



QPR

Staff suicide prevention training

- ◆ Name
 - ◆ Title/Facility
 - ◆ email
-

Learning Objectives

- ◆ Explain what QPR means
- ◆ Identify risk factors and early warning signs of suicide
- ◆ Apply QPR principles to help save a life OR find someone who can

Please remember:

- ◆ This is may be an uncomfortable topic
- ◆ Many people have been touched by suicide in some way
- ◆ This is a safe classroom
- ◆ Please respect the feelings and views of all here today
- ◆ If you have recently lost someone to suicide, this training may be too difficult for you right now

US 2013 Statistics

| Cause of Death | All Ages |
|----------------|----------|
| Suicide | 41,149 |
| Motor Vehicle | 35,369 |
| Homicide | 16,121 |

Information provided by the Center for Disease Control and Prevention (CDC) from the National Vital Statistics Report (NVSR) "Deaths: final Data for 2013".

Wisconsin 2013 Statistics

| Cause of Death | All Ages |
|----------------|----------|
| Suicide | 854 |
| Motor Vehicle | 561 |
| Homicide | 178 |

Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics, "Wisconsin Deaths, 2013" published March 2015.

WI DOC Statistics

Since 1998, Wisconsin DOC
has lost 39 Correctional
Professionals to Suicide=
More than 2 of us per year



QPR

Ask a Question, Save a Life



QPR

Question, Persuade, Refer

QPR

- ◆ QPR is not intended to be a form of counseling or treatment.
- ◆ QPR is intended to sustaining life until help arrives – like CPR.
- ◆ QPR is intended to offer hope through positive action

QPR

MYTHS & FACTS

- ◆ Myth - No one can stop a suicide, it is inevitable.
- ◆ Fact - If people in a crisis get the help they need, they will probably never be suicidal again.

QPR

MYTHS & FACTS

- ◆ Myth - Confronting a person about suicide will only make them angry and increase the risk of suicide.
- ◆ **Fact - Asking someone direct and caring questions about suicidal intent lowers anxiety, opens up communication and lowers the risk of an impulsive act.**

QPR

MYTHS & FACTS

- ◆ Myth - Only experts can prevent suicide.
- ◆ Fact - Suicide prevention is everybody's business and anyone can help prevent the tragedy of suicide.

QPR

MYTHS & FACTS

- ◆ Myth - Suicidal people keep their plans to themselves.
- ◆ Fact - Most suicidal people communicate their intent sometime during the week preceding their attempt.

QPR

MYTHS & FACTS

- ◆ Myth - Those who talk about suicide don't do it.
- ◆ Fact - People who talk about suicide may try, or even complete, an act of self-destruction.

QPR

MYTHS & FACTS

- ◆ Myth - Once a person decides to complete suicide, there is nothing anyone can do to stop them.
- ◆ Fact - Suicide is the most preventable kind of death, and almost any positive action may save a life. **Many that survive an attempt say, "I regretted it the moment I....."**

QPR

Suicide Risk Factors And Clues/Warning Signs

The more clues and signs observed,
the greater the risk. Take all signs
seriously!



Fire Drill Exercise!

In teams, list as many **risk factors** and **warning signs for suicide** as you can come up with!

Risk Factors for Suicide

- ◆ Mental health disorders - these can include:
depression, anxiety disorders, bipolar, etc.
- ◆ Family history of suicide
- ◆ Serious medical condition and/or pain
- ◆ Drug and/or alcohol dependence/abuse
- ◆ Impulsivity and aggression
- ◆ History of trauma or abuse
- ◆ Hopelessness

QPR

Direct Verbal Clues:

- ◆ "I've decided to kill myself."
- ◆ "I wish I were dead."
- ◆ "I'm going to commit suicide."
- ◆ "I'm going to end it all."
- ◆ "If (such and such) doesn't happen, I'll kill myself."

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Indirect Verbal Clues:

- ◆ "I'm tired of life, I just can't go on."
- ◆ "My family would be better off without me."
- ◆ "Who cares if I'm dead anyway."
- ◆ "I just want out."
- ◆ "I won't be around much longer."
- ◆ "Pretty soon you won't have to worry about me."
- ◆ "I just want the pain to stop."

