



QPR SUICIDE PREVENTION

CENTER FOR HOPE
RURAL OUTREACH PROJECT

CENTER FOR HOPE DIRECTOR: NANCY ESPESETH
QPR TRAINER: ANDRA SMITH HANSEN



QPR: QUESTION, PERSUADE, REFER

WHO: EMPOWER NONEXPERTS

WHAT: INCREASE INTERVENTION ACTIVITY BY BUILDING SKILLS & CONFIDENCE

HOW: REDUCE MISCONCEPTIONS & TEACH DATA-BASED SKILLS

WHY: EQUIP NONEXPERTS TO PROVIDE HOPE & LIFE-SAVING CONNECTIONS

***QPR IS SAMHSA-APPROVED**

CUMULATIVE RESULTS FOR:

BONNEVILLE COUNTY (INDIVIDUAL BONNEVILLE COUNTY RESULTS ON SLIDES 11-36)

MADISON COUNTY (INDIVIDUAL MADISON COUNTY RESULTS ON SLIDES 37-43)

TETON COUNTY (INDIVIDUAL TETON COUNTY RESULTS ON SLIDES 44-50)

TRAINING IMPACT: CUMULATIVE SURVEY RESULTS

QPR TRAINING: CENTER FOR HOPE RURAL OUTREACH PROJECT

WHAT: SURVEY RESULTS FOR BONNEVILLE, MADISON & TETON COUNTIES

WHEN: NOVEMBER – DECEMBER 2019

WHO:

- WOOD COURT
- VETERANS COURT
- DRUG COURT ADMINISTRATION & STAFF
- BEHAVIORAL HEALTH CRISIS CENTER STAFF
- GENERAL PUBLIC

NUMBER: 123 TRAINEES

CUMULATIVE: RESULTS FOR 123 TRAINEES

The following slides provide **pre-training and post-training survey data**:

- **Numbers** answer the question of how many individual trainees responded to a survey question/statement in a given way
- **Percentages** refer to the portion of the total number of trainees who responded to a survey question/statement in a given way.

Please note: The numbers and percentages are drawn from survey responses.

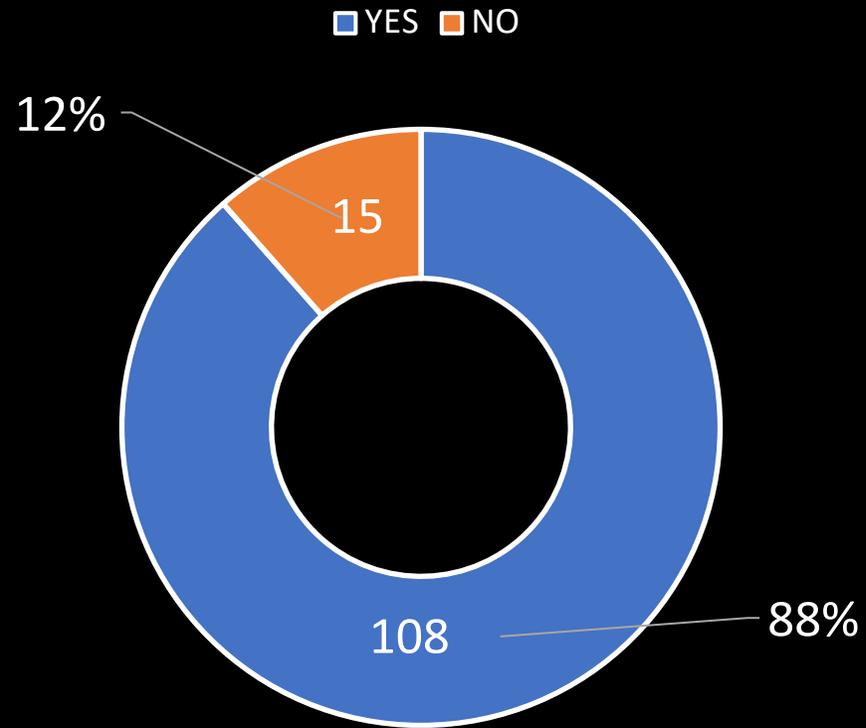
- Not every attendee completed a survey
- Not every attendee who completed a survey answered every question

The survey responses do effectively show an increase in:

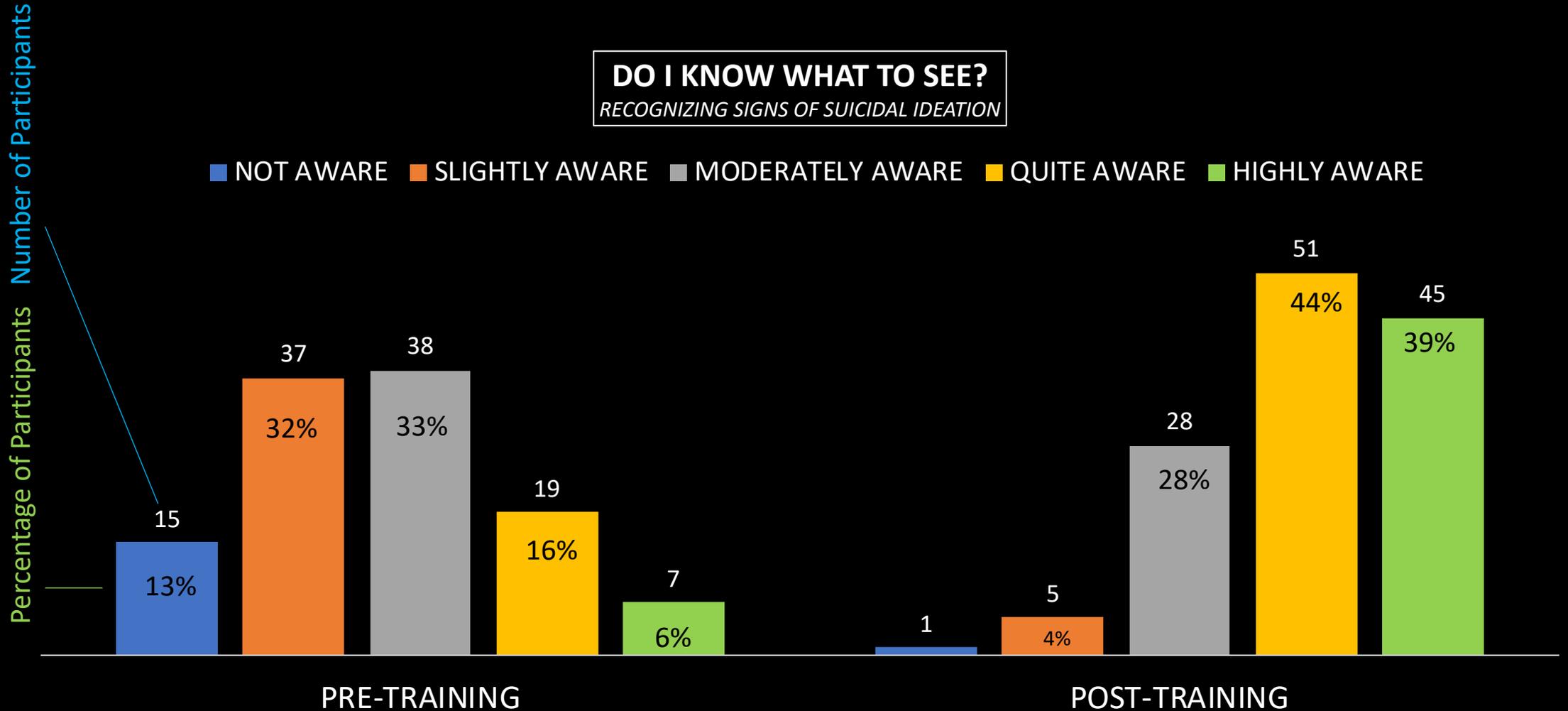
- How to recognize signs that someone is seriously considering suicide
- How to ask if someone is considering suicide
- How and where to direct someone with thoughts of suicide

STEP ONE: GAUGE PERSONAL EXPERIENCE

DO I KNOW SOMEONE (INCLUDING MYSELF) WHO HAS SERIOUSLY CONSIDERED SUICIDE?



