge of suicide warning signs</p> <p>Increase knowledge of intervention skills for at-risk peers</p> <p>Increase knowledge of referral strategies and helping services</p>

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<u>How Not to Keep a Secret (HNTKAS)</u>	<p>Training for gatekeepers: One day-long program; \$50 for the <i>HNTKAS</i> manual, \$75 for the <i>Break Free from Depression</i> DVD</p> <p>Schools should have policies and procedures in place to respond to students who are at risk for depression and suicide.</p> <p>Gatekeeper training should be provided to faculty prior to implementation with peer leaders</p>	<p>Who is trained: Student peer leaders</p> <p>Who is helped: Students at risk for suicide</p> <p>Size of training group: Not specified</p>	<p>Training includes a clinical presentation, a documentary and interactive activities.</p> <p>Students create and perform skits highlighting risk factors and warning signs of depression and suicide, as well as how to reach out for help.</p> <p>Training and implementation are part of a recommended program that includes educator gatekeeper training and consultation on addressing mental health issues in schools.</p>	<p>Increase awareness that depression is treatable and suicide is preventable</p> <p>Increase ability to name a minimum of three warning signs of suicide</p> <p>Increase ability to identify a minimum of three adults to connect with and talk to if the mental health and safety of oneself and/or others presents cause for concern</p>

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<u>Just Talk About It: Suicide Prevention Toolkit</u>	<p>Training for trainers: Two hour training is available at no cost in Dallas and surrounding counties.</p> <p>Training for gatekeepers: Presentations for school staff by trained trainers are 1 hour. Presentations for students are 30 min, 1hour and 1 ½ hours. Both are available at no cost in Dallas and surrounding counties. There is a minimal fee for the toolkit outside these areas.</p> <p>Schools should have established protocols for addressing students who may be at risk for suicide.</p> <p>Program is most effective when used as part of a school's larger strategic plan to identify and help at-risk students.</p>	<p>Who is trained: Middle/high school staff members and students</p> <p>Who is helped: Students at risk for suicide</p> <p>Size of training group: Classroom-sized or small groups are preferred for student/staff trainings. Groups of 12-25 are preferred for training of trainers, staff and parent training</p>	<p>Training of Trainers includes how to utilize the toolkit components in schools or classrooms as well as identifying a student for the Teen Screen or Peer Support groups.</p> <p>The toolkit and presentations are designed to train both staff members and students on how to assist adolescents who exhibit signs of suicidal ideation.</p> <p>The toolkit can be used by itself, or in conjunction with training of trainers, direct staff and administrator training, or parent training offered by CONTACT Crisis Line.</p>	<p>Increase knowledge of warning signs of suicide</p> <p>Enhance ability to intervene with those who may be at risk for suicide</p> <p>Increase knowledge of help-seeking resources.</p>

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<u>In Harm's Way: Law Enforcement Suicide Prevention</u>	<p>Training for trainers: Eight-hour program; available at no charge.</p> <p>Law enforcement departments should establish linkages to helping resources before implementing the program.</p>	<p>Who is trained: Law enforcement and corrections professionals serving as peer trainers</p> <p>Who is helped: Members of the trainer's department who are at risk for suicide</p> <p>Size of training group: Not specified</p>	<p>Trainers learn stress management and suicide prevention for law enforcement and corrections professionals.</p> <p>Those completing the program return to their departments to train administrators, officers, and staff on suicide prevention.</p> <p>Peer training includes identifying the warning signs of depression, PTSD, and suicide; reducing the stigma associated with seeking help and developing policies, protocols and procedures to address officers at risk.</p> <p>Additional training is provided on the roles of EAPs, peers, chaplaincy and psychological services, as well as postvention, family support and survivor needs.</p>	<p>Increase understanding of the stressors, pressures, and culture in law enforcement that can lead to suicidal ideation</p> <p>Increase ability to identify behaviors and statements that may indicate suicide risk</p> <p>Increase ability to train law enforcement in suicide prevention</p> <p>Increase understanding of the importance of establishing department policy, protocol, and procedures</p> <p>Increase ability to share this information within the trainers' departments</p>

