

# Suicide Prevention Gatekeeper Trainings

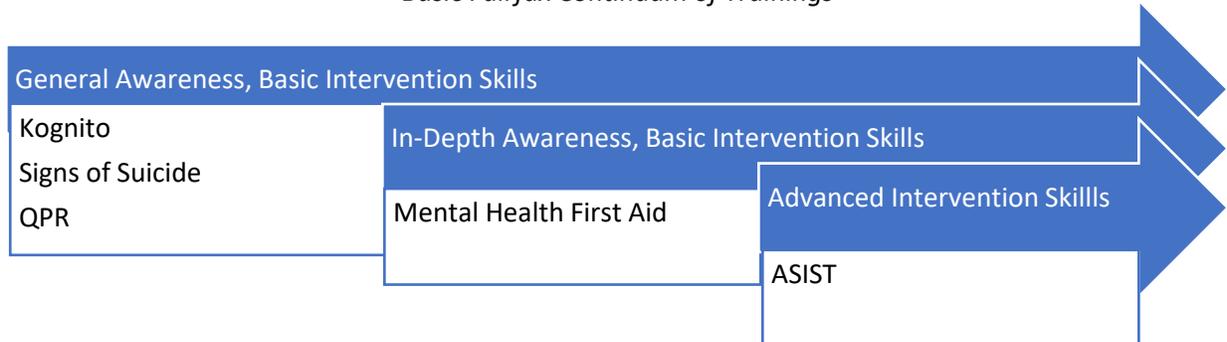
## Overview

“Gatekeeper trainings” are the set of trainings that teach individuals to recognize when someone is in emotional distress, having a mental health crisis, or is at risk of suicide, and how to intervene to help the person in need. Individuals are referred to as “gatekeepers” because it is often someone else who recognizes someone in need and helps that person seek help. Gatekeepers can be anyone – a peer, a parent, a teacher, a coach, a passerby. The trainings are not designed for behavioral health or medical personnel.

While each of these trainings includes awareness components, these are not “awareness programs.” They are designed specifically to train participants to act when someone is in need.

Within Fairfax County, five trainings comprise a basic continuum of education from basic awareness and skills through more advanced intervention skills. These five programs are the most commonly and broadly implemented throughout Fairfax. Other gatekeeper trainings are available and effective, as well. This guide provides an overview of the five primary programs in use in Fairfax, in addition to other programs developed and promoted by national suicide prevention organizations.

### Basic Fairfax Continuum of Trainings



The five basic trainings in use in Fairfax span the continuum of basic to advanced skills and are targeted to different populations and used in different settings. An overview of each program and how to access it are in the following descriptions.

	<p><b>Kognito Online Trainings</b>  <a href="http://kognito.com">kognito.com</a></p>
<p><b>Description</b></p>	<p>The online role-play simulations take less than an hour each and teach adults who work with young people how to recognize when a young person is exhibiting signs of psychological distress and how to manage a conversation with the young person with the goal of connecting them with the appropriate support. Users enter a virtual environment and engage in role-play conversations with emotionally-responsive virtual humans. Ten different modules are available in Fairfax County:</p> <ul style="list-style-type: none"> <li>• At-Risk for Early Childhood Educators</li> <li>• At-Risk for Elementary School Educators</li> <li>• At-Risk for Middle School Educators</li> <li>• At-Risk for High School Educators</li> <li>• Step-In, Speak Up! (support for LGBTQ students)</li> <li>• Building Respect: Bullying Prevention in Schools</li> <li>• Resilient Together: Coping with Loss at School</li> <li>• Trauma-Informed Practices for K12 Schools</li> <li>• Transitions: Supporting Military Children</li> <li>• Friend2Friend (for high school students)</li> </ul>
<p><b>Intended Audience</b></p>	<p>The trainings are designed for teachers, but are relevant to any adult who works or otherwise interacts with children and youth. The Friend2Friend module is designed for high school-age students.</p> <p>FCPS faculty and staff are required to take certain Kognito trainings, depending on their setting, as are many Fairfax County Government and local child-serving organizations.</p>
<p><b>Implementation Contact</b></p>	<p>Trainings are available for free to anyone in Fairfax County at <a href="https://www.fairfaxcounty.gov/community-services-board/training/suicide-prevention">https://www.fairfaxcounty.gov/community-services-board/training/suicide-prevention</a>.</p>

	<p><b>Signs of Suicide (SOS)</b>  <a href="http://www.mindwise.org/what-we-offer/suicide-prevention-programs">www.mindwise.org/what-we-offer/suicide-prevention-programs</a></p>
<p><b>Description</b></p>	<p>Signs of Suicide (SOS) is a universal, school-based prevention program for middle school and high school students. Through a video and guided discussion, students learn to identify warning signs of suicide and depression in a single class period. At the end of the session, students complete a seven-question screening for depression to further encourage help-seeking and connect students at risk with trusted adults. The curriculum raises awareness about behavioral health and encourages students to ACT (Acknowledge, Care, Tell) when worried about themselves or their peers.</p>
<p><b>Intended Audience</b></p>	<p>SOS has middle school (ages 11-13) and high school (ages 13-17) modules.</p>
<p><b>Implementation Contact</b></p>	<p>Most middle and high schools in Fairfax County Public Schools implement SOS. The program is also available in elementary schools for use with 6th grade students. Contact your school psychologist for more information.</p>

