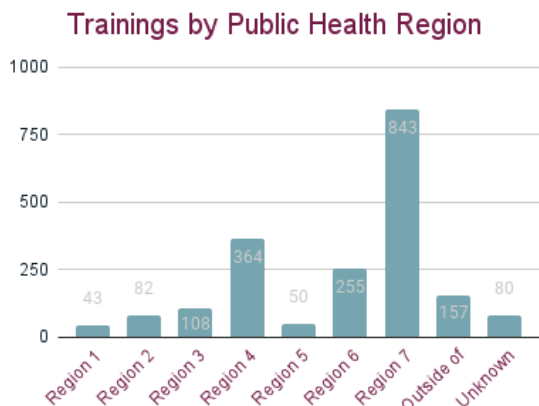


QPR TRAINING & STANDARDIZED DATA PROJECT

MAY 2020 - OCTOBER 2021

ABOUT THIS REPORT

QPR training is being offered consistently throughout the state. (See charts below)

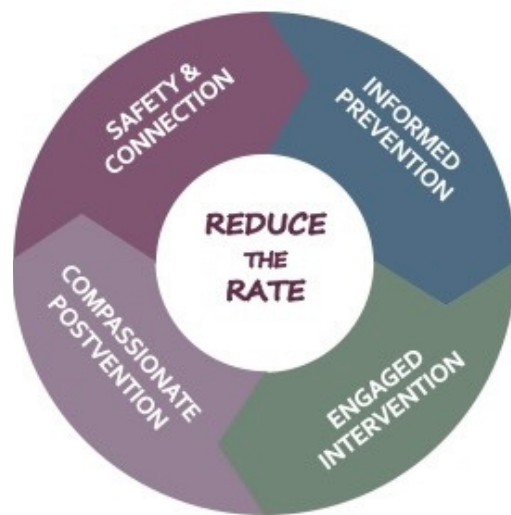


Numbers are highest in Region 7 because of a QPR pilot project conducted by EIPH and Center for Hope. Funding was provided by IDHW.

What is this data and how was it gathered?

The data in this report reflects responses gathered from pre and post-training **surveys completed by 2000+ individuals who have completed a QPR training** facilitated by Andra Smith Hansen **between May 2020 and October 2021.**

The data not only demonstrates the **immediate positive impact of QPR training** but also provides insights into the **attitudes and experiences** of Idahoans from **diverse sectors and settings**, as well as illuminating **relevant gaps and needs.**

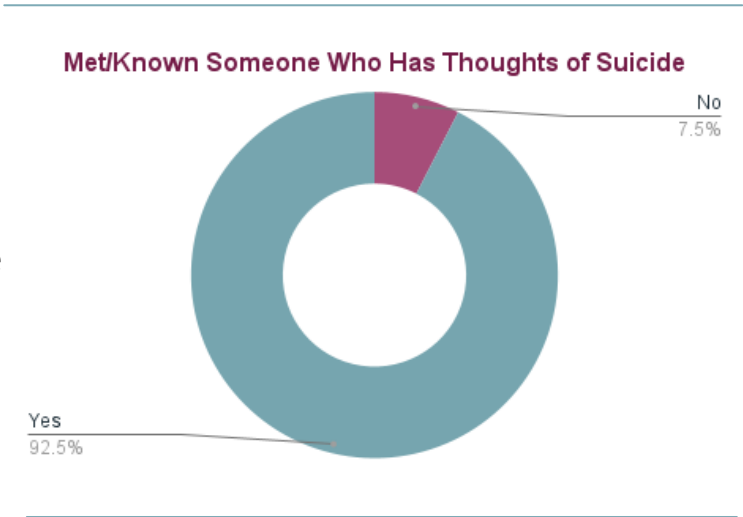


FIVE LEARNING UNITS IN A QPR TRAINING

- QPR & CPR:** Like CPR, QPR prepares someone to save a life by responding to a crisis in a manner that affirms life and connects an individual in crisis to the help they need.
- LOSS & IMPACT:** Far too many people die by suicide. These losses create a wide ripple of impact. But anyone can develop the mindset and acquire the skills to become a life-saving connection.
- BELIEFS & BARRIERS:** Common myths regarding suicide perpetuate stigma and serve as a barrier to help. Recognizing and correcting misconceptions frees a person to become a life-saving connection.
- PATHWAYS & PROTECTIONS:** Moments of crisis arise within a context containing both pathways to suicide and sources of protection. Awareness of this context is vital to creating safety and support.
- SKILLS & ACTION:** QPR equips trainees to recognize signs, to communicate about suicide and safety, and to refer to appropriate help. People who know what to see, say, and do are equipped to save lives.

