

## **Suicide Prevention Workshop for Teacher Candidates**

Pursuant to the mandate of Indiana Senate Bill No. 226, Hanover College will offer an annual Suicide Prevention Training Workshop for all Senior Teacher Candidates.

### **Curriculum**

*QPR Gatekeepers Training* is a citizen emergency response to a mental health crisis. Gatekeepers are those citizens in every community who, because of their contact with those at risk of suicide, are often in the best position to identify and refer people thinking about suicide. *QPR Gatekeepers* is an evidence-based practice utilizing copyrighted materials for training more than 300,000 persons thus far.

### **Workshop Structure**

A ninety minute workshop will be offered annually to all Senior Teacher Candidates. Workshop enrollment will be limited to 20 participants. When the Education Class enrollees exceed twenty, a second workshop will be offered within the senior year. Training will be interactive, allowing participants to practice the skills taught in the *QPR Gatekeeper Training*. Participants will be provided with a take-home QPR booklet which includes the training summary and resource numbers, as well as a certificate of completion. A written Workshop Evaluation will be conducted at the conclusion of each training by the participants.

### **Instructor and Training Qualifications**

Catherine Le Saux, Hanover College Director of Counseling Services will facilitate the workshops. Her training qualifications are as follows:

- QPR Gatekeeper Instructor. A Certified Gatekeeper Instructor has received at least eight hours of specialized training in the QPR suicide prevention method and approach, has all the necessary current and copyrighted tools for quality training and receives and reviews quarterly training updates, research summaries and the QPR Times newsletter. Re-certification is required every three years.
- Jason Foundation workshop participant.
- Licensed Clinical Social Worker, Indiana Professional Licensing Agency, license # 34000825A.



### **Learning Objectives**

Learning Objectives for the QPR Gatekeeper Training are consistent with the goals and objectives outlined in the **Indiana State Suicide Prevention Coalition's Suicide Prevention State Plan**, and are as follows:

*Participants completing the QPR Gatekeeper Training for Suicide Prevention as presented by a QPR Certified Gatekeeper Instructor should:*

- **Workshop Objective 1: Understand suicide as a national and local public health problem and that suicide is a preventable death.**  
**Indiana Suicide Prevention State Plan: Section 1: Awareness; Goal 1: promote public awareness that suicide is a public health problem that is preventable.**
- **Workshop Objective 2: Describe the relationship of untreated clinical depression and other mental illnesses and substance abuse to increased suicide risk.**  
**Indiana Suicide Prevention State Plan: Goal 3; Objective 3.1 b: Mental disorders and chemical dependency are neurobiological diseases that respond to specific treatments. Objective 3.1 d: Suicidal persons with underlying mental disorders must have access to appropriate mental health services and resources.**
- **Workshop Objectives 3 – 10: Understand the common myths and facts surrounding suicidal behavior; recognize and identify at least three suicide warning signs; Recognize and identify three risk factors for suicide; Recognize and identify three protective factors against suicide; Demonstrate how to ask about potential suicidal intent (in role play); Demonstrate how to listen and persuade someone to get help (in role play); Demonstrate how to make a referral for professional assistance (in role play); Describe community and national resources and how to access them.**  
**Indiana Suicide Prevention State Plan: Section 2, Intervention; Objectives 6.1 Increase the inclusion of suicide risk assessment into the training of the following providers: (state and local) Behavioral health providers, Health care providers, Clergy, Educational institutions, Correctional personnel.**



### **Review of Training**

Utilizing feedback from workshop participants, the Director of Counseling Services, along with the Director of Teacher Education and Dean of Students will evaluate the relevance and efficacy of training for Senior Teacher Candidates. Curriculum substitution may be implemented if additional or different evidence-based training is recommended by either the college or the Indiana Department of Education.

Respectfully Submitted,

G. David Yeager  
Vice President and  
Dean of Student Life

Kay Williams  
Associate Professor of Education  
Director of Teacher Education

Catherine Le Saux  
Director of Counseling Services



**QPR Gatekeeper Training**  
**March 18, 2013**

Shelby Bennett  
Whitney Macon  
Courtney Jeffries  
Ellen Morganett  
Emily Fehr  
Lizzie Muller  
Emily Boyd  
Josh Gilb  
Lauren Clark  
Cassidy Hearn  
Joyce Imel  
Brandon Doub  
David Koon  
Tori Rutan  
Julie Miller  
Allison Munn  
Shannon Baker  
Jan Doehrman  
Blaki Nading