



ASK ABOUT SUICIDE TO SAVE A LIFE SUICIDE PREVENTION GATEKEEPER TRAINING OVERVIEW

The ASK suicide prevention training is being developed by Mental Health America of Texas as a non-proprietary gatekeeper program and will be posted online in the future.

The Ask About Suicide To Save A Life suicide prevention gatekeeper workshop presented at the 2010 Texas Suicide Prevention Symposium is still being modified based on feedback received from focus groups. Slides will be shared at this website when the curriculum is finalized. The training is being developed as a one and one-half to two hour workshop to provide time to share basic information about suicide and teach and practice basic suicide intervention skills. The intent is to go through the local evaluations and steps necessary for it to become listed in the Best Practices registry of SPRC and SAMHSA.

The ASK gatekeeper training will have a place for the insertion of 2-3 slides to individualize it for special target groups. Longer workshops will include more information on postvention. A resource section will be added for health and/or mental health professionals in the audience who desire contact information on where to go for more intensive training in suicide prevention and postvention and to give resources for evidenced based or best practice lethality assessments.

ASK About Suicide

To Save a Life includes the 3-step process of:

1. Ask About Suicide
2. Seek More Information and
3. Know how and where to refer

GOALS:

Overall goal: enable the audience to become suicide prevention gatekeepers who

- a. Understand their role in the suicide prevention process
- b. Know basic information about suicide
- c. Believe that suicide can be prevented
- d. Learn basic suicide intervention skills including:
 1. Be able to recognize suicide related communications and understand more about underlying risk factors, protective factors and acute warning signs
 2. Have the confidence to respond and ask the question
 3. Be familiar with process and steps to seek more information

4. Know how to identify key referral mechanisms available in their local community, in Texas and nationally
5. (When applicable) Understand more about their school or agency policies & procedures and/or the importance of developing policies and procedures for suicide prevention and postvention
6. Understand how to assist in the aftermath of a suicide or "postvention."
(For longer version when have more time)
7. Identify key online referrals sources for more information about suicide prevention and postvention

The training program will also include an overview of suicide prevention efforts in Texas and review key data contained in "Coming Together to Care: A Suicide Prevention and Postvention Toolkit," (http://www.texassuicideprevention.org/docs_pdf/24215-Mental_Health_09_Suicide_Prev_Book_Complete_FINAL.pdf)

Three key research documents which helped inform the development of ASK and were handed out at the symposium workshop include:

1. [Reporting on Suicide: Recommendations for the Media](http://www.sprc.org/featured_resources/bpr/PDF/MediaGuidelinesFactSheet.pdf), Multiple Authors (PDF)
http://www.sprc.org/featured_resources/bpr/PDF/MediaGuidelinesFactSheet.pdf
2. [Warning Signs for Suicide Prevention](http://www.sprc.org/featured_resources/bpr/PDF/AASWarningSigns_factsheet.pdf), American Association of Suicidology (PDF)
http://www.sprc.org/featured_resources/bpr/PDF/AASWarningSigns_factsheet.pdf
3. [Standards for the Assessment of Suicide Risk Among Callers to the National Suicide Prevention Lifeline](http://www.sprc.org/featured_resources/bpr/PDF/StandardsAssessmentCallerstoLifeline.pdf), National Suicide Prevention Lifeline (PDF)
http://www.sprc.org/featured_resources/bpr/PDF/StandardsAssessmentCallerstoLifeline.pdf

Please feel free to contact the symposium presenter and developer, M.H. Keller, at hodgekeller@yahoo.com with questions and/or suggestions about ASK About Suicide To Save a Life.