	<p><b>QPR</b>  <a href="http://qprinstitute.com">qprinstitute.com</a></p>
<p><b>Description</b></p>	<p>QPR training, from the QPR Institute, teaches participants how to Question, Persuade and Refer someone who may be suicidal; how to get help for yourself or learn more about preventing suicide; the common causes of suicidal behavior; the warning signs of suicide; and how to get help for someone in crisis. Courses take approximately one hour to complete. Online (self-guided and instructor-led) and in-person trainings are available, as are a number of specialized trainings for provides, including:</p> <ul style="list-style-type: none"> <li>• Clergy,</li> <li>• Corrections,</li> <li>• Doctors and physician assistants,</li> <li>• Eldercare workers,</li> <li>• Firefighters and EMS,</li> <li>• Law enforcement</li> <li>• Nurses,</li> <li>• Occupational therapists and physical therapists,</li> <li>• Pharmacists,</li> <li>• Sports coaches,</li> <li>• School health professionals, and</li> <li>• Veteran care providers.</li> </ul> <p>Specialized trainings for other and advanced topics are also available.</p> <p>Trainings can be provided in-person or virtually.</p>
<p><b>Intended Audience</b></p>	<p>The general QPR gatekeeper training is intended for adults.</p>
<p><b>Implementation Contact</b></p>	<p>The general QPR gatekeeper training is provided locally by the Fairfax-Falls Church Community Services Board. For more information, contact Marla Zometsky at <a href="mailto:Marla.Zometsky@fairfaxcounty.gov">Marla.Zometsky@fairfaxcounty.gov</a> or 703-383-8451.</p>

	<p><b>Mental Health First Aid</b>  <a href="http://www.mentalhealthfirstaid.org">www.mentalhealthfirstaid.org</a></p>
<p><b>Description</b></p>	<p>Mental Health First Aid is an 8-hour certification course that can be delivered in one or two days, that uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect people to professional, peer, social, and self-help care. Participants learn risk factors and warning signs of mental health problems, build understanding of the importance of early intervention, and learn how to help someone who is in crisis or experiencing a mental health or substance use challenge.</p> <p>Trainings can be provided in-person or virtually.</p>
<p><b>Intended Audience</b></p>	<p>MHFA is intended for adults. The various versions (e.g., Youth, Older Adult) are for people who work or interact with those populations, not for those populations themselves.</p>
<p><b>Implementation Contact</b></p>	<p>The Fairfax-Falls Church Community Services Board offers regularly scheduled and custom MHFA classes in the Youth, Adult, Older Adult, Higher Education, Public Safety, and Spanish versions of the program. Visit <a href="https://www.fairfaxcounty.gov/community-services-board/training/mental-health-first-aid">https://www.fairfaxcounty.gov/community-services-board/training/mental-health-first-aid</a> for more information.</p> <p>Many Fairfax County Public Schools offer Youth MHFA trainings to their communities. Contact your school psychologist for more information.</p> <p>Serving Together offers Military Mental Health First Aid (for people who work or interact with service members, veterans, and their families). Visit <a href="https://servingtogetherproject.org">https://servingtogetherproject.org</a> for more information.</p>

	<p><b>Applied Suicide Intervention Skills Training (ASIST)</b>  <a href="http://www.livingworks.net/asist">www.livingworks.net/asist</a></p>
<p><b>Description</b></p>	<p>LivingWorks ASIST is an evidence based, two-day, face-to-face workshop featuring powerful audiovisuals, discussions, and simulations. Participants learn practical skills in how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.</p>
<p><b>Intended Audience</b></p>	<p>Professionals, clinicians, and community members, age 16 and older who are interested in or need to develop suicide first aid skills. CEUs are offered.</p>
<p><b>Implementation Contact</b></p>	<p>ASIST trainings are provided locally by the Fairfax-Falls Church Community Services Board and PRS CrisisLink. For more information, contact:</p> <ul style="list-style-type: none"> <li>• CSB: Marla Zometsky, <a href="mailto:Marla.Zometsky@fairfaxcounty.gov">Marla.Zometsky@fairfaxcounty.gov</a> or 703-383-8451</li> <li>• PRS CrisisLink: Laura Mayer, <a href="mailto:lmayer@prsinc.org">lmayer@prsinc.org</a> or 703-516-6770</li> </ul>

*Additional Available Trainings*

These programs, while not consistently implemented throughout Fairfax, have been developed by reputable organizations and are based on sound principles and evidence.

