



# QPR Question. Persuade. Refer.



## DATES:

**Wednesday, May 26:** 10:00 - 11:30 am  
**OR Tuesday, June 15:** 5:00 - 6:30 pm  
*(participants must choose one date)*

## LOCATION:



## CEUs:

**0.1 CRPA CEU** *(pending approval)*  
**0.1 NBCC CEU**

Many of our members are reporting an **increased frequency of suicide crises and mental health issues** among the youth enrolled in their programs. The isolation resulting from the pandemic paired with the anxiety and depression that come from places like social media and cyberbullying has had a huge impact on adolescents. **CRPA feels it is critical to offer this training** for parks and recreation professionals as well as directors and senior staff of camps and before and afterschool programs

## **SESSION INFORMATION:**

Question, Persuade, and Refer (QPR): the 3 simple steps anyone can learn to help save a life from suicide. QPR is an emergency mental health intervention for suicidal persons aimed at identifying and interrupting the crisis and directing that person to the proper care. Just as people are trained in CPR to help save thousands of lives each year, 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. Both are part of a "Chain of Survival" and both are part of systems designed to increase the chance of survival in the event of an emergency.

QPR-trained individuals are referred to by the Surgeon General's National Strategy for Suicide Prevention as a Gatekeeper: someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers can be anyone, but include teachers, supervisors, counselors, and many others who are strategically positioned to recognize and refer someone at risk of suicide. As with any illness, the sooner warning signs are detected and help sought, the better the outcome is likely to be. Join us for this important, lifesaving training so that you are prepared to react appropriately in the face of a suicide crisis. This certification is valid for 3 years.

## **ABOUT THE INSTRUCTORS:**

**Kathy Hanley, Behavioral Health Director, Western CT Coalition:** Kathy has been with WCTC since 2015. She is a graduate of CADCA's National Coalition Academy and works collaboratively with the local prevention councils utilizing the Strategic Prevention Framework and evidence-based strategies to: reduce the effects of substance misuse and problem gambling, prevent suicide, and promote mental health and wellness. Kathy has a passion for this work because she has witnessed the pain and loss associated with substance misuse and suicide in her family. Kathy became a Certified Prevention Specialist in 2020. She is certified as an instructor/trainer of the QPR Suicide Prevention Program, Overdose Prevention Education and Naloxone Administration, and many others. She completed courses in Mental Health First Aid and Dialogue Education and has a BA in Communications Sciences from UCONN.

**Abigail Wood, Behavioral Health Director, Western CT Coalition:** Abby joined WCTC in 2019 and supports the 43 towns covered by WCTC in their prevention efforts using the Strategic Prevention Framework and other evidence-based strategies. Abby conducts Narcan trainings and is a certified trainer of the QPR Suicide Prevention Program and is certified in youth and adult Mental Health First Aid, Adolescent SBIRT, and safeTalk. Abby is passionate about mental health promotion and suicide prevention. She worked closely on the development of Gizmo's Pawesome Guide to Mental Health Elementary Curriculum and has been a member of the Connecticut Suicide Advisory Board since 2017. Abby received a BA in Human Development and Family Sciences and Sociology from UCONN and earned her Masters of Social Work with a concentration in Community Organization from the UCONN School of Social Work in 2018.

## **REGISTRATION INFORMATION:** *\*If registering more than 3 participants, use additional forms.*

**Main Contact:** \_\_\_\_\_ **Town/Org:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**1:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  5/26  6/15

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Service Sector:**  Park, Rec, & Camp  Youth & Family  Human  Seniors

**2:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  5/26  6/15

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Service Sector:**  Park, Rec, & Camp  Youth & Family  Human  Seniors

**3:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  5/26  6/15

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Service Sector:**  Park, Rec, & Camp  Youth & Family  Human  Seniors

## **DONATION OPTION:** *\*This is a free training. Suggested donation: \$10.*

**Donation:** \$ \_\_\_\_\_  **Check** *(payable to: "CRPA," 135 Day St., 2nd Floor, 2H, Newington, CT 06111)*  **Invoice**  **Credit Card**

Please contact CRPA with any questions: 860 721 0384 | [info@crpa.com](mailto:info@crpa.com) | [www.crpa.com](http://www.crpa.com)