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<u>Late Life Suicide Prevention Toolkit</u>	<p>Training for gatekeepers: All program materials are viewable (in the case of the DVD) or downloadable, at no charge. A hard copy of the complete toolkit is available for a small charge</p> <p>The toolkit contains multiple components, which work best when used in concert</p>	<p>Who is trained: Front-line providers, medical and mental health care clinicians, and health care trainees</p> <p>Who is helped: Older adults</p> <p>Size of training group: Unspecified</p>	<p>Toolkit focuses on how to identify suicide warning signs, establish rapport and assess suicide risk and resiliency factors, and manage immediate and ongoing risk for suicide among older adults.</p> <p>Toolkits is based on Canadian Coalition for Seniors' Mental Health <i>National Guidelines on the Assessment of Suicide Risk and Prevention of Suicide in Older Adults</i> (Canada's first ever interdisciplinary, evidence-based guideline on the topic.)</p>	<p>Ability to demonstrate a basic understanding of the epidemiology of late life suicide</p> <p>List risk and protective factors for suicide and identify warning signs</p> <p>Initiate conversations about depression and suicide risk using key questions to assess for suicide risk</p> <p>Describe late life suicide risk assessment and clinical intervention strategies</p> <p>Integrate components of the Toolkit into clinical care</p>
<u>Let's Talk Gatekeeper Training</u>	<p>Training for gatekeepers: Materials for the two– hour training (including PowerPoint slips, trainers' manual, and handouts) are available at no charge.</p> <p>Training participants should be aware of available resources and referral protocols for youth at risk for suicide.</p>	<p>Who is trained: Foster parents and adults who care for children</p> <p>Who is helped: At-risk youth</p> <p>Size of training group: Unspecified</p>	<p>Training includes content about myths and facts about suicide, risk and protective factors for suicide, warning signs of suicide, and how to communicate with at-risk youth.</p>	<p>Increase understanding of the nature and signs of depression and suicidal behavior</p> <p>Increase sense of competence and confidence in identifying youth at risk</p> <p>Increase capability to respond effectively to a youth crisis</p>

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<u>Lifelines Intervention: Helping Students At Risk for Suicide</u>	<p>Training for gatekeepers: The manual is 216 pages; the CD-ROM and DVD are 37 minutes each and are available for \$149.</p> <p>Before implementing the program, schools should develop linkages with local mental health services.</p>	<p>Who is trained: Schools resource staff</p> <p>Who is helped: Middle and high school students at risk for suicide</p> <p>Size of training group: Individual self-study</p>	<p>This self-study program for school resource personnel adapts traditional counseling techniques to the school setting to guide the process of interviewing students for the purpose of assessment and referral.</p> <p>Specific techniques for use with challenging students and parents are illustrated.</p>	<p>Increase knowledge of how to assess suicide risk in students</p> <p>Increase knowledge of how to work with parents of students who may be at risk for suicide</p> <p>Increase knowledge of how to refer students who may be at risk for suicide to helping resources</p>
<u>LifeSavers Training</u>	<p>Training for gatekeepers: The three-day <i>LifeSavers Training</i> costs approximately \$230 per participant.</p> <p>If implemented in a school setting, a school-based crisis management plan should be adopted prior to implementing <i>LifeSavers Training</i>.</p>	<p>Who is trained: High school- and college-age young people</p> <p>Who is helped: Troubled peers and friends</p> <p>Size of training group: At least 45 trainees</p>	<p><i>LifeSavers Training</i> is a suicide and crisis prevention program where trained life-savers learn to listen compassionately and offer non-judgmental and confidential support to help troubled peers and their friends find their own solutions to their problems in order to prevent difficult situations from developing into crises.</p>	<p>Increase understanding of the warning signs of suicide</p> <p>Increase ability to intervene with students who may be at risk for suicide</p> <p>Increase knowledge of referral points for students who may be at risk for suicide</p> <p>Enhance listening skills</p>
<u>Making Educators Partners in Youth Suicide Prevention</u>	<p>Training for gatekeepers: Educator training is available for free and can be accessed at: www.sptsni.org; series of 5 modules.</p> <p>Additional components of educator training include the identification of on-site referral points, the development of linkages to community mental health services, and the institutions of crisis protocols.</p>	<p>Who is trained: Educators and school staff</p> <p>Who is helped: At-risk youth</p> <p>Size of training group: Unspecified</p>	<p>Focuses on practical realities inherent in the school setting.</p> <p>Uses informed commentary from experts in mental health and suicide prevention.</p> <p>Training includes fifth module that allows viewers to email specific questions to a panel of experts.</p>	<p>Increase awareness of the problem of suicide</p> <p>Increase understanding of the appropriate role of the educators in the prevention process</p> <p>Increase knowledge of strategies for dealing with at-risk students</p>