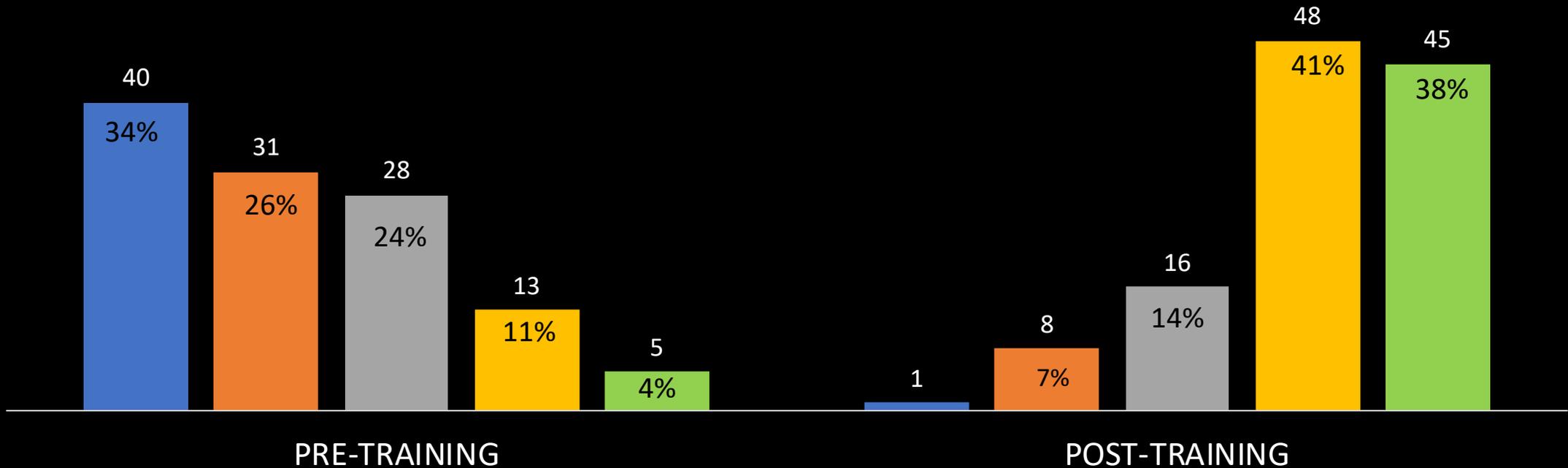
STEP TWO: IDENTIFY SIGNS AND CLUES



STEP THREE: ASK SKILLFULLY

DO I KNOW WHAT TO SAY?
ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

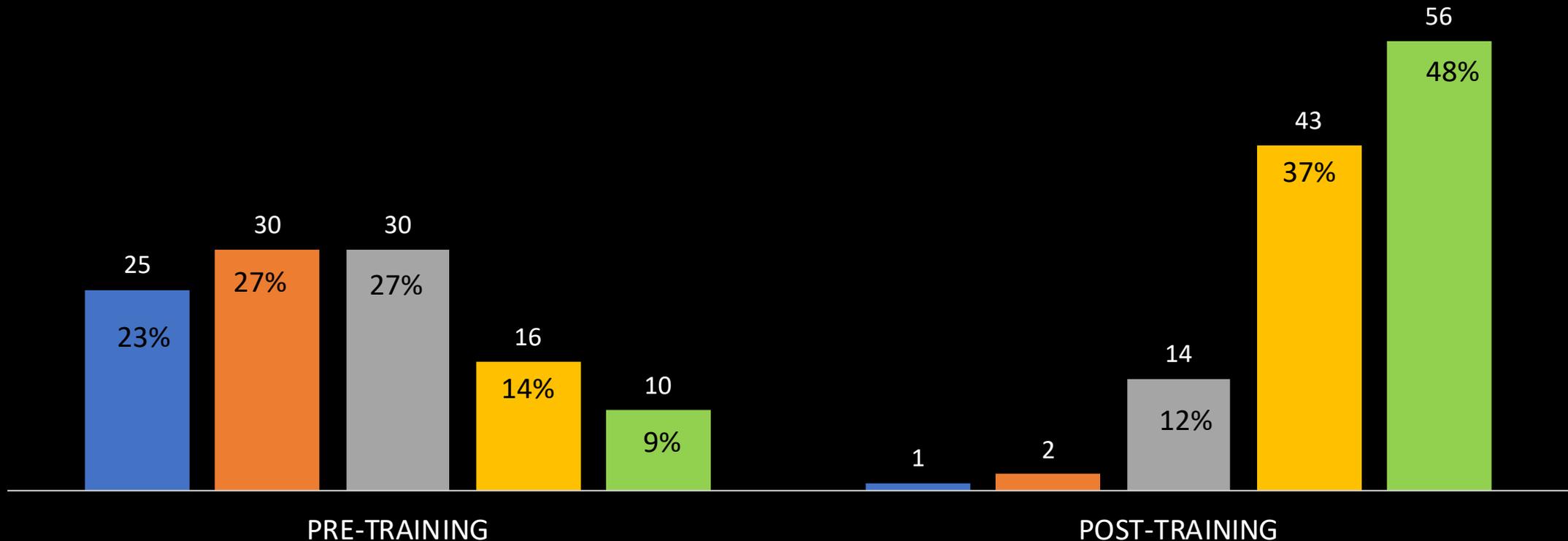
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP FOUR: REFER TO HELP SAFELY

DO I KNOW WHAT TO DO?
PERSUADING SOMEONE WITH THOUGHTS OF SUICIDE TO STAY SAFE & GET HELP

■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



IMPACT: MEASURING *QUITE & HIGHLY AWARE*

DO I KNOW WHAT TO SEE?

RECOGNIZING SIGNS OF SUICIDAL IDEATION

- PRE-TRAINING: **22%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **83%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

61% INCREASE

DO I KNOW WHAT TO SAY?

ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

- PRE-TRAINING: **15%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **79%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

64% INCREASE

DO I KNOW WHAT TO DO?

PERSUADING SOMEONE WITH SUICIDAL THOUGHTS TO STAY SAFE AND GET HELP

- PRE-TRAINING: **26%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **86%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

60% INCREASE

BONNEVILLE COUNTY

TRAINING IMPACT: SURVEY RESULTS

QPR TRAINING @ CENTER FOR HOPE

WHAT: CUMULATIVE SURVEY RESULTS FOR BONNEVILLE COUNTY

WHEN: NOVEMBER 1, 2 & 12, 2019

WHO:

- WOOD COURT
- VETERANS COURT
- BEHAVIORAL HEALTH CRISIS CENTER STAFF
- GENERAL PUBLIC

NUMBER: 87 TRAINEES

CUMULATIVE: RESULTS OF ALL 87 SURVEYS

The following slides provide **pre-training and post-training survey data**:

- **Numbers** answer the question of how many individual trainees responded to a survey question/statement in a given way
- **Percentages** refer to the portion of the total number of trainees who responded to a survey question/statement in a given way.

Please note: The numbers and percentages are drawn from survey responses.

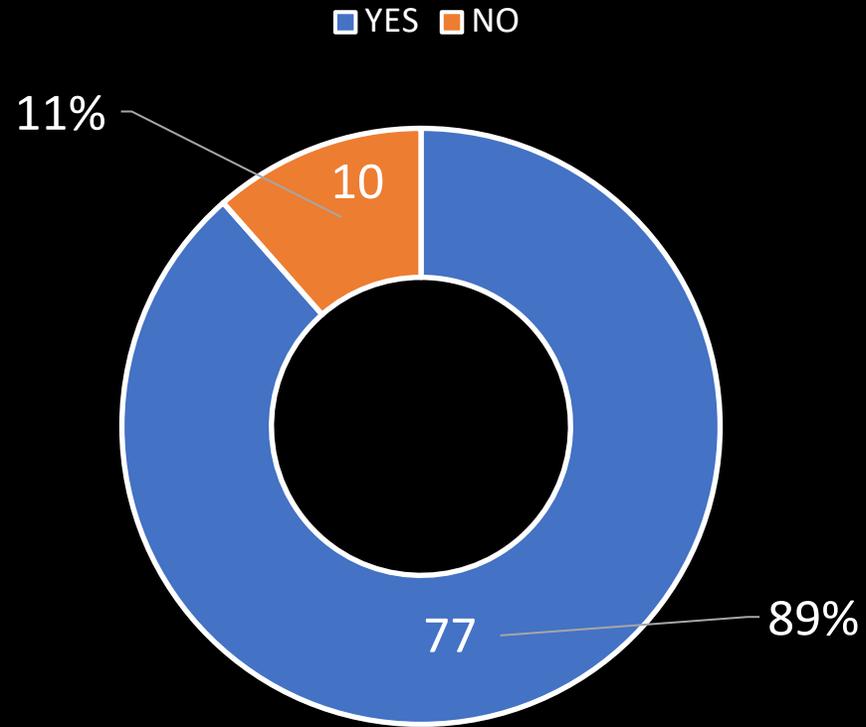
- Not every attendee completed a survey
- Not every attendee who completed a survey answered every question

The survey responses do effectively show an increase in:

- How to recognize signs that someone is seriously considering suicide
- How to ask if someone is considering suicide
- How and where to direct someone with thoughts of suicide

STEP ONE: GAUGE PERSONAL EXPERIENCE

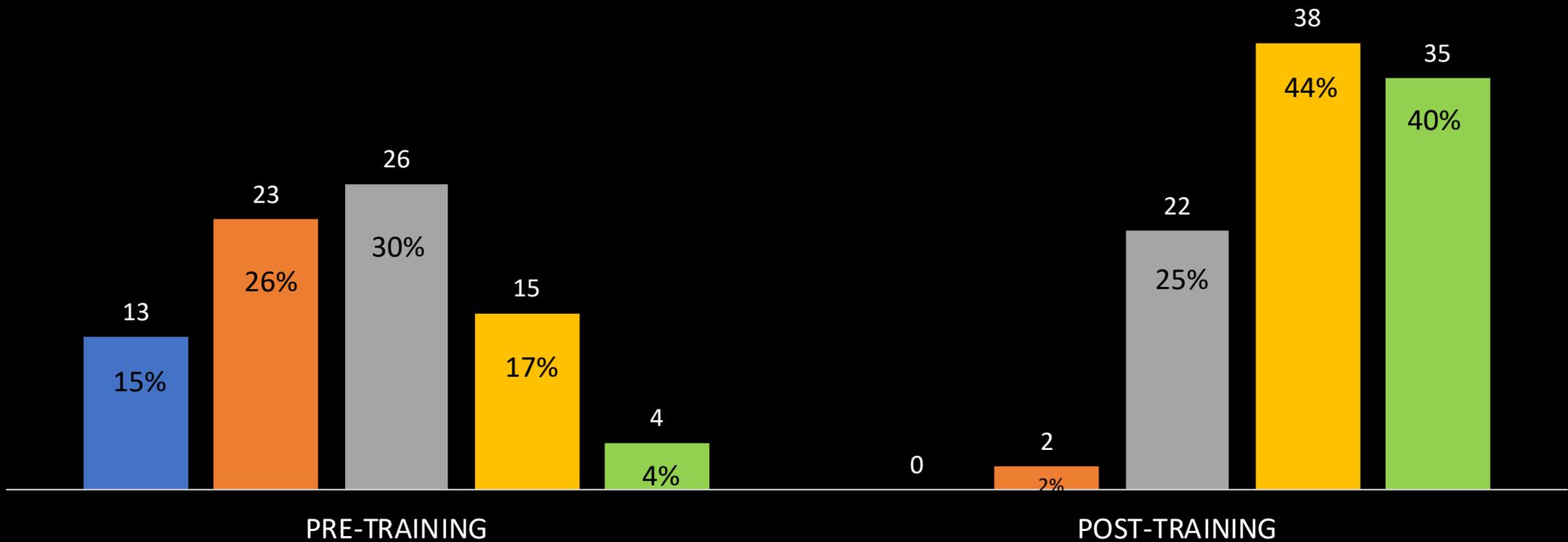
DO I KNOW SOMEONE (INCLUDING MYSELF) WHO HAS SERIOUSLY CONSIDERED SUICIDE?