QPR ADDRESSES RELEVANT & PERVASIVE EXPERIENCES

"**To integrate and coordinate suicide prevention activities across sectors and settings**" is the first goal expressed in the *Idaho Suicide Prevention Plan 2019 - 2023*. Data gathered from QOR trainees reflects experiences of Idahoans from across the state. It clearly shows that we are impacted by the issue of suicide. Greater awareness and skills training are urgently needed throughout all sectors of our communities.



Over 90% of QPR trainees have **firsthand experience** with someone at risk of suicide. Yet a large percentage are **unaware** of what to look for, what to say, and **what to do to help**.

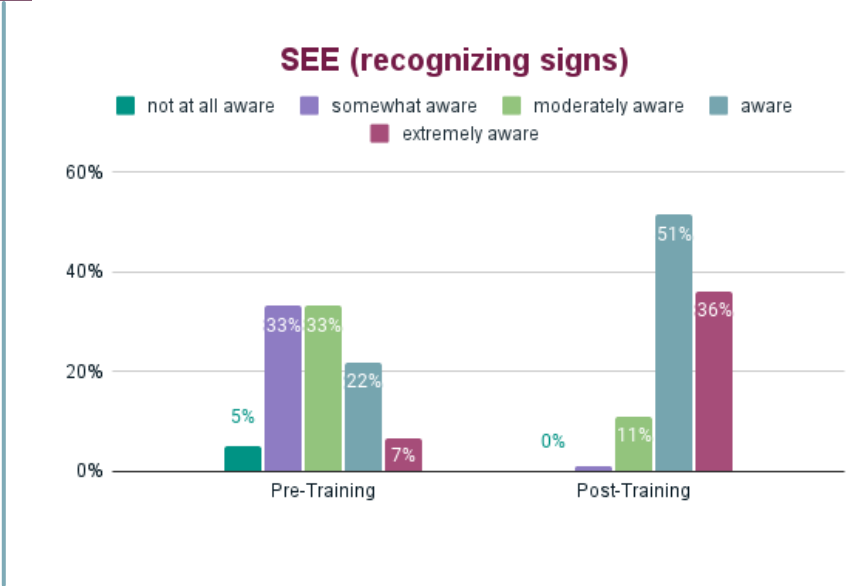
QPR INCREASES AWARENESS & VITAL SKILLS

"**To implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes, and behaviors**" is the second goal expressed in the state suicide prevention plan. Training survey data reveals that QPR is an effective tool in relation to this goal. *Significant changes in **knowledge/skill areas, attitudes, and confidence unmistakably demonstrate that two key objectives** are being met by QPR training:*

- **OBJECTIVE ONE:** Greatly reduce the number of trainees who rate their awareness levels as "not at all aware" or "somewhat aware."
- **OBJECTIVE TWO:** Greatly increase the number of trainees who rate their awareness levels as "aware" or "extremely aware."

QPR Improves Three Key Skills: What to See, What to Say, What to Do

1 Do you know what to SEE (warning signs)?



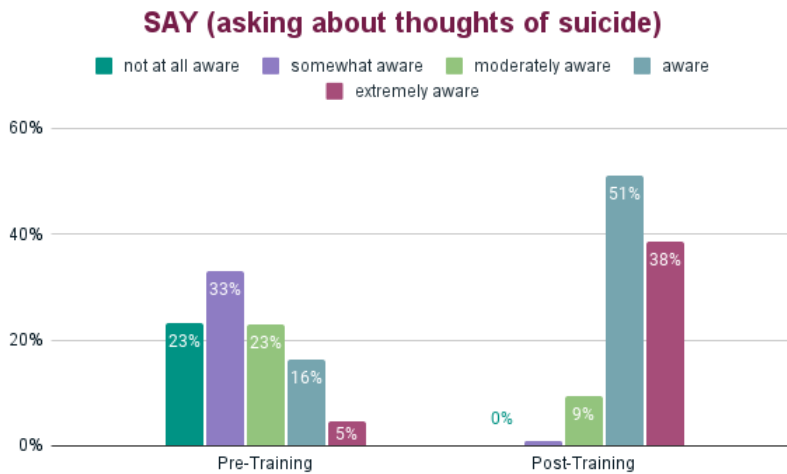
ELIMINATE LACK OF AWARENESS
 ("not at all aware" & "somewhat aware" responses):
Pre: 38% of trainees
Post: 2% of trainees
Conclusion: 36% decrease in trainees who are not aware of signs.

INCREASE HIGH AWARENESS
 ("aware" & "extremely aware" responses):
Pre: 29% of trainees
Post: 87% of trainees
Conclusion: 58% increase in trainees who are aware of warning signs

QPR & VITAL KNOWLEDGE/SKILLS (continued)

2

Do you know what to SAY (asking about suicide)?