Program	Requirements (Costs, time, implementation requirements) Please contact individual programs for current cost information.	Audiences	Program Highlights	Program Objectives
<u>More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel</u>	<p>Training for gatekeepers: Materials including 2 DVDs and accompanying guides) can be purchased from the AFSP online store \$99.99.</p> <p>Educators should be familiar with their school's crisis management plan, policies on bullying and harassment and procedures for referring students for mental health and evaluation.</p>	<p>Who is trained: Teachers and other school personnel; also suitable for parents and other adults who care for or work with youth</p> <p>Who is helped: Teens/youth</p> <p>Size of training group: Unspecified</p>	<p>The program is built around two 25-minute DVDs intended for teens and to show adults how a potentially life-threatening mental health disorder can present in teens.</p> <p>Also includes a 42 page instruction manual for program participants and slides for teacher trainers.</p>	<p>Increase awareness of the problem of teen suicide and how it can be effectively treated and prevented</p> <p>Increase understanding of mental disorders and other risk factors for teen suicide, so that they are better prepared to identify and refer student who may be at risk</p>
<u>Online Counseling and Suicide Intervention Specialist (OCSIS)</u>	<p>The 40-hour Phase I course is \$199 for students and volunteers and \$399 for professionals.</p> <p>The 10-hour Phase II training is \$150.</p> <p>Participants should have knowledge of local helping resources.</p>	<p>Who is trained: Professionals, students and volunteers working with suicidal people by telephone, Skype, or face-to-face</p> <p>Who is helped: People at risk for suicide who require or request text-only communications</p> <p>Size of training group: Varies</p>	<p>Prepares both volunteers and professionals to detect, assess, and mitigate suicide risk in persons requesting or requiring text-only communications</p> <p>Online self-paced, self-study with optional instructor (fee applies)</p> <p>Phase I offers <i>Certificate of Course Completion</i> and 40 NBCC CE credits.</p> <p>Phase II offers <i>Certificate of Competency</i>.</p>	<p>Increase understanding of suicidal behavior, terms, statistics, and phenomenology</p> <p>Increase understanding of suicide risk assessment, particularly as it applies online</p> <p>Increase ability to intervene with individuals who may be at risk for suicide, particularly as it applies online</p>

