

QPR Boot Camp

From James Allen's slides

What To Expect

- Warm referrals (“I’m worried about person X”) (2 per 25 people)
- Survivors (1 in every 50 participants)
- Lots of questions (pent up demand)
- Sometimes, a few upset people
- Sometimes, people who are not interested
- Sometimes, expressions of guilt;
“We are only responsible to do what we know to do when it needs to be done, not for something we will learn in the future.”

What to Expect

“Don’t people have the right?”

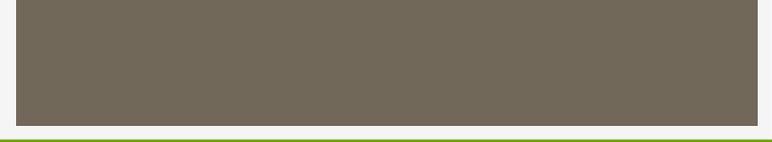
- Rule one: the question is OK, so don’t try to avoid it
- Suicide is complex, culturally-influenced, and morally difficult.
- Is it transient despair or treatable depression?
- Study the question and be ready for the question (page 23 of manual)

Collected Audience Questions

“I have this friend who just bought a gun. He’s been really depressed lately. He’s real touchy, so I don’t want to make things worse. What should I do?”

* * * * *

Note to instructor: answer generally, invite the questioner to speak with you after the training is complete.



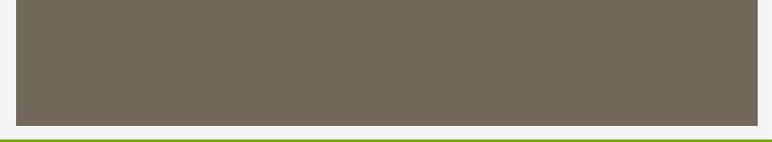
Q

“ My son / friend / roommate is not doing well in school and just got kicked off the basketball team. He says he doesn’t care if he lives or dies. What should I do?”



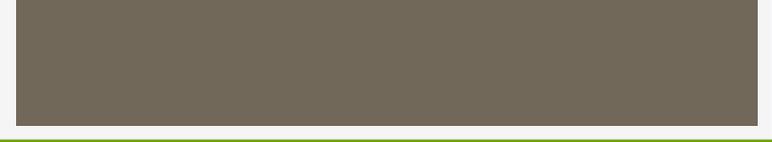
Q

“Is suicide predictable?”



Q

“When my brother killed himself in high school, the school didn’t do anything... They didn’t even call us. They sent his effects home in a plastic garbage bag. Was that right?”



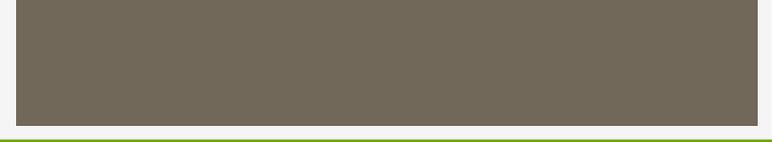
Q

“My grandfather made funeral plans and gave away all his possessions and guns but one. Then he shot himself. If I had only known...”



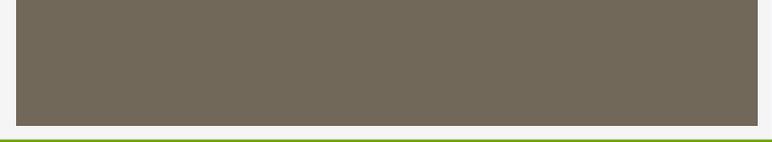
Q

“Does suicide run in families?”



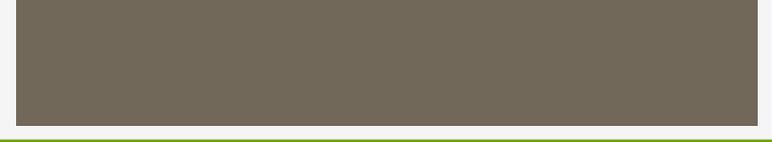
Q

“Can you really stop someone who wants to die?”



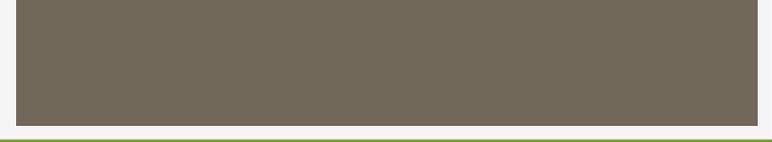
Q

“It makes me mad when someone suicides. I think these people are really selfish.”