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Behavioral Clues:

- ◆ Any previous suicide attempt
- ◆ Acquiring a gun or stockpiling pills
- ◆ Co-occurring depression, moodiness, hopelessness
- ◆ Putting personal affairs in order
- ◆ Giving away prized possessions
- ◆ Sudden interest or disinterest in religion

QPR

Behavioral Clues:

- ◆ Drug or alcohol abuse, or relapse after a period of recovery
- ◆ Unexplained anger, aggression and irritability
- ◆ Sudden change of behavior from depressive symptoms to joy and peace
- ◆ Sleeping too little or too much
- ◆ Withdrawing or Isolating – excessive absenteeism from work

QPR

Situational Clues:

- ◆ Being fired or being expelled from school
- ◆ A recent unwanted move
- ◆ Loss of any major relationship
- ◆ Death of a spouse, child, or best friend, especially if by suicide
- ◆ Diagnosis of a serious or terminal illness and/or chronic pain

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Situational Clues:

- ◆ Sudden unexpected loss of freedom/fear of punishment/humiliation
- ◆ Anticipated loss of financial security
- ◆ Loss of a cherished therapist, counselor or teacher
- ◆ Fear of becoming a burden to others
- ◆ Harassment or bullying
- ◆ Talking about feelings of being trapped

QPR

Tips for Asking the Suicide Question:

- ◆ If in doubt, don't wait, ask the question
- ◆ If the person is reluctant, be persistent
- ◆ Talk to the person alone in a private setting
- ◆ Allow the person to speak freely
- ◆ Give yourself plenty of time
- ◆ Have your resources handy; QPR Card, EAP phone number, local counselor's name and any other information that might help

How you ask the question is less important than that you ask it.

Question

Less Direct Approach:

- ◆ “Have you been unhappy lately?”
- ◆ “Have you been so very unhappy lately that you’ve been thinking about ending your life?”
- ◆ “Do you ever wish you could go to sleep and never wakeup?”

Question

Direct Approach:

- ◆ "You know, when people are as upset as you seem to be, they sometimes wish they were dead. I'm wondering if you're feeling that way too?"
- ◆ "You look pretty miserable, I wonder if you're thinking about suicide?"
- ◆ "Are you thinking about killing yourself?"
- ◆ "Are you thinking about suicide?"

If you cannot ask the question, find someone who can.

How Not to Ask the Question:

- ◆ “You’re not suicidal, are you?”
- ◆ “You wouldn’t do anything stupid, would you?”

Persuade

How to Persuade Someone to Stay Alive:

- ◆ Listen to the problem and give them your full attention
- ◆ Remember, suicide is not the problem, only the solution to a perceived insoluble problem
- ◆ Do not rush to judgment
- ◆ Offer hope in any form
- ◆ Normalize feelings of suicide to help the person open up

Persuade

Then Ask:

- ◆ “Will you go with me to get help?”
- ◆ “Will you let me help you get help?”
- ◆ “Will you promise me not to kill yourself until we’ve found some help?”

**YOUR WILLINGNESS TO LISTEN AND TO HELP
CAN REKINDLE HOPE, AND MAKE ALL THE
DIFFERENCE**

Refer

- ◆ Suicidal people often believe they cannot be helped, so you may have to do more.
- ◆ The best referral involves taking the person directly to someone who can help.
- ◆ The next best referral is getting a commitment from them to accept help, then making the arrangements to get that help.
- ◆ The third best referral is to give referral information and try to get a good faith commitment not to complete or attempt suicide. Any willingness to accept help at some time, even if in the future, is a good outcome.



REMEMBER

Since almost all efforts to persuade someone to live instead of attempt suicide will be met with agreement and relief, don't hesitate to get involved or take the lead.

For Effective *QPR*

- ◆ Say: "I want you to live," or "I'm on your side...we'll get through this."
- ◆ Get Others Involved. Ask the person who else might help. Family? Friends? Brothers? Sisters? Pastors? Priest? Rabbi? Bishop? Physician?

For Effective *QPR*

- ◆ Join a Team. Offer to work with clergy, therapists, psychiatrists or whomever is going to provide the counseling or treatment.
- ◆ Follow up with a visit, a phone call or a card, and in whatever way feels comfortable to you, let the person know you care about what happens to them. Caring may save a life.



REMEMBER

*WHEN YOU APPLY QPR,
YOU PLANT THE SEEDS OF
HOPE.*

*HOPE HELPS PREVENT
SUICIDE.*

Practice, Practice, Practice!

In pairs, use the QPR strategies that we discussed to practice the QPR technique. Take turns being the person at risk for suicide and the person using QPR.

1. **Question** the person
2. **Persuade** the person to get help
3. **Refer the** person to local resources

What about our own wellness?

- ◆ We are only as good for ourselves, each other, our jobs, family and friends as we are well!
- ◆ We have the ability to be well regardless of what happens around us. We are resilient!

NIC's Eight Principles of Effective Intervention



What do I need to change?
What is the cost of not changing?

Why should I change?

How can I change?

Do it! Practice!

Good job...keep it up!

Who can help?

How am I doing?

Is what I'm doing working?

Safe Circle Debrief

- ◆ This is a safe place
- ◆ Share or comment as you are comfortable, or pass.



Thank you!