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<u>Operation S.A.V.E.: VA Suicide Prevention Gatekeeper Training</u>	<p>Training for gatekeepers: The one- to two-hour training is available at no charge from the Department of Veterans Affairs (VA).</p> <p>The training should be conducted by trained VA suicide prevention coordinators or other qualified professionals.</p>	<p>Who is trained: Veterans and those who serve veterans</p> <p>Who is helped: Veterans at risk</p> <p>Size of training group: Not specified</p>	<p>The training includes a brief overview of suicide in the veteran population, suicide myths and misinformation, risk factors for suicide, and components of the <i>S.A.V.E.</i> model (Signs of suicide, Asking about suicide, Validating feelings, Encouraging help, and Expediting treatment).</p> <p>The training comprises a PowerPoint presentation, a training script, an instructor's guide and toolkit, pre- and post-evaluation instructions, evaluation forms, tracking sheets, and <i>Operation S.A.V.E.</i> brochures.</p>	<p>Increase knowledge of the problem of suicide among veterans</p> <p>Increase awareness of the importance of suicide prevention</p> <p>Increase knowledge of myths and misinformation about suicide</p> <p>Increase ability to identify a veteran who may be at risk for suicide</p> <p>Increase knowledge of signs and symptoms of suicidal thinking</p> <p>Increase ability to ask questions about suicide in an objective, non-threatening way</p> <p>Increase ability to refer a veteran for evaluation and treatment</p>
<u>QPR (Question, Persuade, Refer)</u>	<p>Training for trainers: \$495 for 12-hour QPR certified instructor self study course (certification for 3 years); \$395 for 8-hour live training (certification for 3 years)</p> <p>Training for gatekeepers: Cost varies depending on instructor; \$29.95 for online training; 1-2 hours for standardized training; \$2 per set for trainee materials (QPR booklet & card).</p>	<p>Who is trained: Lay and professional gatekeepers</p> <p>Who is helped: Individuals at risk for suicide</p> <p>Size of training group: Minimum of 10 participants in a live training for trainers; up to 35 participants in a live training for gatekeepers</p>	<p>Multimedia format</p> <p>Training uses "chain of survival" approach for recognizing and responding positively to warning signs and behaviors</p> <p>Training on questioning at-risk individuals in order to determine suicide intent/desire, persuading a person to agree to seek help, and referring a person to appropriate resources</p> <p><i>Available in other languages; can be culturally adapted</i></p>	<p>Increase ability to identify an individual who may be at risk for suicide</p> <p>Increase ability to intervene effectively with those at risk for suicide</p> <p>Increase ability to refer someone at risk for suicide to an appropriate resource</p>

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<u>QPR for Law Enforcement</u>	<p>Training for gatekeepers: The 90-minute program costs \$119 per person; volume discounts are available.</p> <p><i>QPR for Law Enforcement</i> participants should have knowledge of local helping resources.</p>	<p>Who is trained: Law enforcement personnel</p> <p>Who is helped: Individuals at risk for suicide; members of the community</p> <p>Size of training group: Not specified</p>	<p>Training is delivered online.</p> <p>Participants are taught how to recognize and respond to someone exhibiting early suicide warning signs by <i>Questioning</i> about their intent, <i>Persuading</i> them to accept or seek help and <i>Referring</i> them to appropriate resources.</p> <p>An additional four- to five-hour training with advanced certificate is available</p>	<p>Increase knowledge of the warning signs for suicide</p> <p>Increase ability to intervene effectively with those at risk for suicide</p> <p>Increase ability to refer someone at risk for suicide to helping resources</p>
<u>Question, Persuade, Refer (QPR) for Nurses</u>	<p>Training for gatekeepers: This 3- to 6-hour online training program costs \$139 per individual.</p> <p>Participants should have knowledge of, and be trained in, institutional protocols for those at risk for suicide.</p>	<p>Who is trained: Nurses, especially those working in emergency departments</p> <p>Who is helped: Patients at risk for suicide</p> <p>Size of training group: Training is delivered individually online</p>	<p>QPR for nurses is appropriate for nurses at all levels of training and experience.</p> <p>Two certificates offered: 3 hour basic QPR and 3 hours specialized training followed by a knowledge mastery exam.</p> <p>Training includes how to conduct and document a suicide risk assessment.</p>	<p>Increase knowledge of warning signs and risk factors for suicide</p> <p>Increase ability to recognize those at risk for suicide</p> <p>Increase ability to assess suicide risk</p> <p>Increase intervention skills with those at risk for suicide</p> <p>Increase self-efficacy in terms of intervening with suicidal patients</p>