STEP TWO: IDENTIFY SIGNS AND CLUES

DO I KNOW WHAT TO SEE?
RECOGNIZING SIGNS OF SUICIDAL IDEATION

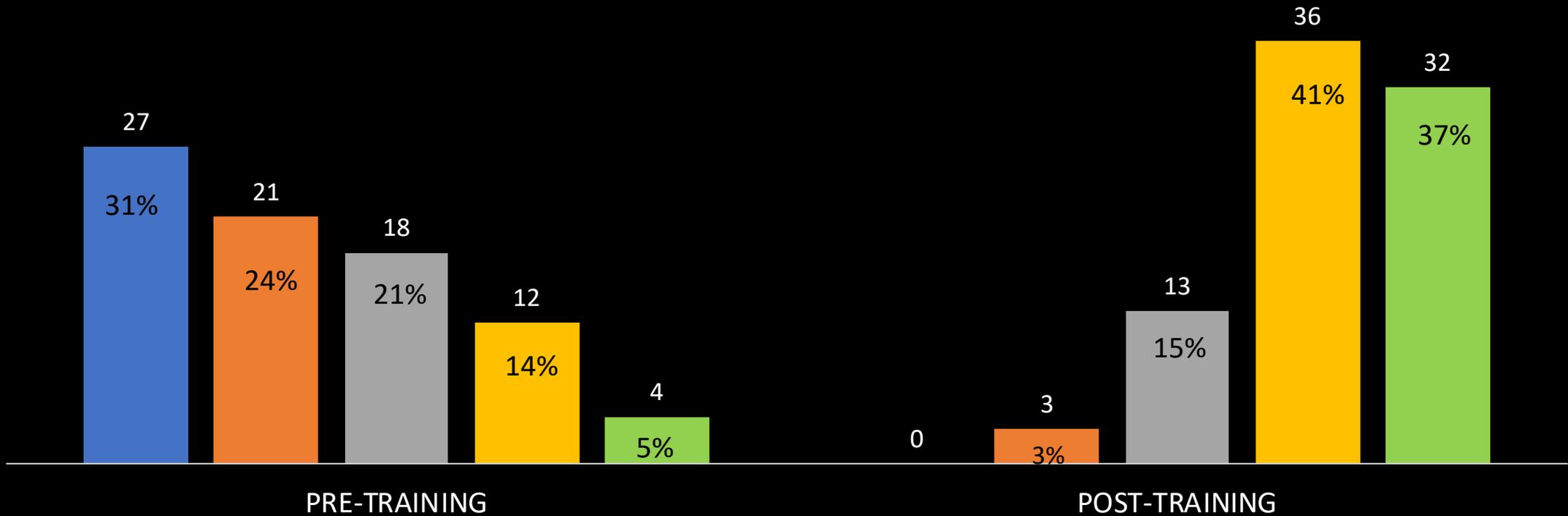
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP THREE: ASK SKILLFULLY

DO I KNOW WHAT TO SAY?
ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

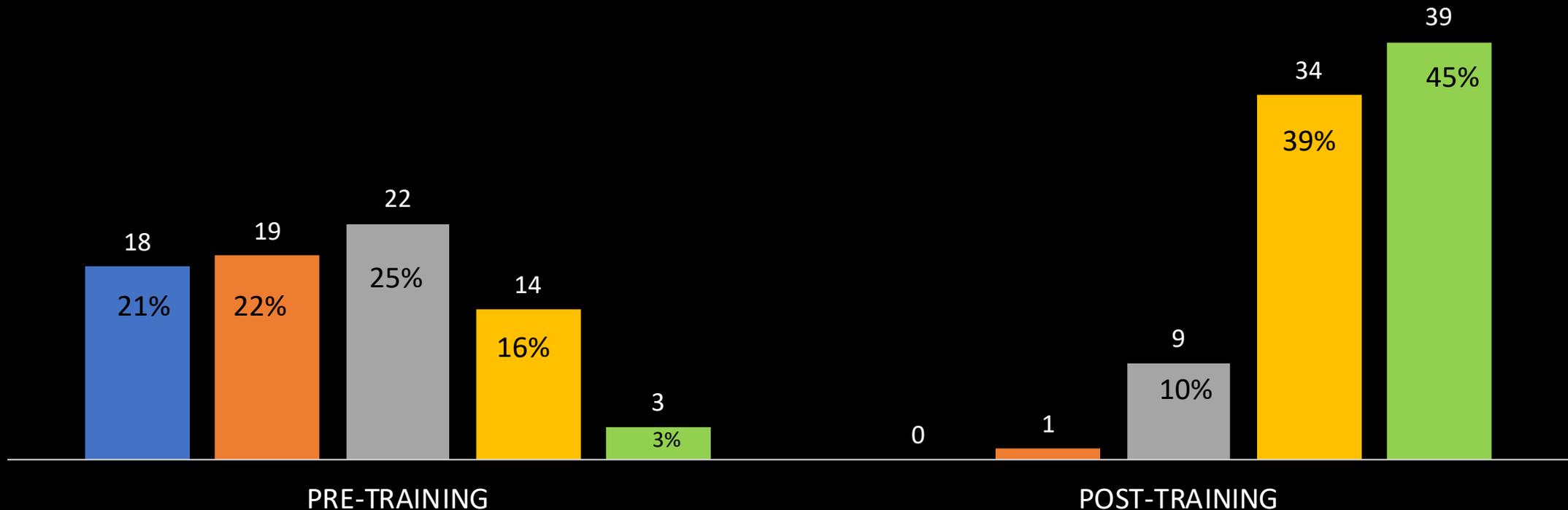
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP FOUR: REFER TO HELP SAFELY

DO I KNOW WHAT TO DO?
PERSUADING SOMEONE WITH THOUGHTS OF SUICIDE TO STAY SAFE & GET HELP

■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



IMPACT: MEASURING *QUITE & HIGHLY AWARE*

DO I KNOW WHAT TO SEE?

RECOGNIZING SIGNS OF SUICIDAL IDEATION

- PRE-TRAINING: **22%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **84%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

62% INCREASE

DO I KNOW WHAT TO SAY?

ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

- PRE-TRAINING: **18%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **78%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

60% INCREASE

DO I KNOW WHAT TO DO?

PERSUADING SOMEONE WITH SUICIDAL THOUGHTS TO STAY SAFE AND GET HELP

- PRE-TRAINING: **20%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **66%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

46% INCREASE

TRAINING 1: BONNEVILLE COUNTY

QPR TRAINING @ CENTER FOR HOPE

WHEN: NOVEMBER 1, 2019

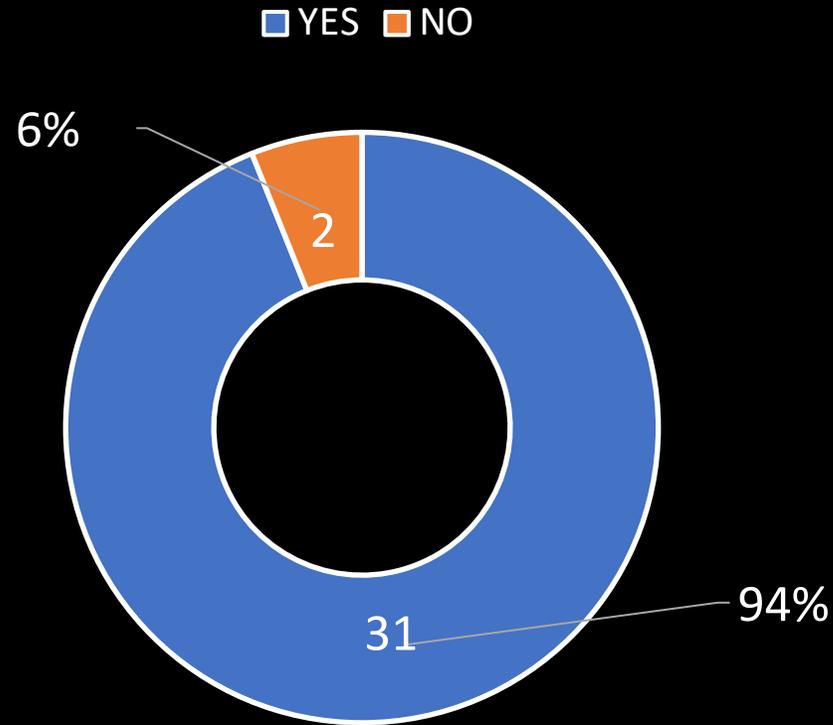
WHO:

- WOOD COURT
- VETERANS COURT
- BEHAVIORAL HEALTH CRISIS CENTER STAFF
- GENERAL PUBLIC

NUMBER: 33 TRAINEES

STEP ONE: GAUGE PERSONAL EXPERIENCE

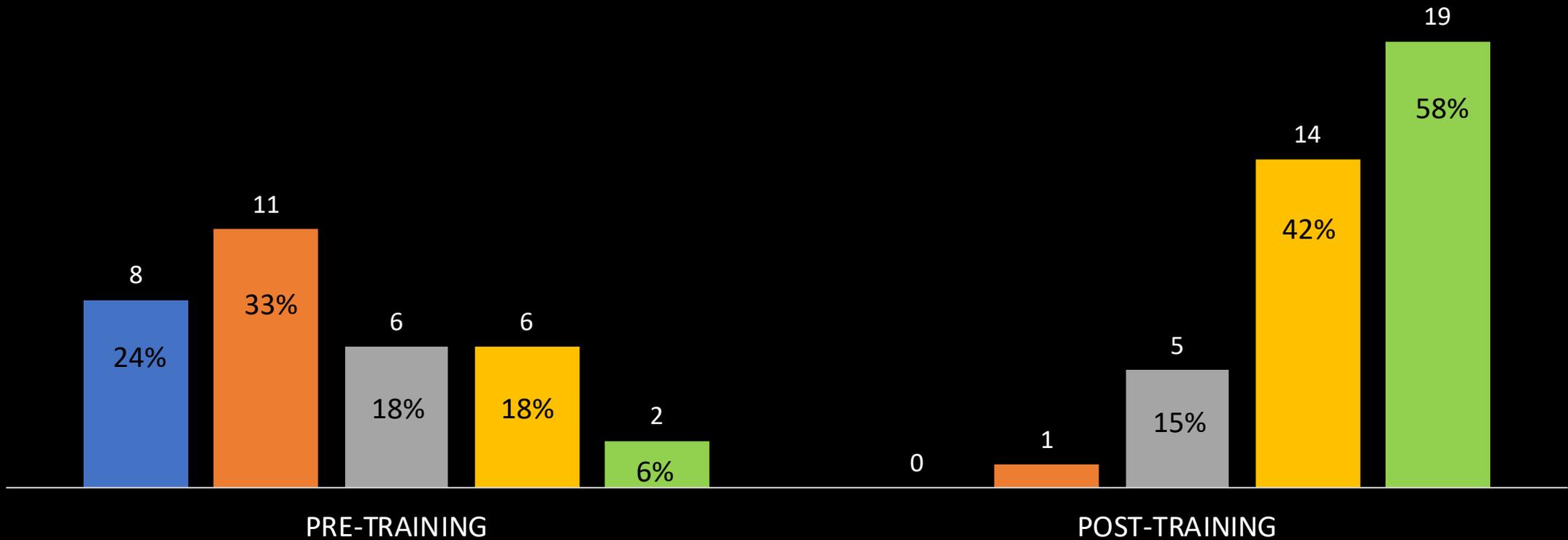
DO I KNOW SOMEONE (INCLUDING MYSELF) WHO HAS SERIOUSLY CONSIDERED SUICIDE?