ELIMINATE LACK OF AWARENESS

("not at all aware" & "somewhat aware" responses):

Pre: 56% of trainees

Post: 2% of trainees

Conclusion: 54% decrease in trainees who are not aware of what to say

INCREASE HIGH AWARENESS

("aware" & "extremely aware" responses):

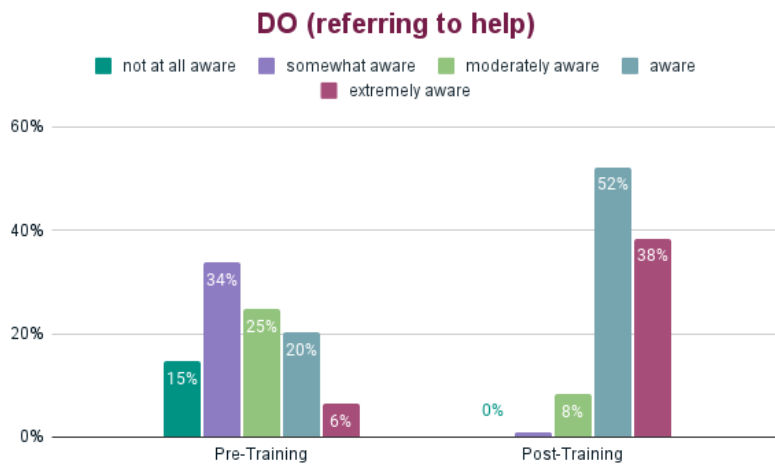
Pre: 21% of trainees

Post: 89% of trainees

Conclusion: 68% increase in trainees who are aware of what to say

3

Do you know what to DO (referring to help)?



ELIMINATE LACK OF AWARENESS

("not at all aware" & "somewhat aware" responses):

Pre: 49% of trainees

Post: 2% of trainees

Conclusion: 47% decrease in trainees who are not aware of what to do.

INCREASE HIGH AWARENESS

("aware" & "extremely aware" responses):

Pre: 26% of trainees

Post: 90% of trainees

Conclusion: 64% increase in trainees who are aware of what to do.

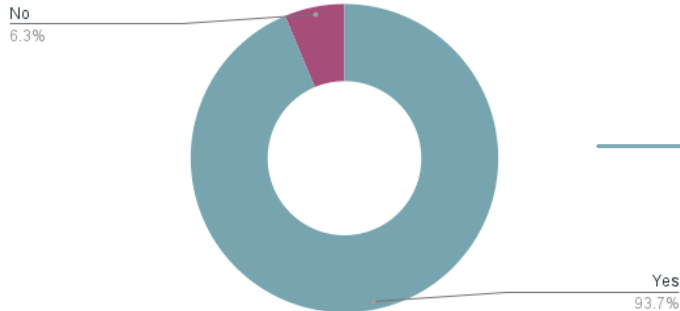
QPR effectively **increases trainees' recognition of warning signs** of suicidal ideation, **safe communication strategies**, and awareness of **resources** to help a person at risk. QPR trainees leave better equipped to serve as **a lifesaving bridge between crisis and help**.

QPR CHANGES ATTITUDES / MINDSETS

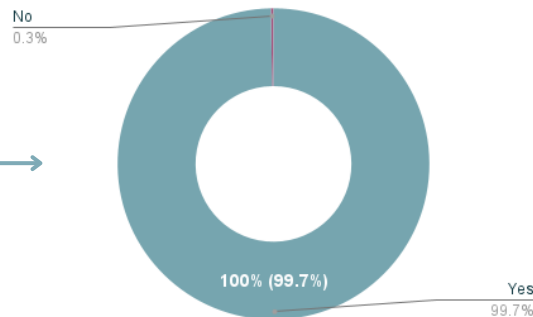
PRE-TRAINING: Belief that stigma is a barrier to help

POST-TRAINING: QPR reduces stigma

Belief that the stigma associated with mental health and/or suicide deters individuals from seeking or offering help in times of need?