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<p><u>Response: A Comprehensive High School-based Suicide Awareness Program</u></p>	<p>Training for trainers: Two-hour teacher in-service. Materials are included in the \$375 School Kit; additional teacher manuals and DVDs are \$150 (for both).</p> <p>Training for gatekeepers: Four 50-minute student lessons; materials are included in the School Kit.</p> <p>Optional parent training is available for \$150 plus expenses.</p> <p>A review of school or district readiness for <i>Response</i> (through an implementation checklist) must take place before implementation.</p> <p>In-service training for staff and faculty must be held prior to classroom instruction.</p> <p>Schools must identify key staff for a suicide prevention team pre-implementation. They must receive advanced training (ASIST is recommended) prior to classroom instruction.</p>	<p>Who is trained: High school staff, students, and parents</p> <p>Who is helped: Students at risk for suicide</p> <p>Size of training group: Varies, depending on size of parent group, school staff, and classes. District-wide implementation is preferred.</p>	<p>Key school-based staff should include the principal or vice-principal, a <i>Response</i> coordinator, two "suicide contacts" responsible for handling referrals, and a counselor.</p> <p>The program is designed to heighten sensitivity to depression and suicidal ideation, increase identification of those at risk, and facilitate referral to services.</p>	<p>Increase knowledge of signs of depression and suicide</p> <p>Increase understanding of attitudes and behaviors that can hinder help-seeking</p> <p>Increase understanding of the steps to seeking help for oneself and others</p> <p>Increase awareness of "crisis contacts" at the school who can offer immediate help</p>

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<u>Shield of Care: A System-Focused Approach to Protecting Juvenile Justice Youth from Suicide</u>	<p>Training for Gatekeepers: 8 hours</p> <p>No charge for the Shield of Care Training Packet.</p> <p>Established protocols for youth at risk for suicide should be in place prior to implementation.</p> <p>Administrators and staff should be aware of those protocols.</p> <p>Trainers need to have mental health backgrounds and be willing to administer the evaluation.</p>	<p>Who is trained: Juvenile justice staff</p> <p>Who is helped: Youth in juvenile justice settings</p> <p>Size of training group: Not specified</p>	<p>Tailored to the juvenile justice environment</p> <p>Emphasizes a system-focused model of preventing suicide</p> <p>Emphasizes that policy, connectedness to youth, and communication between staff are essential</p> <p>Teaches specific steps of effective suicide intervention</p>	<p>Increase knowledge of suicide prevention strategies, including risk and protective factors</p> <p>Increase self-efficacy to prevent suicide</p> <p>Increase suicide prevention skills</p> <p>Increase connectedness among staff and with youth</p> <p>Increase suicide prevention communication</p> <p>Increase policy and procedure knowledge</p> <p>Increase self-efficacy to work through facility-level barriers to suicide prevention</p>

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Sources of Strength	<p>Training for trainers: Adult advisors spend about 40 hours over the 3-6 month program, including a 3-6 hour orientation and monthly support teleconferences with <i>Sources of Strength</i> staff. Most of the 40 hours is spent supporting the peer teams.</p> <p>The approximate cost is \$5,000 per school, plus the costs of trainer travel. Supplemental programming is available at an additional charge.</p> <p>Training for gatekeepers: Peer leaders spend from 15 to 50 hours over the 3-6 month program, including a four-hour initial peer training.</p> <p>Prior to training the peer team, the crisis management protocols found in the <i>Sources of Strength Start-Up Guide</i> should be fully implemented and local adult advisors should be identified and trained.</p>	<p>Who is trained: Adult advisors and peer leaders</p> <p>Who is helped: Youth at risk for suicide and other risk-taking behaviors</p> <p>Size of training group: Not specified</p>	<p>Adult advisors and peer leaders try to impact their local teen and young adult cultures through small group conversations and by delivering a series of “Hope, Help, and Strength” messages via presentations, PSAs, posters, videos, the Internet, and text-messaging.</p> <p>Training for and support from adult advisors and peer leaders is ongoing.</p> <p>The program can be implemented in schools or colleges, as well as in faith, cultural, and community-based settings.</p>	<p>Increase knowledge of suicide prevention and how to help at-risk peers</p> <p>Increase awareness of “codes of silence” that may inhibit help-seeking behavior</p> <p>Increase connectedness between at-risk youth and caring adults</p>

