



# QPR

# Question. Persuade. Refer.



### DATES:

**Wednesday, June 10:** 10:00 - 11:30 am  
**OR Thursday, June 17:** 5:00 - 6:30pm  
*(participants must choose one date)*

### LOCATION:



zoom

**Cameras must be turned on during the zoom training**

### CEUs:

**0.1 CRPA CEU**  
**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. Increased levels of anxiety and depression linked to 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, at **convenient times** for professional full-time & seasonal staff.

## **SESSION INFORMATION: \*NOTE ALL PARTICIPANTS MUST BE OVER THE AGE OF 18\***

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:**

**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.

**Nicole Bengtson, Program Manager, Amplify CT:** Nicole has been with Amplify CT since 2024. She is a certified instructor/trainer of the QPR Suicide Prevention Program and is a dedicated mental health professional with a strong background in suicide prevention & crisis intervention. In her role she supports Amplify's mission of strengthening the ability to assess needs, develop plans, and advocate for strategies and resources to advance healthy communities by leading initiatives to enhance mental health resources and support networks across her community. With previous experience as an Intake/Discharge Planner at The Village for Families & Children, she played a critical role in discharge planning, connecting families with essential resources, and advocating for comprehensive care. Nicole also spent time at Connecticut Children's as a Patient Care Partner, where she provided direct support to patients facing mental health challenges, reinforcing hospital protocols, and assisting in crisis prevention. Her training in CPI (Crisis Prevention Institute) techniques reflects her commitment to de-escalation and patient-centered care.

## **REGISTRATION INFORMATION: FEE IS \$10/pp.**

*If registering more than 3 participants, use additional forms.  
\*NOTE: EACH CLASS IS CAPPED AT 35 REGISTRANTS*

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

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

1: \_\_\_\_\_ **Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  6/10  6/17

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Sector:**  Park/Rec/Camp  Youth/Family  Human  Seniors **Over 18?**  Y  N

2: \_\_\_\_\_ **Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  6/10  6/17

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Sector:**  Park/Rec/Camp  Youth/Family  Human  Seniors **Over 18?**  Y  N

3: \_\_\_\_\_ **Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  6/10  6/17

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Sector:**  Park/Rec/Camp  Youth/Family  Human  Seniors **Over 18?**  Y  N

## **PAYMENT INFORMATION**

*Payment must be received by 5/27/26 in order to have access to the 6/10/26 Zoom Meeting and by 6/3/26 for the 6/17/26 Zoom Meeting.*

**Zoom meeting access information will NOT be provided unless payment is received.**

**Total:** \$ \_\_\_\_\_  Invoice  Check  Credit Card *(CRPA will email you an invoice which is payable online)*

## **CANCELLATION & REFUND POLICY**

*There will be no refunds for cancellations after 5/27/26 when registering for the 6/10/26 training and after 6/3/26 for the 6/17/26 training. Cancellations must be received in writing via email to [pmc@crpa.com](mailto:pmc@crpa.com) or [val@crpa.com](mailto:val@crpa.com). Registrants that do not participate in the meeting without cancelling prior to this date will be billed the **full amount**. A minimum of 12 participants is required to run the class. Notification of class cancellation, if needed, will be two weeks prior to the start of the course.*

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