



## QPR Suicide Prevention Gatekeeper Train-the-Trainer Session



**Interested in reaching out to groups on how to prevent suicide? If so, here's your opportunity to become a Certified QPR Instructor.**

**Tuesday, May 12, 2009**

**8:00 AM – 4:00 PM**

**Monona Public Library**

**1000 Nichols Road**

**Madison, WI**

**Registration Deadline: Friday, May 1, 2009**

**What is QPR?** QPR is CPR for suicide prevention.

*Question the person about suicide*

*Persuade the person to get help*

*Refer them for help*

### **Suicide Prevention Gatekeepers**

A gatekeeper is someone trained to recognize a suicide crisis and, because of their training, know how and where to find help.

**What is the QPR Instructor Certification Program?** QPR was created and developed by Paul Quinnett, Ph.D. of Spokane, Washington. Dr. Quinnett began a QPR Instructor Certification Program to allow qualified candidates to teach QPR and increase the number of people trained to act in a bold, positive manner to prevent a suicide and save a life.

**What's happening in Dane County?** Safe Communities Suicide Prevention Task Force and HOPES (Helping Others Prevent and Educate About Suicide) is sponsoring one QPR Train-the-Trainer session in 2009, thanks to grants from Mental Health America of Wisconsin and Charles E. Kubly Foundation. Our goal is to build a cadre of trainers who, whether as part of their jobs or in a volunteer capacity, are available to conduct 1-hour QPR Gatekeeper trainings to groups of people interested in helping to prevent suicide. If you're interested in being part of this team, please fill out the attached application!

**What is the cost?** Cost of this QPR Training Institute training alone is \$400 per person. A limited number of full and partial scholarships are available to Dane County residents willing to commit to conditions laid out in the attached application. All Dane County participants (including scholarship recipients) are required to pay \$35 to cover meals and miscellaneous costs over and above the QPR fee.

**Who can attend?** Trainings and scholarships are targeted to Dane County residents who are willing to commit to conditions laid out in the attached application. Individuals outside of Dane County are invited to attend, space permitting and at a cost of \$460 per person.

**Please send the attached application to Safe Communities, P.O. Box 6652, Madison, WI, 53716-0652, or email it to [info@safercommunity.net](mailto:info@safercommunity.net) by the registration deadline of Friday, May 1, 2009.** If you are applying for a full or partial scholarship, we will notify you at least one week prior to the event (possibly sooner if we receive your application prior to the deadline). Scholarships are limited. If you are not applying for a scholarship, please send your payment with your application. Sorry, we cannot accept credit cards. For more information, contact Cheryl Wittke, Safe Communities, at (608) 256-6713 or visit [www.hopes-wi.org](http://www.hopes-wi.org) or [www.safercommunity.net](http://www.safercommunity.net).

**REGISTRATION**  
**QPR Certification Training**

Name

Address

City

State:

Zip

Phone

E-mail:

Employer

**Training Date: Tuesday, May 12, 2009**

8:00 AM – 4:00 PM

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1000 Nichols Road

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**Registration Fee Enclosed (please check one):**

I live and/or work in Dane County and will conduct QPR trainings here (\$435)\*

Non-Dane County resident (\$460)

**Please make checks payable to Safe Communities.**

**Mail this registration form, along with payment, to Safe Communities, P.O. Box 6652, Madison, WI 53716-0652.**

**Unless other arrangements are made in advance, registration form and payment must be received by registration deadline in order to receive training materials from QPR Institute in time for the training event.**

**Sorry, we cannot accept credit cards.**

**\* As a Dane County QPR Trainer, can we count on you to?:**

- Attend supplemental trainings/sharing sessions with the Suicide Prevention Gatekeepers Workgroup (no more than (4) 1 ½ -hour meetings/year).
- Be open to doing QPR trainings if asked by the Suicide Prevention Gatekeepers Workgroup.
- Keep the Gatekeepers Workgroup informed of all upcoming trainings.
- Hand out supplemental suicide prevention materials we provide at the QPR trainings.
- Agree to do evaluations following any QPR training.
- Provide at least four (4) 1 hour QPR Trainings per year.

**Yes! I'm on board: Signed:**

\_\_\_\_\_ (Date)

**For more information, contact Cheryl Wittke, Safe Communities at (608) 256-6713 or [info@safercommunity.net](mailto:info@safercommunity.net).**



**Scholarship Application  
QPR Certification Training for Dane County**

Name:

Address:

City:

State:

Zip:

Phone:

E-mail:

Employer:

Why are you interested in becoming a QPR trainer?

What is your background in suicide prevention? (personal/professional) Please describe.

What audience do you wish to train in QPR? (church, work place, other)

Can you conduct QPR trainings as part of your job? If so, could you provide a letter from your employer? Would you be able to train the staff where you work?

Do you have experience giving trainings? Please describe.

Cost of 1-day QPR Institute Certification Training alone is \$400. Are you requesting (please circle one):

Full Scholarship of \$400

Partial scholarship of: \$300 \$200 \$100

Who would pay the balance of your tuition? Please circle one: Employer I would Other \_\_\_\_\_

Please describe circumstances that make your request for a full or partial scholarship necessary (we want you there! We just anticipate having more requests for scholarships than we may be able to accommodate):

**NOTE: All full or partial scholarship winners will be required to pay \$35 to cover cost of meals, refreshments and miscellaneous expenses (not included in QPR Institute fee).**

**As a Dane County QPR Trainer, I agree to the following (these are conditions of receiving full or partial scholarship):**

1. Attend supplemental trainings/sharing sessions with the Suicide Prevention Gatekeepers Workgroup (no more than (4) 1½ -hour meetings/year).
2. Be open to doing QPR trainings if asked by the Suicide Prevention Gatekeepers Workgroup.
3. Keep the Gatekeepers Workgroup informed of all upcoming trainings.
4. Hand out supplemental materials at the QPR trainings.
5. Agree to do evaluations following any QPR training.
6. Provide at least four (4) 1 hour QPR Trainings per year.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

