

QPR Presentation via CD

(This program may only be used by Certified QPR Instructors)

This Instructor's Edition of the QPR Gatekeeper training program on CD-ROM contains several program delivery options, text files, evaluation document masters and a sample Certificate of Course Completion. We invite you to thoroughly review all the files and options.

Suggested presentation steps:

1. Test AV equipment and insert QPR CD-ROM. A large QPR icon will appear on your computer screen. If you wish to show the brief black-and-white introduction to your audience, wait until the audience is seated and ready, and then click on Start QPR. The auto run sequence will begin and then fade to your interface, operational page.
2. If you choose not to run the brief black-and-white introduction for your audience, play this before people are seated and have only the icon on your projector screen. Once people are seated, introduce yourself and purpose. You may invite participants to introduce themselves as you choose.
3. If you plan to evaluate the program with the pre-post survey, explain this procedure and distribute the pre-surveys. Allow 5 minutes for their completion and then collect them. (This document is included in your documents file on the CD. You can preprint, copy and have these ready for your audience).
4. Begin with any opening remarks. When the audience is comfortable, dim lights and begin program by clicking the **About Suicide** interface button. Showing this multi-media piece is optional. This brief orientation program runs less than 3 minutes.
5. Lead a brief discussion covering areas of interest to you or your audience and insert any specialized content you select, e.g., information on depression, substance abuse, youth suicide, late-life suicide, etc. (5-15 minutes).
6. Introduce QPR training and click on **Intro to QPR**. This is your 9-minute QPR trigger video hosted by Carrie Fisher. When video ends, conduct 3 to 5 minute Q&A.
7. Before beginning the **Learn QPR** section, pass out a QPR booklet and card to each participant and explain that they do not need to take notes, as their booklet covers the material they are about to learn. Click on **Learn QPR** and select your PowerPoint delivery method (slides only where you provide the lecture, or the auto-voice over by Dr. Quinnett. Dr. Quinnett's delivery requires 16-minutes).
8. At the conclusion of the PowerPoint presentation, conduct at least a 10 minute Q&A.
9. If conducting a post-training survey, allow 3 to 5 minutes for completion.

(The above program takes approximately 60 minutes to complete, depending on how much time is taken to deliver any special content, how many questions are raised by your audience and other variables.

Options (will require more than 1-hour):

A. If you choose to encourage participants to learn something about depression, you may click on **Help for You** and show the short multimedia introduction to depression and suicide. You may wish to highlight the two warning sign questions provided by the U.S. Preventive Task Force and encourage participants and their loved ones to seek a formal screening for depression if indicated.

B. If you are qualified and wish to conduct a depression screening at the close of QPR training, this is your option. If you elect to do so, you should have one of the standardized depression screening tools currently available at your disposal and be prepared to answer many more questions about depression. You should also be prepared to make all necessary referrals to qualified healthcare providers or other community resources.

C. If you choose to issue a certificate, a model Certificate of Course Completion is provided in your documents file.

Summary model CD-facilitated program (approximately 1 hour)

- 3 minutes: Welcome by QPR Host or Certified QPR Instructor (optional survey)
- 3 minutes: The Problem of Suicide (CD)
- 5-10 minutes: Special content, e.g., depression information
- 5 minutes: Q&A, orientation to training, what will be accomplished, distribution of handouts and survivorship acknowledged.
- 9 minutes: QPR trigger video hosted by Carrie Fisher
- 3-5 minutes: reaction to video and Q&A
- 16 minutes: Distribution of QPR booklets and cards and PowerPoint QPR curriculum presentation
- 10 minute Q&A by Instructor
- SPANUSA Advocacy letters passed out, local and national resources distributed. 1-800-SUICIDE support line and local resources provided.