STEP TWO: IDENTIFY SIGNS AND CLUES

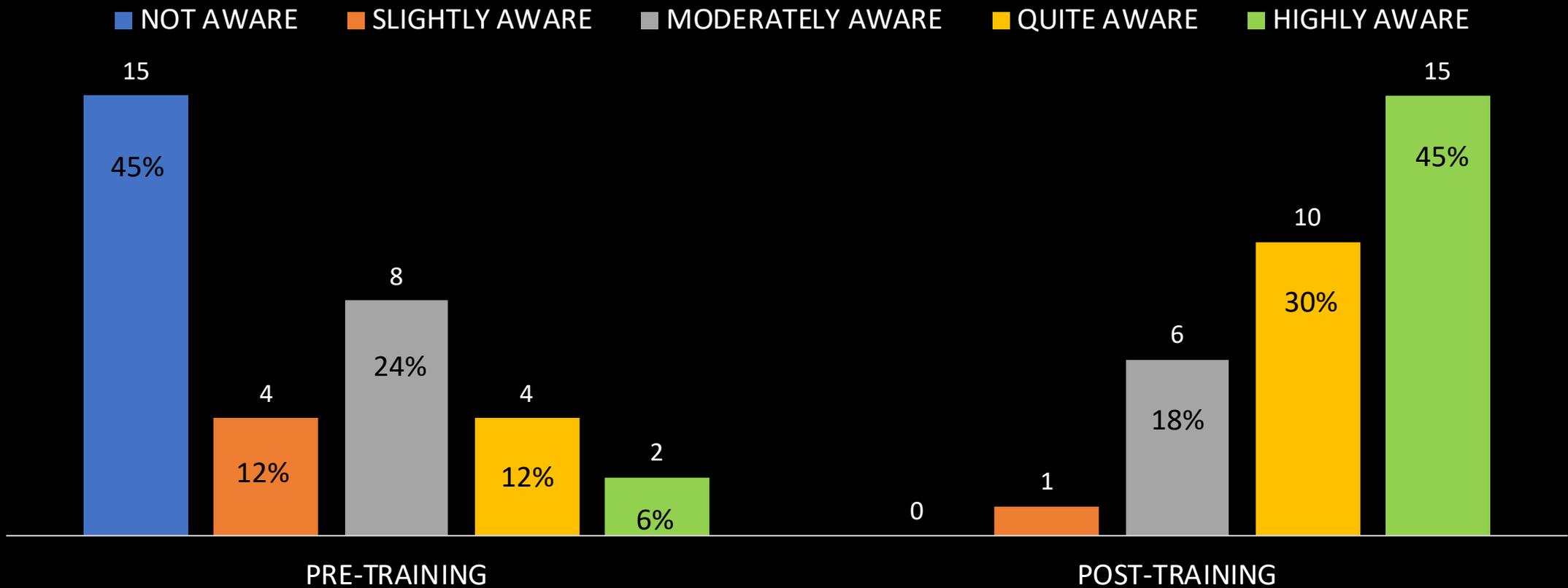
DO I KNOW WHAT TO SEE?
RECOGNIZING SIGNS OF SUICIDAL IDEATION

■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP THREE: ASK SKILLFULLY

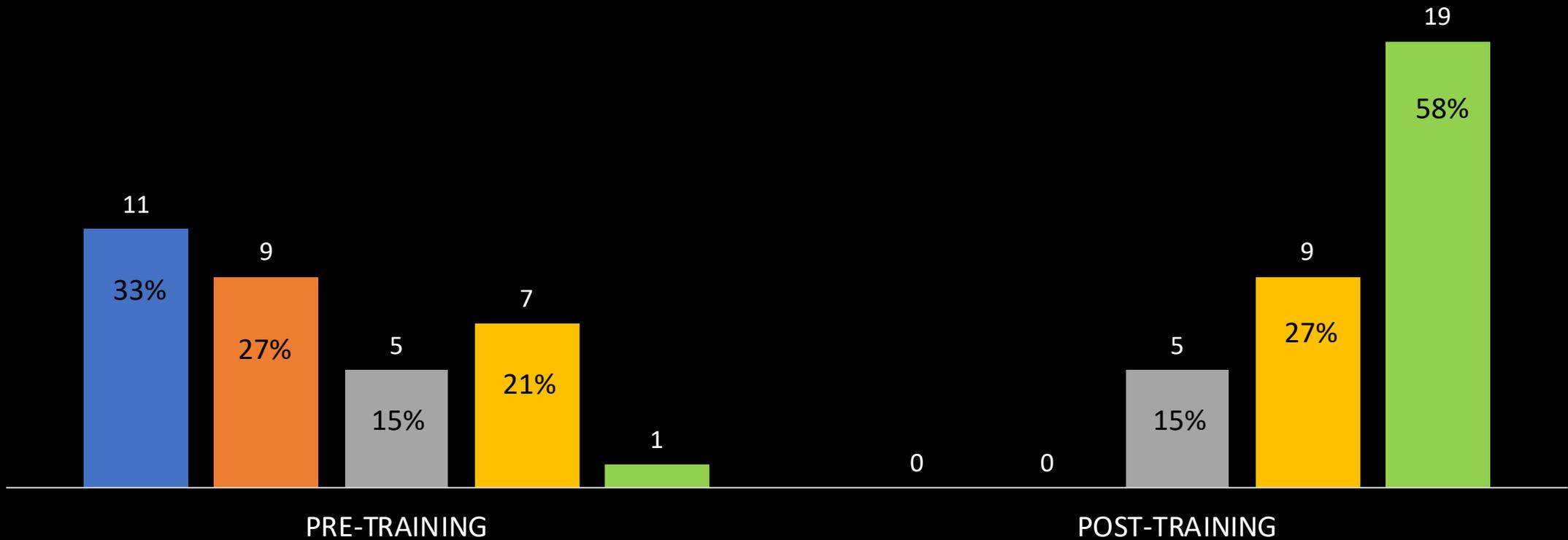
DO I KNOW WHAT TO SAY?
ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE



STEP FOUR: REFER TO HELP SAFELY

DO I KNOW WHAT TO DO?
PERSUADING SOMEONE WITH THOUGHTS OF SUICIDE TO STAY SAFE & GET HELP

■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



IMPACT: MEASURING *QUITE & HIGHLY AWARE*

DO I KNOW WHAT TO SEE?

RECOGNIZING SIGNS OF SUICIDAL IDEATION

- PRE-TRAINING: **24%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **85%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

61% INCREASE

DO I KNOW WHAT TO SAY?

ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

- PRE-TRAINING: **18%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **76%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

58% INCREASE

DO I KNOW WHAT TO DO?

PERSUADING SOMEONE WITH SUICIDAL THOUGHTS TO STAY SAFE AND GET HELP

- PRE-TRAINING: **24%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **85%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

61% INCREASE

TRAINING 2: BONNEVILLE COUNTY

QPR TRAINING @ CENTER FOR HOPE

WHEN: NOVEMBER 2, 2019

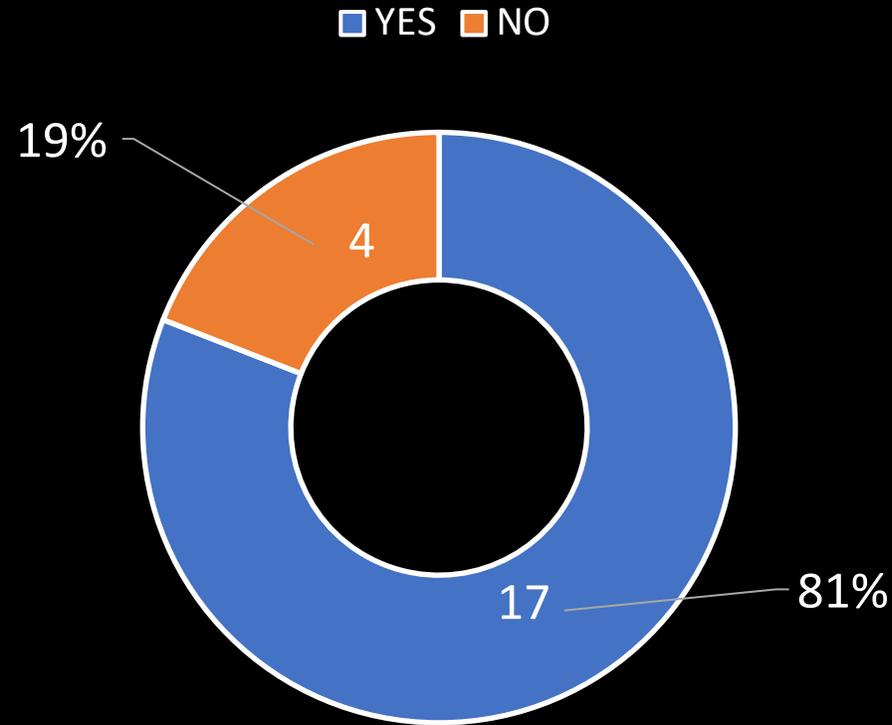
WHO:

- IDAHO FALLS CRC RESIDENTS
- DRUG COURT
- BEHAVIORAL HEALTH CRISIS CENTER STAFF
- GENERAL PUBLIC

NUMBER: 21 TRAINEES

STEP ONE: GAUGE PERSONAL EXPERIENCE

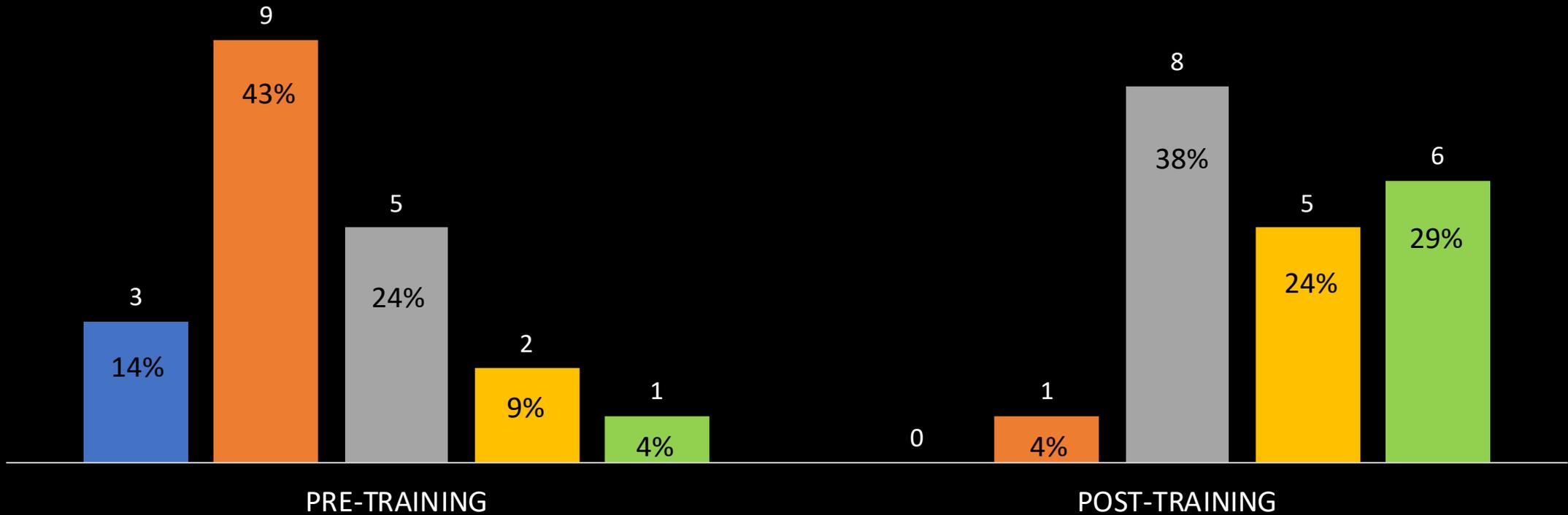
DO I KNOW SOMEONE (INCLUDING MYSELF) WHO HAS SERIOUSLY CONSIDERED SUICIDE?