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<u>Student Support Network</u>	<p>Training for Trainers: 1 - 2 day train the trainers consultation is available for \$1,000 to \$3,000, plus travel</p> <p>Training for gatekeepers: Student Support Training Manual is available free of charge from the Worcester Polytechnic Institute Counseling Center.</p>	<p>Who is trained: Campus student leaders</p> <p>Who is helped: Campus students</p> <p>Size of training group: Unspecified</p>	<p>Core training components include knowledge of mental/behavioral health issues and campus/community resources; intervention skills, including empathic responding and working with resistance; connecting students with a wide ranges of student helpers; promoting attitudes which de-stigmatize help-seeking.</p> <p>Students are actively recruited to participate in the SSN program based on their high level of involvement/leadership on campus and their desire to help others.</p>	<p>Increase ability to recognize signs of significant mental/behavioral health distress in others</p> <p>Increase confidence and greater ability to engage other in distress in an effective and supportive manner</p> <p>Increase knowledge and skill in referring others in distress to appropriate campus/community resources</p>
<u>Suicide Alertness for Everyone (safeTALK)</u>	<p>Training for trainers: \$820 for 2-day training for trainers workshop (includes materials)</p> <p>Training for gatekeepers: \$7.50 for each SafeTALK resource kit; \$6.50 each when ordered in a bundle of 100</p>	<p>Who is trained: Anyone ages 15+ years in a position to help (e.g., parents, students, teachers, front-line workers and supervisors, police, emergency responders, human resources personnel)</p> <p>Who is helped: Individuals with thoughts of suicide</p> <p>Size of training group: Groups of 15, 24, or 30 in 'training for trainers'; up to 30 in 'training for gatekeepers'</p>	<p>Highly structured training that provides graduated exposure for practicing actions</p> <p>Six 60-90 second video scenarios, each with non-alert clips, are selected from a library of scenarios and strategically used throughout the training.</p>	<p>Increase ability to challenge attitudes that inhibit open talk about suicide</p> <p>Increase ability to recognize a person who might be having thoughts of suicide</p> <p>Increase ability to engage individuals at risk in direct and open talk about suicide</p> <p>Increase ability to listen to the person's feelings about suicide to show that they are taken seriously</p> <p>Increase ability to refer those at risk for suicide to someone trained in suicide intervention</p>

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<u>Suicide and Aging: A Gatekeeper's Workshop</u>	<p>Training for gatekeepers: 4 hours</p> <p>Free of charge in Massachusetts; other locations should call <u>Mary Quinn</u></p> <p>Participants should be aware of their institution's protocols and policies regarding the identification and referral of those who may be at risk for suicide.</p>	<p>Who is trained: Caregivers including staff, nurses, social workers, home health aides, personal care attendants, food service workers, transportation workers and volunteers</p> <p>Who is helped: Older adults</p> <p>Size of training group: Training works best in groups of 5 to 20</p>	<p>A less clinical version of the 8 hour <i>Suicide Prevention Training for Gatekeepers of Older Adults</i> workshop designed for all levels of caregivers</p> <p>Helps caregivers learn risk factors for suicide and encourages them to seek assistance rather than engaging older adults directly</p> <p>The workshop features vignettes, small group exercises, and question and answer sessions.</p>	<p>Increase ability to distinguish between normal aging and mental health issues</p> <p>Increase ability to identify common myths and misperceptions about suicide, mental health, and the aging process</p> <p>Increase ability to identify suicide risk and protective factors in older adults</p>
<u>Suicide Prevention Training for Gatekeepers of Older Adults</u>	<p>Training for gatekeepers: The 8 hour training is funded by the Massachusetts Department of Public Health and is available to qualifying institutions in Massachusetts for no charge.</p> <p>Training participants should be provided with a list of local resources relevant to the care of older adults who are at risk for suicide.</p>	<p>Who is trained: Those who have regular contact with older adults</p> <p>Who is helped: Older adults</p> <p>Size of training group: 6 to 20 participants</p>	<p>The training is organized into five sessions including: overview of aging, mental health, and suicide; risk and protective factors for suicide; working with older adults at risk for suicide; ongoing care and support of older adults at risk for suicide; and self care.</p>	<p>Understand the difference between issues of normal aging and mental health</p> <p>List risk and protective factors and warning sign for suicide in older adults</p> <p>Understand levels of suicide risk</p> <p>Engage and intervene with older adults at risk for suicide</p> <p>List local services available for older adults who are at risk for suicide</p> <p>Provide ongoing care and support for older adults at risk for suicide</p>

