

Training Tools to Support

B-HERO SCHOOLS

PROGRAMMING OVERVIEW:

QUESTION, PERSUADE, REFER

SUICIDE PREVENTION GATEKEEPER TRAINING

DEVELOPED BY:

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INCEPTION: JULY 1999

REACH: The QPR Institute believes that 1 in 4 persons worldwide should be trained in gatekeeper training, like QPR, for suicide prevention. At the end of 2009, an estimated one million American citizens have been trained in QPR by Certified QPR Instructors.

BH PROFESSIONAL DEVELOPMENT TRAINING CATEGORY:

Suicide prevention, Knowledge of behavioral health symptoms and risks, Awareness of referral sources and evidence-based strategies for appropriate interventions

Find all Behavioral Health Professional Development Training Categories in North Dakota state law, NDCC 15.1-07-34.

COST:

Question, Persuade, Refer Training is available to all North Dakota educators for the 2022-2023 school year.

DESCRIPTION OF SERVICE: Question, Persuade, Refer is an evidence-based suicide prevention protocol, also termed as a gatekeeper training, with a mission to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Gatekeepers can be anyone, but include all those who are strategically positioned to recognize and refer someone at risk of suicide, like school personnel and community leaders.

QPR-trained Gatekeepers learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life



OUR MISSION

B-HERO's mission is to engage K-12 Behavioral Health Resource Coordinators in training, technical assistance, and opportunities to facilitate connections.

GET INVOLVED

To get started with Question, Persuade, Refer training, contact the B-HERO Technical Assistance Center at bhero.crea@k12.nd.us for the training schedule.