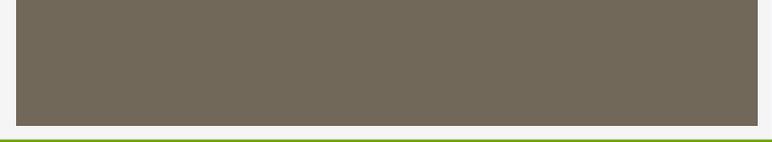
Q

“Do suicidal people sometimes kill other people first?”



Q

“I have this guy in my unit who cuts on himself. He covers it up but it’s been going on for months. What’s going on, is he trying to kill himself in a slow way?”



Q

“What do you do if you walk into a room and someone is sitting with a gun up under his chin?”

More challenging questions

“Do people who kill themselves go to hell?”

* * * * *

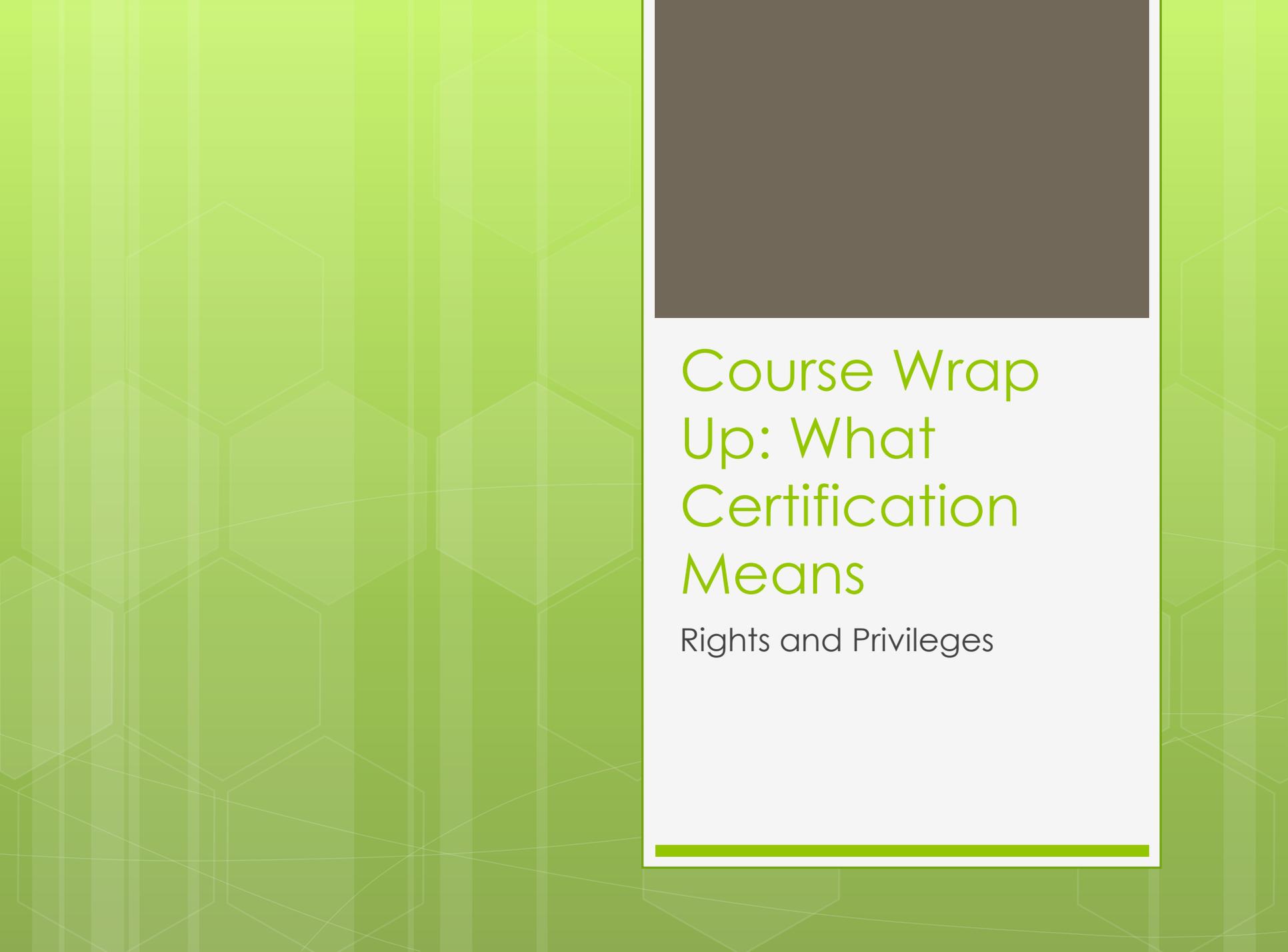
This is almost certain to come up in a training, so be prepared!