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<u>Trevor Lifeguard Workshop</u>	<p>Training for gatekeepers: 1 hour</p> <p>Training for Trainers: 2 days</p> <p>No charge for either program</p> <p>Schools must have established protocols for addressing students who may be at risk for suicide.</p> <p>Teachers and staff should be aware of the protocols.</p> <p>The <i>Lifeguard Workshop</i> should only be administered by trained Lifeguard Workshop Facilitators.</p>	<p>Who is trained: High school and college age youth</p> <p>Who is helped: At-risk youth and at-risk LGBTQ youth</p>	<p>There are two versions of the workshop: one for LGBTQ youth and one for general youth.</p> <p>Workshops are given by volunteer facilitators who have completed the 2-day training for trainers.</p> <p>The workshop guides youth and young adults in a conversation about how to recognize the warning signs of suicide and how to respond in a way that will keep their peers safe.</p>	<p>Increase youth understanding of the impact of their language and actions on LGBTQ peers</p> <p>Increase ability to identify warning signs of depression and suicide</p> <p>Describe three personal self-care strategies</p> <p>Explain safe ways to respond to warning signs of suicide</p> <p>Identify one supportive adult in their environment to turn to for help.</p> <p>Describe the services offered by The Trevor Project and how to access them.</p>

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<u>Veterans on Campus</u>	<p>Training for gatekeepers: <i>Veterans on Campus</i> is a 30-minute, online, interactive training simulation of three experiences that address common challenges affecting student veterans' ability to succeed in an academic setting.</p> <p>Institution-wide pricing begins at \$2,500. Cost depends on the number of people to be trained.</p> <p>Colleges and universities should identify on- and off-campus local resources for veterans and ensure that all program participants are aware of these resources.</p>	<p>Who is trained: University and college faculty and staff</p> <p>Who is helped: Student veterans transitioning from deployment to academic life, especially those struggling with post-deployment stress including PTSD and thoughts of suicide</p> <p>Size of training group: Training is delivered individually online</p>	<p>College/University faculty and staff learn to refer student veterans to appropriate on- and off-campus resources, manage classroom discussions concerning a veteran-sensitive issue, and speak with a student veteran struggling with psychological distress and academic work and connect them with support services, including mental health services, on and off campus.</p> <p>By addressing the common challenges facing student veterans transitioning from deployment to academic life, faculty and staff will become better equipped to create a more supportive environment for student veterans.</p>	<p>Increase knowledge of challenges facing student veterans during transition from deployment to academic life, including emotional distress</p> <p>Increase knowledge of on- and off-campus services, including mental health services, for student veterans</p> <p>Increase motivation to approach a student veteran to discuss post-deployment stress and the transition to academic life and to refer them to on- or off-campus support services; increased likelihood of doing so</p> <p>Increase knowledge and skills in handling a classroom discussion involving issues sensitive to veterans such as politics and the military</p>
<u>Working Minds: Suicide Prevention in the Workplace</u>	<p>Training for trainers: Full day for \$1,000 (\$500 for non-profit organizations)</p> <p>Training materials: \$99 for program toolkit, including facilitator's guide and 30-minute DVD</p> <p>Trainers should identify and include information about local mental health and related resources.</p>	<p>Who is trained: Workplace administrators and employees</p> <p>Who is helped: Workplace employees</p> <p>Size of training group: Up to 40 participants</p>	<p>Builds a business case for suicide prevention, creates a forum for dialogue and critical thinking, and promotes help-seeking and help-giving</p> <p>Interactive exercises and case studies help employers apply and customize the content to their specific work culture</p> <p>Three format options offered: 1-hour "lunchtime" presentation, 1.5-hour in-service workshop, 3.5-hour intensive training</p>	<p>Increase awareness of suicide prevention</p> <p>Increase capacity for dialogue and critical thinking about workplace mental health challenges</p> <p>Increase ability to promote help-seeking and help-giving in the workplace</p>