STEP TWO: IDENTIFY SIGNS AND CLUES

DO I KNOW WHAT TO SEE?
RECOGNIZING SIGNS OF SUICIDAL IDEATION

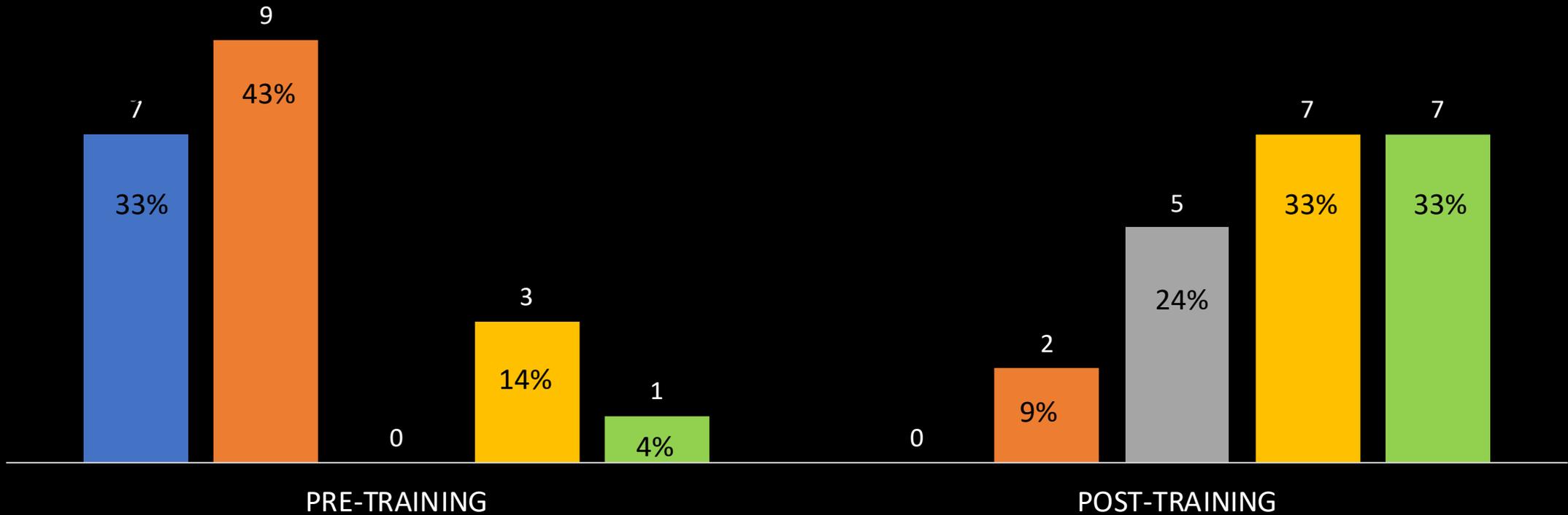
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP THREE: ASK SKILLFULLY

DO I KNOW WHAT TO SAY?
ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

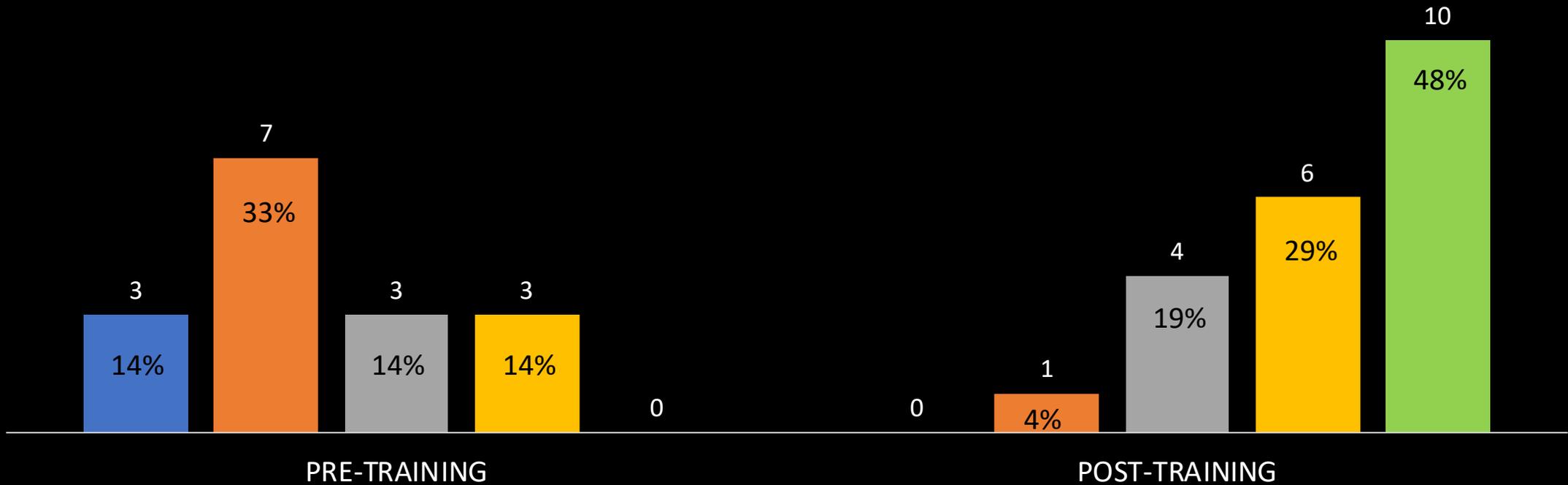
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP FOUR: REFER TO HELP SAFELY

DO I KNOW WHAT TO DO?
PERSUADING SOMEONE WITH THOUGHTS OF SUICIDE TO STAY SAFE & GET HELP

■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



IMPACT: MEASURING *QUITE & HIGHLY AWARE*

DO I KNOW WHAT TO SEE?

RECOGNIZING SIGNS OF SUICIDAL IDEATION

- PRE-TRAINING: **14%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **52%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

38% INCREASE

DO I KNOW WHAT TO SAY?

ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

- PRE-TRAINING: **19%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **76%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

57% INCREASE

DO I KNOW WHAT TO DO?

PERSUADING SOMEONE WITH SUICIDAL THOUGHTS TO STAY SAFE AND GET HELP

- PRE-TRAINING: **14%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **76%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

62% INCREASE

TRAINING 3: BONNEVILLE COUNTY

QPR TRAINING @ CENTER FOR HOPE

WHEN: NOVEMBER 12, 2019

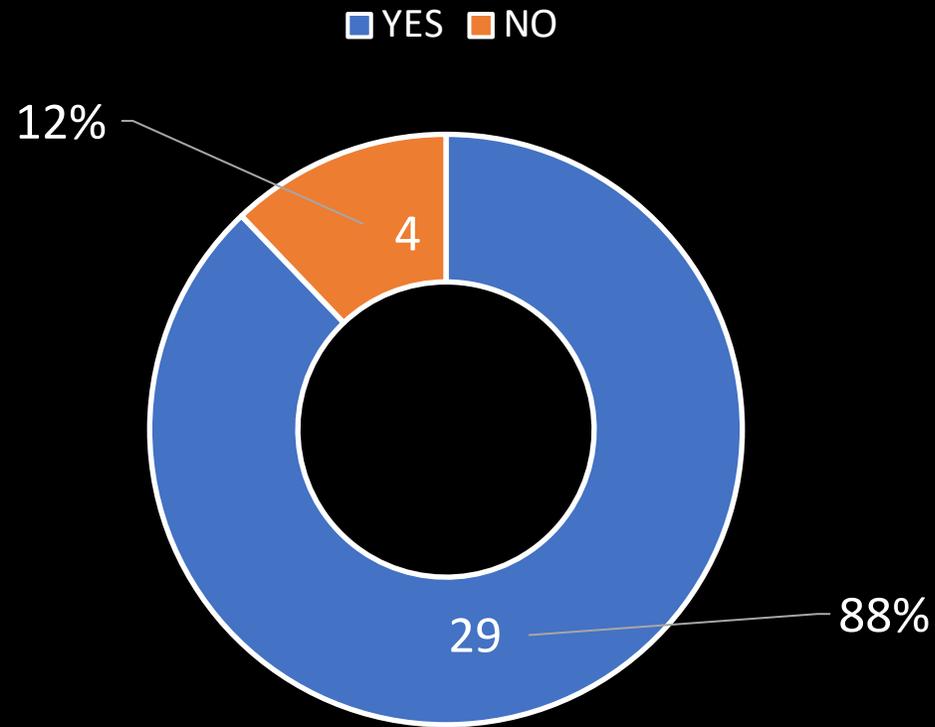
WHO:

- VETERANS COURT (REPEAT ATTENDEES)
- DRUG COURT
- REHABILITATIVE HEALTH SERVICES CENTER STAFF
- GENERAL PUBLIC

NUMBER: 33 TRAINEES

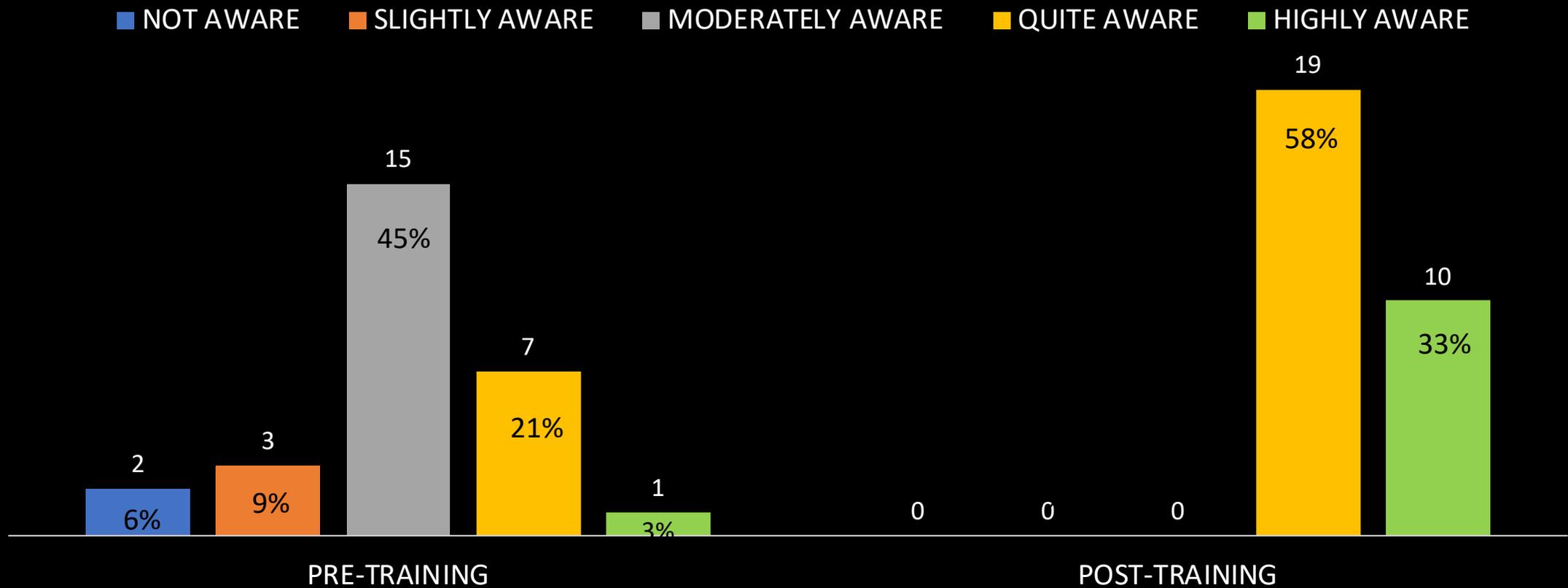
STEP ONE: GAUGE PERSONAL EXPERIENCE

DO I KNOW SOMEONE (INCLUDING MYSELF) WHO HAS SERIOUSLY CONSIDERED SUICIDE?



STEP TWO: IDENTIFY SIGNS AND CLUES

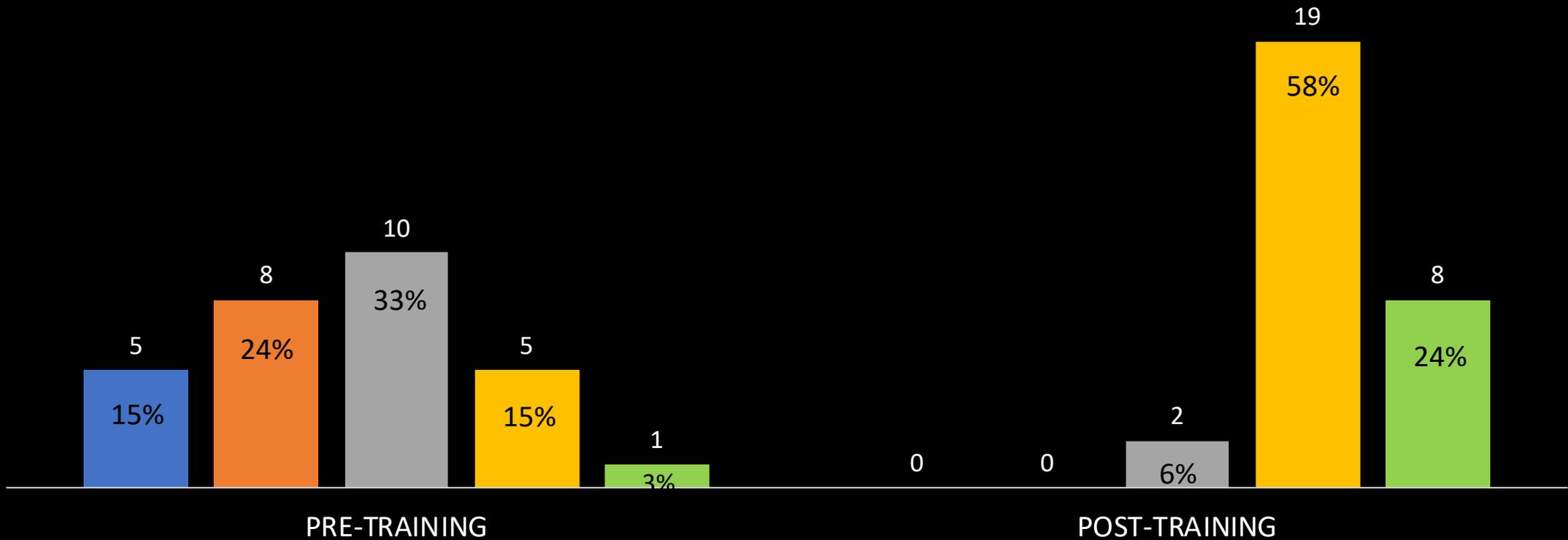
DO I KNOW WHAT TO SEE?
RECOGNIZING SIGNS OF SUICIDAL IDEATION



STEP THREE: ASK SKILLFULLY

DO I KNOW WHAT TO SAY?
ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

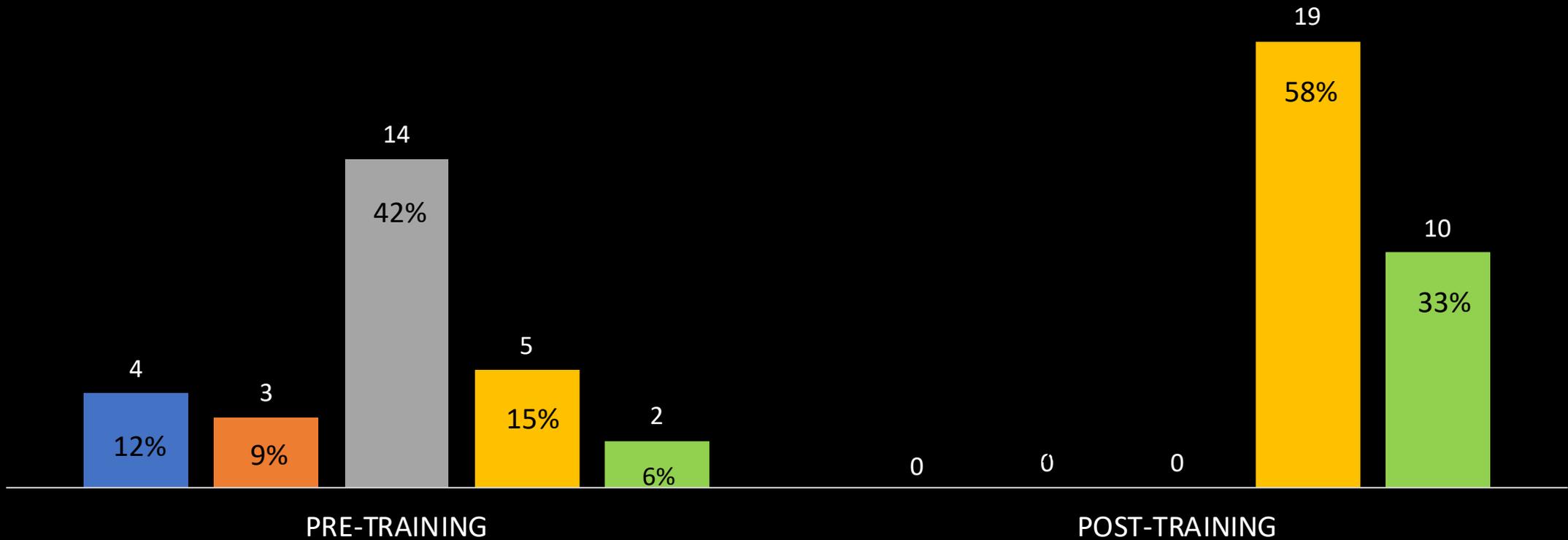
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP FOUR: REFER TO HELP SAFELY

DO I KNOW WHAT TO DO?
PERSUADING SOMEONE WITH THOUGHTS OF SUICIDE TO STAY SAFE & GET HELP

■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



IMPACT: MEASURING *QUITE & HIGHLY AWARE*

DO I KNOW WHAT TO SEE?

RECOGNIZING SIGNS OF SUICIDAL IDEATION

- PRE-TRAINING: **24%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **88%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

64% INCREASE

DO I KNOW WHAT TO SAY?

ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

- PRE-TRAINING: **18%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **82%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

64% INCREASE

DO I KNOW WHAT TO DO?

PERSUADING SOMEONE WITH SUICIDAL THOUGHTS TO STAY SAFE AND GET HELP

- PRE-TRAINING: **21%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **88%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

67% INCREASE

MADISON COUNTY

TRAINING 4: MADISON COUNTY

QPR TRAINING @ **MADISON COUNTY COMMISSIONERS ROOM**

WHEN: DECEMBER 3, 2019

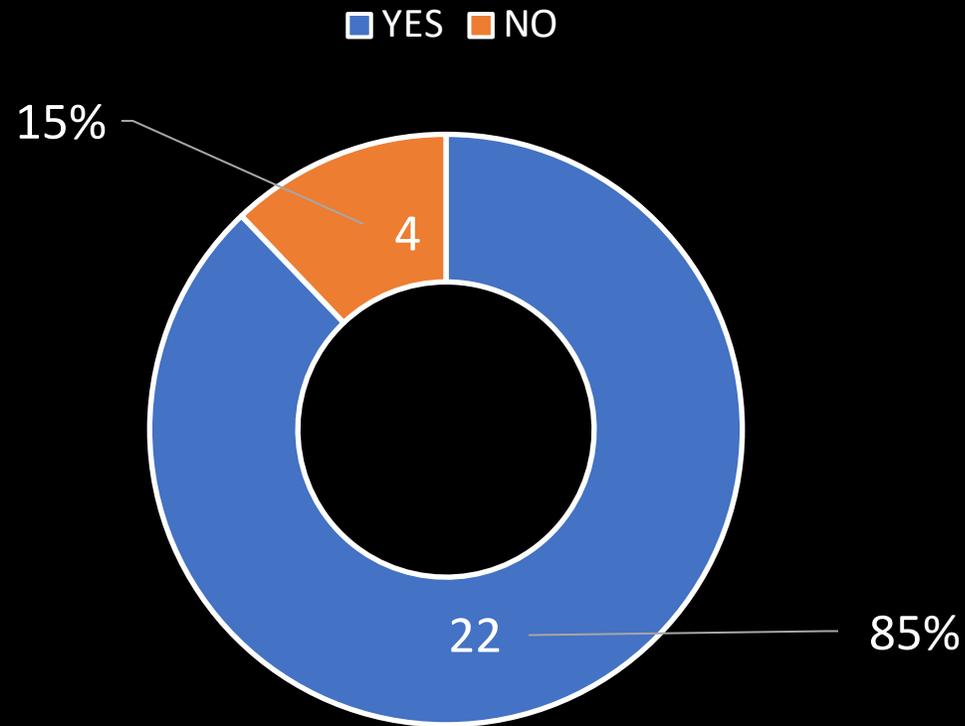
WHO:

- DRUG COURT PARTICIPANTS
- DRUG COURT ADMINISTRATORS & STAFF
- GENERAL PUBLIC

NUMBER: 26 TRAINEES/25 RESPONDENTS

STEP ONE: GAUGE PERSONAL EXPERIENCE

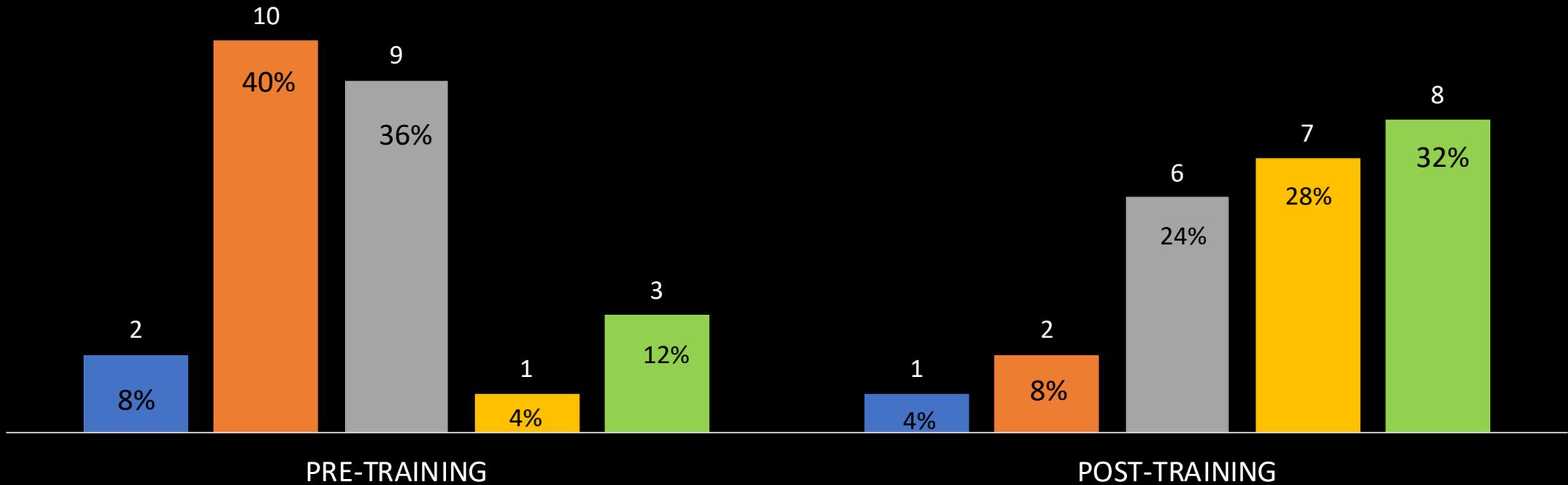
DO I KNOW SOMEONE (INCLUDING MYSELF) WHO HAS SERIOUSLY CONSIDERED SUICIDE?



STEP TWO: IDENTIFY SIGNS AND CLUES

DO I KNOW WHAT TO SEE?
RECOGNIZING SIGNS OF SUICIDAL IDEATION

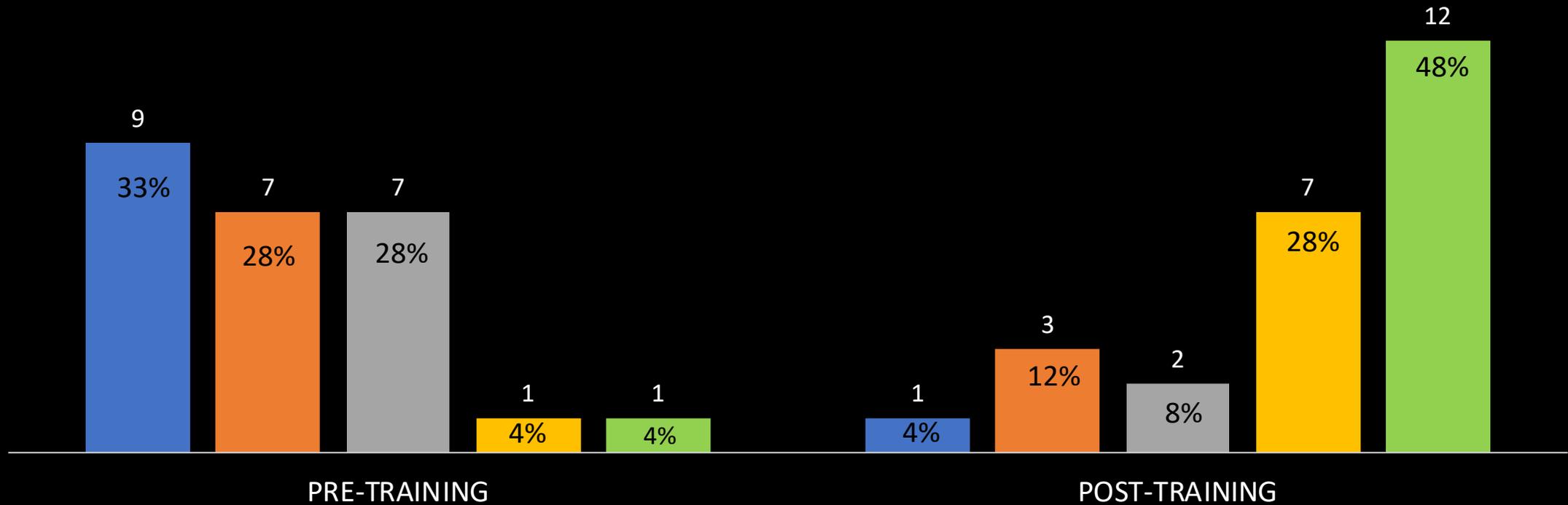
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP THREE: ASK SKILLFULLY

DO I KNOW WHAT TO SAY?
ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

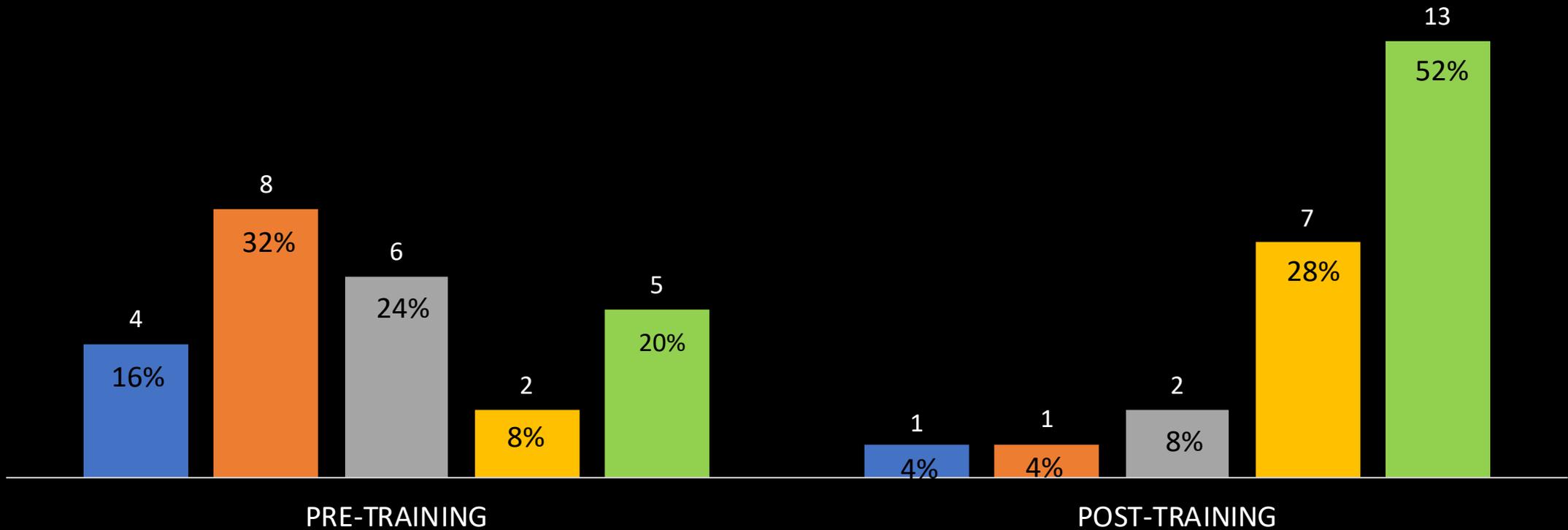
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP FOUR: REFER TO HELP SAFELY

DO I KNOW WHAT TO DO?
PERSUADING SOMEONE WITH THOUGHTS OF SUICIDE TO STAY SAFE & GET HELP

■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



IMPACT: MEASURING *QUITE & HIGHLY AWARE*

DO I KNOW WHAT TO SEE?

RECOGNIZING SIGNS OF SUICIDAL IDEATION

- PRE-TRAINING: **16%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **60%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

54% INCREASE

DO I KNOW WHAT TO SAY?

ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

- PRE-TRAINING: **8%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **76%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

68% INCREASE

DO I KNOW WHAT TO DO?

