

## Suicide Prevention and Intervention Training Programs

Training	BPR Section 1*	BPR Section 3**	Training Description	Organization	Online Resource	Cost
At-Risk for Middle School Educators		X	At-Risk for Middle School Educators is a 50-minute, online, interactive gatekeeper training program that teaches middle school educators and staff how to (1) identify students exhibiting signs of psychological distress, including depression and thoughts of suicide, (2) approach students to discuss their concern, and (3) make a referral to school support personnel.	Kognito Interactive	<a href="https://kognito.com/">https://kognito.com/</a>	Institutions can purchase institutional licenses to the Kognito courses by email at <a href="mailto:info@kognito.com">info@kognito.com</a> or phone at 212-675-9234
At-Risk for High School Educators	X	X	At-Risk for High School Educators is a 1-hour, online, interactive gatekeeper training program that prepares high school teachers and other school personnel to identify, approach, and refer students who are exhibiting signs of psychological distress such as depression, anxiety, substance abuse, and suicidal ideation. Through a self-paced, narrative-driven experience, participants build knowledge, skills, and confidence to connect at-risk students to counseling, mental health, or crisis support services.	Kognito Interactive	<a href="https://kognito.com/">https://kognito.com/</a>	Institutions can purchase institutional licenses to the Kognito courses by email at <a href="mailto:info@kognito.com">info@kognito.com</a> or phone at 212-675-9234
Be a Link Suicide Prevention Gatekeeper Training		X	Be A Link! is a two-hour adult gatekeeper training program. The program can be implemented in a variety of settings, including schools, workplaces, and community groups. The training provides participants with knowledge to help them identify youth at risk for suicide and refer them to appropriate help resources.	Yellow Ribbon	<a href="http://yellowribbon.org/">http://yellowribbon.org/</a>	The program toolkit is available for \$299.95.
EndingSuicide.com		X	EndingSuicide.com is a group of online continuing education modules on suicide prevention for health professionals and school professionals. EndingSuicide.com has been shown to improve knowledge and attitudes toward suicide prevention in a wide range of professionals	National Institute of Mental Health (NIMH)	<a href="http://www.larasig.com/suicide">http://www.larasig.com/suicide</a>	Free. Fee if continuing medical education (CME) credit is desired.
Making Educators Partners in Youth Suicide Prevention		X	Online interactive training program for educators and school staff. Designed in a series of 5 modules, it addresses the critical but limited responsibilities of educators in the process of identification and referral of potentially suicidal youth. It focuses on the practical realities and challenges inherent in the school setting through a variety of training formats that include lecture, question and answer, and role plays.	Society for the Prevention of Teen Suicide	<a href="http://spts.pldm.com/">http://spts.pldm.com/</a>	Free. Registration required.
More than Sad:		X	Designed to help educators better understand suicidal behavior in	American	<a href="http://www.morethan">http://www.morethan</a>	Free. Contact:

Suicide Prevention Education for Teachers and Other School Personnel			adolescents, including its causes, treatment and prevention. The program is built around two 25-minute DVDs: More Than Sad: Preventing Teen Suicide and More Than Sad: Teen Depression. The latter film, intended especially for teens, was previously reviewed and listed in the BPR. In the current program, it is used to show adults how a potentially life-threatening mental disorder can present in teens. Also included are a 42-page instructional manual for program participants and slides for teacher trainers.	Foundation for Suicide Prevention (AFSP)	<a href="http://sad.org/index.html">sad.org/index.html</a>	Shamera Simpson – AFSP Eastern MA <a href="mailto:ssimpson@afsp.org">ssimpson@afsp.org</a> or 617-439-0940; Cheryl Ronzoni – AFSP Western MA <a href="mailto:cronzoni@afsp.org">cronzoni@afsp.org</a> or (413) 387-3770
Question, Persuade, Refer (QPR) Gatekeeper Training for Suicide Prevention	X		QPR is an emergency mental health gatekeeper training intervention that teaches lay and professional gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. Like CPR, QPR uses a “chain of survival” approach in which the gatekeeper learns to recognize early suicide warning signs, Question their meaning to determine suicide intent or desire, Persuade the person to accept or seek help, and Refer the person to appropriate resources.	QPR Institute	<a href="http://www.qprinstitute.com/gatekeeper.html">http://www.qprinstitute.com/gatekeeper.html</a>	Varies (in person); \$29.95 per person (online – student, military and government discounts available)
Suicide Alertness for Everyone (safeTALK)		X	A half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide. The ‘safe’ of safeTALK stands for ‘suicide alertness for everyone’. The ‘TALK’ letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and KeepSafe.	LivingWorks Education	<a href="https://www.livingworks.net/programs/safe-talk/">https://www.livingworks.net/programs/safe-talk/</a>	For each training: \$300 (Trainer); \$6.50-\$7.50 per person (Materials); Travel/Overhead (varies)
School Suicide Prevention Accreditation		X	A self-study course for school psychologists, social workers, counselors, nurses, and other school professionals who want to increase their knowledge of school-based suicide prevention issues. The course is appropriate for those who work in school settings or work with school-age youth, including school psychologists, social workers, counselors, nurses, and others who may be responsible for reducing suicide and suicide-related behaviors.	American Association of Suicidology (AAS)	<a href="http://www.suicidology.org/training-accreditation/school-suicide-prevention-accreditation">http://www.suicidology.org/training-accreditation/school-suicide-prevention-accreditation</a>	\$350 per person for school-based professionals and \$250 per person for graduate students (with proof of student status)
Suicide Prevention: A Gatekeeper Training for School Personnel		X	This 2-hour training is designed to increase knowledge about suicide and crisis issues in youth, including warning signs and risk and protective factors; improve the skills and confidence of teachers and other school staff to ask youth directly about suicide; understand effective school protocols for managing youth at risk; familiarize school personnel with ways to reduce stigma and improve school climate; and teach them how to find “best practices” resources for suicide prevention. The training, which was approved in 2015 by the SPRC Best Practices Registry for Suicide Prevention, is based on current best practices and reflects the training objectives in the 2012 National Strategy for Suicide Prevention. This training is designed to meet the criteria of the	Riverside Trauma Center	<a href="http://riversidetraumacenter.org/suicide-prevention-a-gatekeeper-training-for-school-personnel/">http://riversidetraumacenter.org/suicide-prevention-a-gatekeeper-training-for-school-personnel/</a>	Pricing for this full-day training starts at \$500 per school for any size group of school personnel. For more information or to schedule a training, please call Jenny Huynh at 781-433-0672, ext. 5738 or send an email to