More challenging Questions

A person seated in the back of the room, waits until everyone has left and comes up to you, “I have this friend who is thinking about getting it over with . . . What should I say to him/her?”

Final Question

A person says: "From what you've just said, I think my best friend may have killed himself. He seemed really down, gave away his prized stuff, and died in a high speed crash into a tree the next night. I've wanted to believe it was an accident, but I see now that all signs were there, I don't know what to think now?"



Course Wrap Up: What Certification Means

Rights and Privileges

Entitlements of Certification

- Teach QPR to any audience for 3 years from today
- Receive our e-newsletter
- Access password protected web resources (ask)
- Telephone and email technical support
- Free or low cost program updates and upgrades
- Right to purchase QPR booklets and cards
- Charge fees for your training if you desire, to recoup your costs (not for profit)

Licensing Agreement

- To ensure program quality, integrity and goodwill, you agree to:
 - Teach QPR as taught and recommended
 - Respect copyrights
 - Report copyright violations to us
 - Provide each participant with a QPR booklet and card
 - Not sell or resell QPR materials except as permitted in this agreement
 - Not teach without a current certification (\$85 every three years, with brief paperwork / presentation history, evals, etc.)

Licensing Agreement

When you teach QPR you agree to the terms of our training program. If you violate any of the terms of this agreement you are automatically decertified by us.

The most common problem for trainers is being sure you have enough booklets and cards to cover all participants in your training. You *must* plan ahead. Please let us know if you have difficulty with this requirement.



QPR Institute
Homepage

www.qprinstitute.com

Home Page Instructions

- Click on QPR Instructor Resources
- Type “ask” in the password box and click the box that says “Then Click Here”. *Do not hit the enter button.....*
- Take some time to explore the website.

FAQs

- Question: What about certificates for completing the QPR program?
- Answer: We provide an online 12-item quiz. Role plays are recommended, but not possible in an online environment. Fee: \$12.00 CEUs
- College course credit for advanced training?
Yes. Instructors and students needed!
People want and need the certificate!

Learn More:

Recommended Reading

- Forever Decision - Quinnett
- Counseling Suicidal People - Quinnett
- The Art of Suicide Assessment - Shea
- The Suicidal Mind - Schneidman
- Night Falls Fast - Jamison
- No Time to Say Goodbye – Fine (survivor)
- My Son, My Son - Iris Bolton (survivor)

Recommended Reading cont.

- Suicide: An Essential Guide for Helping Professionals and Educators - Granello and Granello
- Remembering Garrett: One Family's Battle with a Child's Depression - Gordon Smith
- How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention - Susan Rose Blauner

State Resources

- Heartline 405-848-2273
- OK County Crisis Intervention Center
405-522-8100
- Reach Out 1-800-522-9054
- 2-1-1

- 1-800-SUICIDE (Nation-wide)

National Suicide Prevention Resources

- American Association of Suicidology – www.aas.org
- American Foundation for Suicide Prevention - www.asfp.org
- Jason Foundation – www.jasonfoundation.com
- Jed Foundation – www.jedfoundation.org
- Kristin Brooks Hope Center/National Hopeline Network
- Suicide Prevention Resource Center – www.sprc.org

National Suicide Prevention Resources, cont.

- National Center for Injury Prevention and Control – Web-based Injury Statistics Query and Reporting System
- National Center for Suicide Prevention Training
- National Strategy for Suicide Prevention
- National Youth Violence Prevention Resource Center
- NMHA-Sponsored Depression Screening

Local Resources

*Where would you
refer someone in
your community??*

QPR for Everyone

Welcome to the more than 1,200 Americans currently teaching QPR across the USA!

49,890 trained last year...!

We have common cause, and it is a great cause indeed.

Thank you for your participation!

Staff and faculty of the QPR Institute

Hope

You are now a merchant
of hope!

If just one of you helps someone you train to apply QPR and that person saves *one single life*, this entire day's work, and all the money and expense and time it took to make it happen will have been worth it. And then some!

“He who saves one life, saves an entire world.”

The Talmud

Course wrap-up: Questions

- As new instructors, what are your strengths and weaknesses?

Dale Carnegie's Principle #12

Throw Down A Challenge

- Schedule and complete one training within the next 30 days.
- Set a goal to train 100 Gatekeepers within next 3 months.
- Train 500 or more Gatekeepers within 6 months.
- Provide QPR Training for your church and other community settings.

Contact Information

- James Allen – University of Central Oklahoma
405-974-2427 or JAllen39@uco.edu
- Kathy White – QPR Institute
888-726-7926 or qinstitute@qwestoffice.net
- Julie Geddes – ODMHSAS
405-522-3835 or Jgeddes@odmhsas.org

THANKS!