PERSUADING SOMEONE WITH SUICIDAL THOUGHTS TO STAY SAFE AND GET HELP

- PRE-TRAINING: **28%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **80%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

52% INCREASE

TETON COUNTY

TRAINING 5: TETON COUNTY

QPR TRAINING @ TETON COUNTY

WHEN: DECEMBER 16, 2019

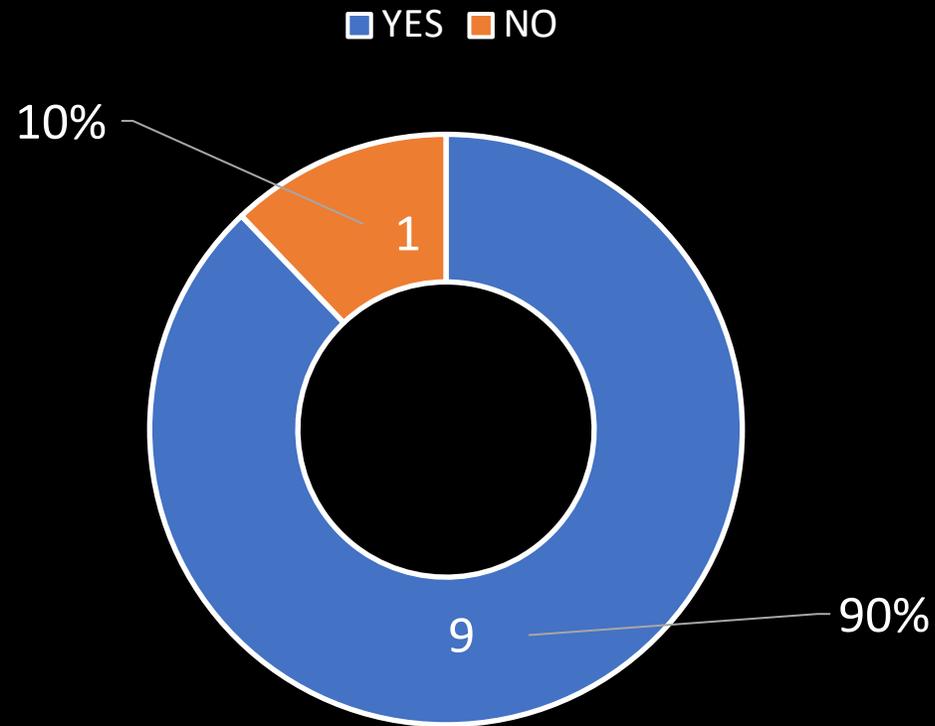
WHO:

- DRUG COURT PARTICIPANTS
- DRUG COURT STAFF/PROFESSIONAL COUNSELOR

NUMBER: 10 TRAINEES/10 RESPONDENTS (PRE)/9RESPONDENTS (POST)

STEP ONE: GAUGE PERSONAL EXPERIENCE

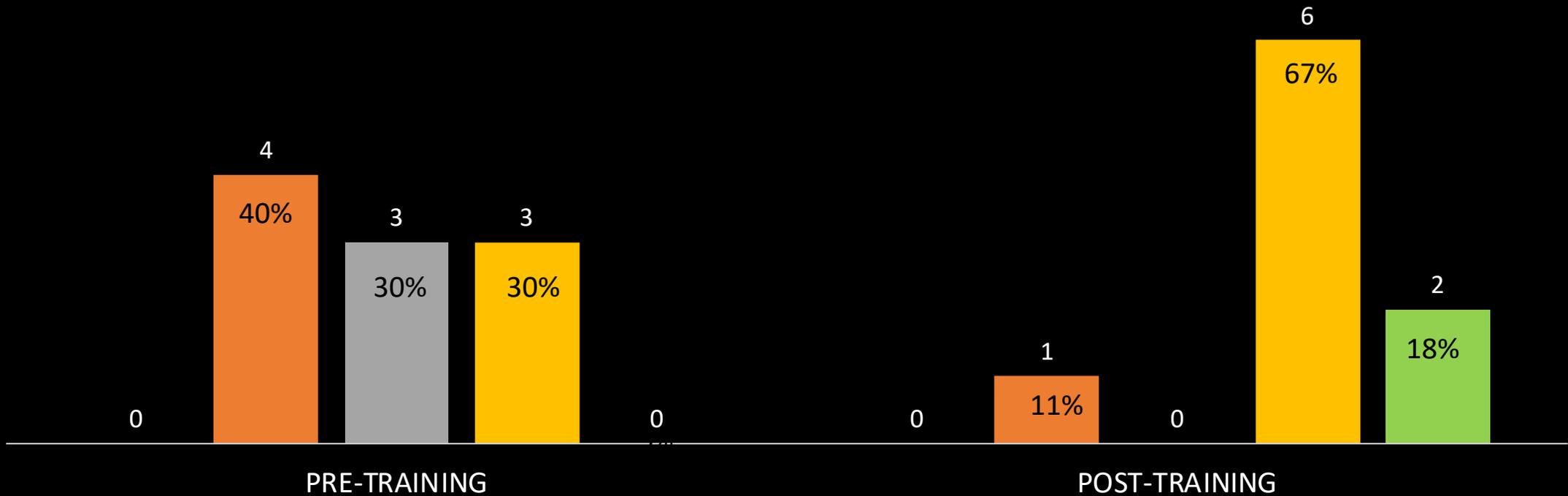
DO I KNOW SOMEONE (INCLUDING MYSELF) WHO HAS SERIOUSLY CONSIDERED SUICIDE?



STEP TWO: IDENTIFY SIGNS AND CLUES

DO I KNOW WHAT TO SEE?
RECOGNIZING SIGNS OF SUICIDAL IDEATION

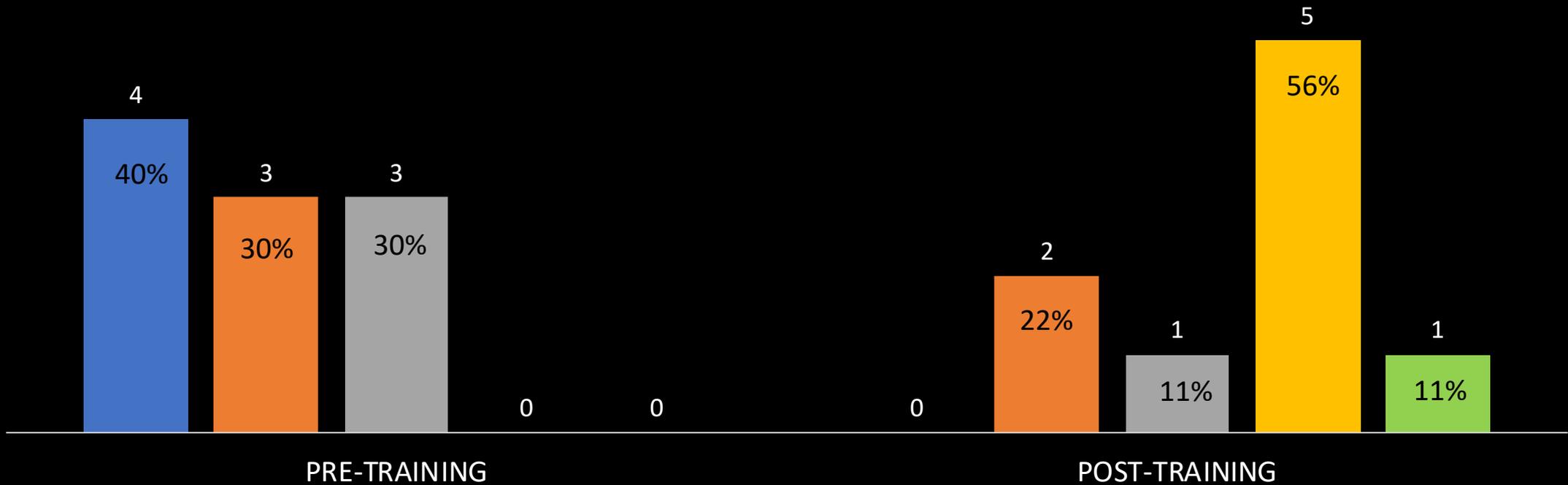
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP THREE: ASK SKILLFULLY

DO I KNOW WHAT TO SAY?
ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

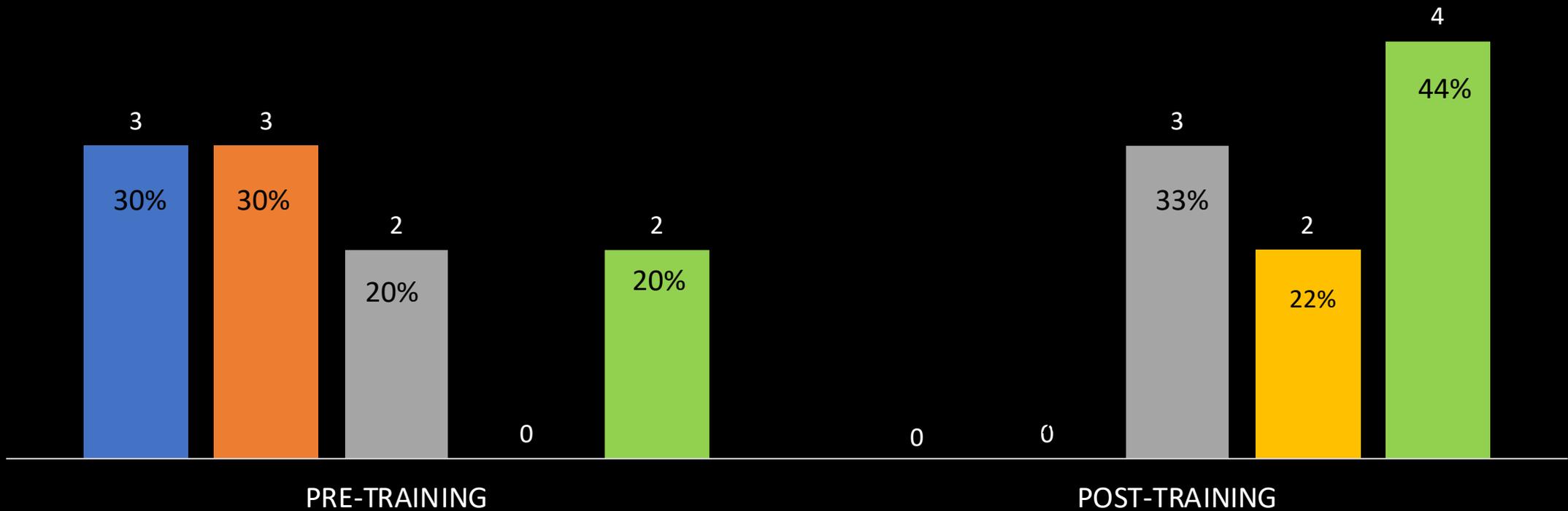
■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



STEP FOUR: REFER TO HELP SAFELY

DO I KNOW WHAT TO DO?
PERSUADING SOMEONE WITH THOUGHTS OF SUICIDE TO STAY SAFE & GET HELP

■ NOT AWARE ■ SLIGHTLY AWARE ■ MODERATELY AWARE ■ QUITE AWARE ■ HIGHLY AWARE



IMPACT: MEASURING *QUITE & HIGHLY AWARE*

DO I KNOW WHAT TO SEE?

RECOGNIZING SIGNS OF SUICIDAL IDEATION

- PRE-TRAINING: **30%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **85%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

55% INCREASE

DO I KNOW WHAT TO SAY?

ASKING IF SOMEONE HAS THOUGHTS OF SUICIDE

- PRE-TRAINING: **0%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **66%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

66% INCREASE

DO I KNOW WHAT TO DO?

PERSUADING SOMEONE WITH SUICIDAL THOUGHTS TO STAY SAFE AND GET HELP

- PRE-TRAINING: **20%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*
- POST-TRAINING: **66%** OF TRAINEES WERE *QUITE TO HIGHLY AWARE*

46% INCREASE