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The Importance of Suicide Prevention Education

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Figure 1
QPR 2021 Suicide Statistics

Big Picture: Adult Numbers



SUICIDE IS THE 3rd LEADING CAUSE FOR YOUNG PEOPLE (15 to 24 yrs)

- Almost tripled since 1950
- The leading cause in some states

Think. Plan. Attempt. Die.

An estimated 10 million adults think about suicide each year.

1.2 million plan a method.

Like a gun, MVA, etc.

750,000 attempts.

And that's a conservative estimate.

Approximately 48,000+ people die by suicide.

Source: National Co-morbidity Study, CDC and NIMH

(CDC WONDER, n.d.; Pennsylvania Commission on Crime and Delinquency, 2021; QPR Institute. Inc., n.d.)

STRATEGIES AND APPROACHES

to achieve and sustain substantial reductions in suicide

STRATEGY	APPROACH
 1 Strengthen Economic Supports	<ul style="list-style-type: none">• Improve household financial security• Stabilize housing
 2 Create Protective Environments	<ul style="list-style-type: none">• Reduce access to lethal means among persons at risk of suicide• Create healthy organizational policies and culture• Reduce substance use through community-based policies and practices
 3 Improve Access and Delivery of Suicide Care	<ul style="list-style-type: none">• Cover mental health conditions in health insurance policies• Increase provider availability in underserved areas• Provide rapid and remote access to help• Create safer suicide care through systems change
 4 Promote Healthy Connections	<ul style="list-style-type: none">• Promote healthy peer norms• Engage community members in shared activities
 5 Teach Coping and Problem-Solving Skills	<ul style="list-style-type: none">• Support social-emotional learning programs• Teach parenting skills to improve family relationships• Support resilience through education programs
 6 Identify and Support People at Risk	<ul style="list-style-type: none">• Train gatekeepers• Respond to crises• Plan for safety and follow-up after an attempt• Provide therapeutic approaches
 7 Lessen Harms and Prevent Future Risk	<ul style="list-style-type: none">• Intervene after a suicide (postvention)• Report and message about suicide safely

Figure 2
Community Prevention Strategies

CDC's strategies and approaches to achieve and sustain substantial reductions in suicide

(CDC, 2022)

Note. Strategies and Approaches. 2022. National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

<https://www.cdc.gov/suicide/pdf/preventionresource.pdf>



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Question, Persuade, Refer

ASK A QUESTION, SAVE A LIFE

- A universal evidence-based intervention aimed at reducing stigma, teaching the warning signs of suicide, and increasing your confidence in supporting those in crisis.
- This course builds on skills to ask individuals about their suicidal thoughts or plans, to persuade them to agree to help, and to learn the available resources to refer the individual to in a crisis.
- This is not a form of counseling or treatment; rather, it is intended to offer *HOPE* through positive action.



HELP PREVENT SUICIDE

Just two hours of your life can teach you how to save a life and reduce suicidal behaviors in your communities. Penn State Extension experts will lead this webinar using training developed by the Question, Persuade, and Refer (QPR) Institute. The webinar will empower participants to recognize warning signs of suicide in friends, coworkers, family members, or neighbors in need.

Designed for all people, regardless of profession, who are concerned about helping others with mental health and substance use challenges, QPR is an emergency mental health intervention intended to interrupt a crisis and direct someone to proper care.

For more information about registering for a virtual webinar or to schedule an in-person training for your organization, visit extension.psu.edu/qpr.

SUICIDE PREVENTION WEBINAR

LEARN HOW TO:

- + Recognize the warning signs of suicidal thoughts and behaviors
- + Ask questions about how someone is feeling
- + Practice active listening
- + Persuade someone to seek help
- + Refer someone to appropriate help

WHO SHOULD ATTEND

- + Anyone with an interest
- + Social service agencies
- + First responders
- + Faith-based organizations

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Link to video: <https://www.youtube.com/watch?v=Z9cSRaH15jA>



The QPR sub-team is building to be comprised of educators from across Extension Program areas.



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Trainings and Collaborations



- offered at no cost
 - monthly webinars
 - in-person programming (available upon request)
 - modules for specific audiences, such as QPR for Farmers, Public Safety, etc.
 - Continuing Education credits available
- collaborating with multiple county suicide prevention taskforces
 - speaking engagements at multiple human service conferences
 - Clearfield/Jefferson County Suicide Prevention Taskforce sponsored webinars
 - training at the State EMS Conference



Impact



Evaluations collected data in four areas from the participants:

1. pre-post knowledge comparison questions related to the content of the training
2. pre-post confidence level comparison questions for content and intervention
3. pre-post attitude impact questions
4. pre-post behavioral application of course practices questions

November 2022 – April 2023

- 118 individuals reached through 10 webinars
- 75 of 118 evaluations received back— a 63.5% response rate



Impact Data: Pre-Post Comparison of Knowledge



- Knowledge of how to ask someone about suicide 91% gained knowledge
- Knowledge of persuading someone to get help 85% gained knowledge
- Knowledge in information about resources 86% gained knowledge





Impact: Pre-Post Comparison of Confidence

- Confidence in the ability to help a person who appears to be at risk for suicide 85% gained confidence
- Confidence in reaching out to someone who shows warning signs of suicide 84% gained confidence
- Confidence in asking someone directly if they are thinking about suicide 83% gained confidence





Impact Data: Additional Attitude Data

because of my participation in QPR Training, I.....

- am more likely to ask someone who appears to be at risk if they are thinking of suicide
 - strongly agree 65%
 - somewhat agree 25%

- feel more competent in helping a person who appears to be at risk of suicide
 - somewhat agree 28%
 - strongly agree 65%





Impact Data: Behavioral Application of Course Practices

- using information from QPR to help someone who appears to be at risk for suicide
Will use in future if necessary 84%
- using the information from the QPR booklet or card to get help for someone who appears to be at risk for suicide
Will use in future if necessary 96%
Did before the training 4%





Webinar Testimonials:

- “This was a great training. I appreciated the sensitivity of the presenters and the connection they made to the audience. It was very inclusive--we are all working on this together feeling, we can all improve our skills and ability to help someone in trouble.”
- “I thought the training was concise and easy to understand. It is a difficult subject the more we talk about it and try to help people the easier it will be and we will be saving lives. Thank You”
- “Really great training, and excellent job creating a safe space and comfortable energy in an online format - not easy!”



988

SUICIDE
& CRISIS
LIFELINE

Resources:

- 988 - National Suicide & Crisis Line
- 1-800-Suicide (1-800-784-2433)
- 1-888-628-9454 - Spanish Hotline
- 1-833-897-2474 - AgriStress Helpline
- 1-855-838-8255 -VETS4WARRIORS
- 741741- Crisis Text Line



Interested in learning more?



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References:

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Questions?



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Thank you!



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