 <p><b>American Foundation for Suicide Prevention</b></p>	<p><b>More Than Sad</b>  <a href="https://afsp.org/our-work/education/more-than-sad">afsp.org/our-work/education/more-than-sad</a></p>
<p><b>Description</b></p>	<p>More Than Sad is a training based on two films, <i>Teen Depression</i> and <i>Preventing Teen Suicide</i>. There are components for high school students, parents, and teachers. Teens learn to recognize the signs of depression in themselves and others, how to challenge the stigma surrounding depression, and the treatment process. Parents and teachers learn how to recognize signs of depression and other mental health problems, initiate a conversation about mental health with their child, and get help.</p>
<p><b>Intended Audience</b></p>	<p>The trainings are intended for high school students and their parents and teachers.</p>

 <p><b>American Foundation for Suicide Prevention</b></p>	<p><b>Talk Saves Lives</b>  <a href="https://afsp.org/our-work/education/talk-saves-lives-introduction-suicide-prevention">afsp.org/our-work/education/talk-saves-lives-introduction-suicide-prevention</a></p>
<p><b>Description</b></p>	<p>Talk Saves Lives is a community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees learn the risk and warning signs of suicide, and how together, we can help prevent it.</p>
<p><b>Intended Audience</b></p>	<p>The training is intended for general community audiences.</p>

 <p><b>American Foundation for Suicide Prevention</b></p>	<p><b>Signs Matter: Early Detection</b>  <a href="https://afsp.org/our-work/education/signs-matter-early-detection">afsp.org/our-work/education/signs-matter-early-detection</a></p>
<p><b>Description</b></p>	<p>Signs Matter: Early Detection shows educators how and when to express concern and refer students to counseling staff or administration. The program presents scientifically based information on a variety of topics related to youth suicide, alongside best practice recommendations drawn from experts in the mental health and education fields. Recommendations for school personnel roles, support, referrals, and interventions are drawn from best practices of educational and mental health experts.</p>
<p><b>Intended Audience</b></p>	<p>The training is intended for K-12 educators.</p>

	<p><b>LivingWorks Safe Talk</b>  <a href="http://www.livingworks.net/safetalk">www.livingworks.net/safetalk</a></p>
<p><b>Description</b></p>	<p>LivingWorks safeTALK is a four-hour face-to-face workshop featuring powerful presentations, audiovisuals, and skills practice. Participants learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.</p>
<p><b>Intended Audience</b></p>	<p>The training is designed for anyone 15 and older. It is geared towards suicide prevention for all ages.</p>

	<p><b>LivingWorks Start</b>  <a href="http://www.livingworks.net/start">www.livingworks.net/start</a></p>
<p><b>Description</b></p>	<p>LivingWorks Start is a one-hour online training that teaches people to recognize when someone is thinking about suicide and connect them to help and support.</p>
<p><b>Intended Audience</b></p>	<p>The training is designed for anyone 15 and older. It is geared towards suicide prevention for all ages.</p>

	<p><b>Lifelines</b>  <a href="http://www.violencepreventionworks.org/public/lifelines.page">www.violencepreventionworks.org/public/lifelines.page</a></p>
<p><b>Description</b></p>	<p>Lifelines is a whole-school program that educates administrators, faculty and staff, parents, and students on the facts about suicide and their roles in suicide prevention, intervention, and postvention. It teaches participants to readily identify potentially suicidal adolescents, initially respond to them, and rapidly obtain help for them. It also teaches teens to be aware of and have immediate access to helping resources and seek such help as an alternative to suicidal actions.</p>
<p><b>Intended Audience</b></p>	<p>The full continuum of three Lifelines programs is designed for whole-school implementation. The most commonly used component, Prevention, is a gatekeeper training designed for middle school and high school-age teens. It can easily be implemented in community-based settings in addition to school settings.</p>

	<p><b>ACT on FACTS</b>  <a href="http://sptsuniversity.org">sptsuniversity.org</a></p>
<p><b>Description</b></p>	<p>ACT on FACTS: Making Educations Partners in Youth Suicide Prevention is a training developed by the Society for the Prevention of Teen Suicide. It is available online, for free. The training teaches warning signs of youth suicidality and how to intervene.</p>
<p><b>Intended Audience</b></p>	<p>The training was developed for teachers, but is applicable to any adult working with teens.</p>

	<p><b>The Lifeguard Workshop</b>  <a href="http://sptsuniversity.org">sptsuniversity.org</a></p>
<p><b>Description</b></p>	<p>The Lifeguard Workshop is a training developed by The Trevor Project. It is available online, for free to educators and youth service providers. The training teaches how to identify the challenges faced by LGBTQ people, recognize suicide warning signs, and respond to someone who may be in crisis.</p>
<p><b>Intended Audience</b></p>	<p>The training was developed for teachers and youth service providers, but is applicable to any adult working with teens.</p>

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