			recently passed Massachusetts Law Chapter 284, a bill to Reduce Gun Violence, which requires that all licensed school personnel receive a minimum of 2 hours training on suicide prevention every 3 years.			<a href="mailto:jhuynh@riversidecc.org">jhuynh@riversidecc.org</a> .
Suicide Prevention among LGBT Youth: A Workshop for Professionals who Serve Youth		X	Suicide Prevention among LGBT Youth: A Workshop for Professionals Who Serve Youth is a free kit of online materials to help staff in schools, youth-serving agencies, and suicide prevention programs provide a workshop on suicide prevention among LGBT youth. Individuals attending this workshop may include teachers, school administrators, child welfare staff, clergy, group home staff, juvenile justice staff, foster parents, therapists, and recreation workers.	Suicide Prevention Resource Center (SPRC)	<a href="http://www.sprc.org/raining-institute/lgbt-youth-workshop">http://www.sprc.org/raining-institute/lgbt-youth-workshop</a>	Free
Suicide Prevention: Supporting our Youth		X	Suicide Prevention: Supporting Our Youth is a one- to three-hour training for middle school and high school faculty and staff. Participants learn important information about suicide prevention, and are introduced to the concept and skills of befriending. Materials include a PowerPoint presentation, handouts, and wallet cards. Role-playing and practice modules are included for extended (2-3 hour) versions of the training.	Samaritans, Inc.	<a href="http://samaritanshope.org/our-services/community-education-outreach/">http://samaritanshope.org/our-services/community-education-outreach/</a>	Free

**\*Section I of the Suicide Prevention Resource Center’s Best Practices Registry (BPR) lists evidence-based programs**, that is, interventions that have undergone rigorous evaluation and demonstrated positive *outcomes*. Section I programs are effective, although their effectiveness may not hold true for all audiences or settings.

Section I: Evidence-Based Programs combines programs from two sources:

- **National Registry of Evidence-Based Programs and Practices (NREPP)**  
NREPP is SAMHSA’s online registry of interventions that have demonstrated effectiveness in the prevention or treatment of mental health and substance use disorders, including some interventions that address suicide. While NREPP is independent of the BPR, all suicide-related interventions listed in NREPP are also included in Section I of the BPR.
- **SPRC/AFSP Evidence-Based Practices Project (EBPP)**  
The EBPP was a previous effort to identify evidence-based suicide prevention practices. Interviews for the EBPP were stopped in 2005 when SAMSHA began reviewing suicide-related interventions for NREPP. Based on expert review, the EBPP included 12 evidence-based programs that were classified as either effective or promising. These 12 programs continue to be included in Section I of the BPR (most are now also listed in NREPP.) For more information about the EBPP, see [EBPP Project Description \(PDF\)](#) and [List of Programs Identified by the EBPP \(PDF\)](#).

**\*\*Section 3 of the Suicide Prevention Resource Center’s Best Practices Registry (BPR) lists programs, practices, policies, protocols, and informational materials** whose content has been reviewed according to current program development standards and recommendations. Section III programs and materials are designed for use in specific settings, such as schools, communities, clinics, campuses, etc.