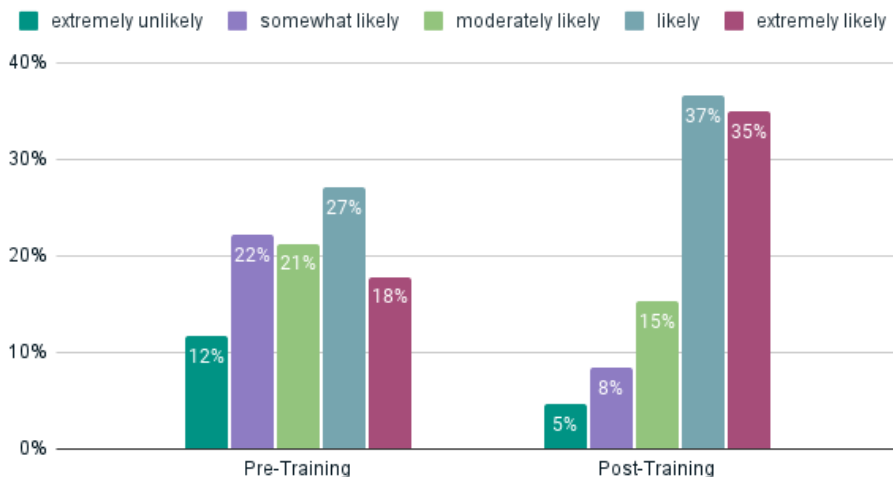


Post-QPR training: Belief that QPR training can help to reduce stigma



QPR INCREASES CONFIDENCE / LIKELIHOOD OF ACTION

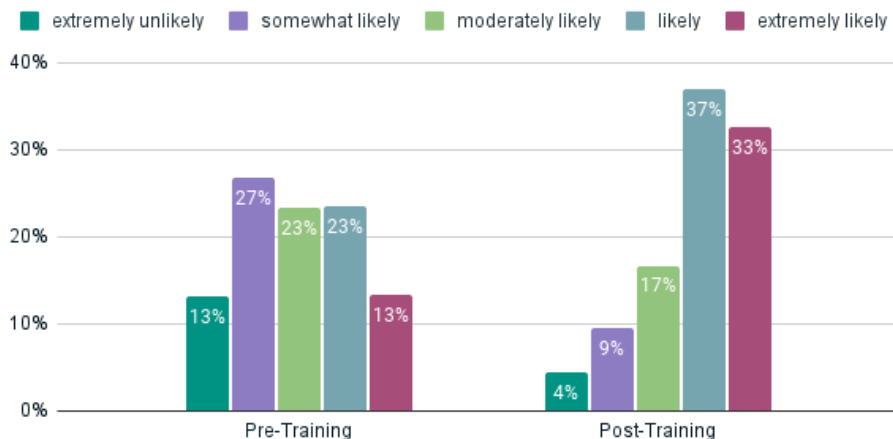
Likelihood of talking to family if having thoughts of suicide



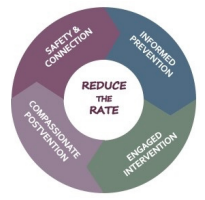
RESOURCE NEEDED: Family members struggle to talk about sensitive, high-stakes issues like suicide. Communication training and informational kits for families could increase the likelihood that family members would be aware of how to create safer connections at home.

RESOURCE NEEDED: Training to help teachers, parents, probation and parole officers, and many others recognize and respond to grief. Survivors of suicide loss experience intense grief, which alters their attitudes, behavior, and relationships. Recognizing the impact of grief is vital to safety and suicide prevention.

Likelihood of reaching out to a crisis center and/or hotline if having thoughts of suicide



RESOURCE NEEDED: People are largely unaware of the location and protocols of Idaho's behavioral health crisis centers. An awareness campaign could greatly benefit members of the public who forego help because they don't know about behavioral health crisis centers.



1/5 OF QPR TRAINEES ARE WILLING TO SHARE A STORY

We Need to Listen

My cousin came home early from a LDS mission for personal reasons. A few months later while his family was out, he shot himself. **It was a shock to everyone in my family.** Me and my sister were very young when it happened and **it affected our lives a lot, even to today**

I'm just **thankful for the information** because it is **helping me to process the suicide of a family friend** who was close to my husband and father-in-law. I'm also thankful for the information of **how to approach people who are having suicidal thoughts.**

I have made a number of attempts on my life. I believe as a survivor it is vital for me to be able to help others survive also. The **tools provided in this workshop are important** not only to **take action** but for people to have a **better understanding** of the experience of the person threatening their life. It is important to **change the mental framework** regarding suicide so that fundamental changes may be made in prevention. If we cannot engage people in a positive discussion of mental health we will never see the changes necessary to prevent suicide. **I believe that this training helps to remove concepts of shame and blame victims.** Thank you for your work.

I had a friend complete suicide in 2018. He was an amazing, kind-hearted, brave, successful person. **A week before he died, there was a big sign that I missed. I know I don't carry his decision, however, I wish I would have been more aware of his indirect signal.** All through my relationship with him there were **lots of warnings** and signs and I believe I did save him from attempting suicide a few times before 2018. **I remember feeling very helpless because I felt I did not have the tools to help prevent an act of suicide.** However, **I feel I have the tools to be a safe connection now.**



QPR TRAINING AND DATA DESIGN, GATHERING, ANALYSIS, AND REPORTING COMPLETED BY ANDRA SMITH HANSEN. IF YOU'D LIKE MORE INFORMATION ABOUT THIS REPORT, PLEASE CONTACT ME.

ANDRA SMITH HANSEN

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THANK YOU FOR THE OPPORTUNITY TO PROVIDE THESE TRAININGS AND THIS INFORMATION. IT'S A PRIVILEGE!