

Suicide Prevention Trainings in Minnesota

AUGUST 4, 2022

Mental Health and Well-Being Trainings

Kognito At-Risk

Training description: This program teaches people to identify the warning signs of psychological distress, talk with students about their issues, building resilience, and increasing connectedness. Lastly it helps determine student's need for referral, motivate them to seek help, and assist them in getting help.

Who can be trained: Elementary, middle, and high school educators, teachers, and staff

Training format and cost: Four online trainings are available for educators in the form of interactive role-play simulations: At-Risk for Elementary School Educators (60- and 120-minute versions) At-Risk for Middle School Educators (60- and 120-minute versions) At-Risk for High School Educators (60- and 120-minute versions)

For more information: [Kognito](https://www.health.state.mn.us/communities/suicide/communities/kognitoatrisk.html)
(<https://www.health.state.mn.us/communities/suicide/communities/kognitoatrisk.html>)

Kognito Friend2Friend

Training description: This program teaches people to do the following: recognize the signs of distress in a friend and help youth be comfortable asking friends if they are considering suicide and encourage them to seek help.

Who can be trained: Youth ages 13–18

Training format and cost: Online, game-based simulation: Friend2Friend (30 minutes)

For more information: [Kognito](https://www.health.state.mn.us/communities/suicide/communities/kognitoatrisk.html)
(<https://www.health.state.mn.us/communities/suicide/communities/kognitoatrisk.html>)

Youth Mental Health First Aid (YMHFA)

Training description: Youth Mental Health First Aid is an eight hour course designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders

in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

Who can be trained: Primarily intended for adults to learn how to help young people experiencing mental health challenges or crises.

Training and format cost: 1 day (8 hours) The training is delivered by a certified YMHFA instructor.

For more information: [Mental Health First Aid \(https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/\)](https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/)

Mental Health First Aid (MHFA)

Training description: Mental Health First Aid is an eight-hour course. It teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Who can be trained: Designed for individuals who are looking to assist someone experiencing a mental health or substance use-related crisis.

Training format and cost: 1 day (8 hours) This training is delivered by a certified MHFA instructor.

For more information: [Mental Health First Aid \(https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/\)](https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/)

LivingWorks Suicide to Hope

Training description: LivingWorks Suicide to Hope provides professionals with skills and tools to help someone recover and grow once they're safe after a suicide crisis. This training is adaptable to any treatment approach, these tools help people achieve improved quality of life.

Who can be trained: Professionals who work with individuals after a suicide crisis.

Training format and cost: In-person 1 day

For more information: [LivingWorks Suicide to Hope https://legacy.livingworks.net/programs/suicide-to-hope/](https://legacy.livingworks.net/programs/suicide-to-hope/)

Intervention Trainings

LivingWorks Start

Training description: LivingWorks Start teaches valuable skills to everyone 13 and older and requires no formal training or prior experience in suicide prevention. LivingWorks Start teaches

a four-step model to keep someone safe from suicide, it also provides an opportunity for participants to practice.

Who can be trained: Anyone 13 years or older wanting to learn more about preventing suicide.

Training format and cost: 90 minute online training. Training cost is \$39.95.

For more information: [LivingWorks Start \(https://www.livingworks.net/start\)](https://www.livingworks.net/start)

Question Persuade Refer (QPR)

Training description: QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a one to two hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide. The training is delivered in person by certified QPR gatekeeper instructors.

Who can be trained: Individuals, organizations, or professional groups. Specialized courses for law enforcement, first responders, and health care professionals also exist.

Training format and cost: 1-2 hours, in person or online. Cost Varies; \$29.95 for individual training. \$495 for gatekeeper train-the-trainer training

For more information: [QPR Institute \(https://qprinstitute.com/\)](https://qprinstitute.com/)

safeTALK (Suicide Alertness for Everyone, Tell, ASK, Listen, Keepsafe)

Training description: SafeTALK is a half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide. The training is delivered by a certified safeTALK instructor with a community support resource present in all trainings. Training appropriate for high school youth and adults.

Who can be trained: Anyone 15 years or older, regardless of experience or training.

Training format and cost: Four-hour face-to-face. Cost varies, \$45 to register for workshop. This half-day training includes presentations from a LivingWorks trainer, audiovisual aids, and skills practice.

For more information: [LivingWorks SafeTALK \(https://www.livingworks.net/safetalk\)](https://www.livingworks.net/safetalk)

Applied Suicide Intervention Skills Training (ASIST)

Training description: ASIST is an intense two-day, two-trainer, workshop designed for members of all caregiving groups, family, friends, and other community members. ASIST can also provide those in formal helping roles with professional development to ensure that they are prepared to provide suicide first aid help as part of the care they provide.

The emphasis is on teaching suicide first-aid to help a person at risk stay safe and seek further help as needed. Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safe plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks. Participants learn and practice skills in identifying and responding to people at immediate risk of suicide.

Who can be trained: Anyone ages 16 and older (health care providers, teachers, other school staff, clergy, community volunteers, first responders, and caregivers). Program can be tailored to a particular setting.

Training format and cost: Two-day, 15-hour workshop, led by two LivingWorks registered trainers. Includes presentations, videos, group discussions, and skills practice and development. Cost varies.

For more Information: [LivingWorks ASIST \(https://www.livingworks.net/asist\)](https://www.livingworks.net/asist)

Counseling on Access to Lethal Means (CALM)

Training description: CALM can be delivered as both a virtual or in-person training. The course focuses on how to reduce access to the methods people use to kill themselves. It covers how to: 1) identify people who could benefit from lethal means counseling, 2) ask about their access to lethal methods, and 3) work with them and their families to reduce access.

Who can be trained: This course is primarily designed for mental health professionals, others who work with people at risk for suicide like social service professionals and health care providers, may also find benefit in taking the course.

Training format and cost: The training can be taken virtually, in-person, or online.

For more information: [Suicide Prevention Resource Center CALM \(https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means\)](https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means)

Postvention Trainings

Connect Suicide Postvention Training

Training description: Connect Suicide Postvention Training is a half day training that focuses on engaging and building capacity for key service providers who will be involved responding to a suicide or other sudden death in a community. Postvention training is a proactive planning tool to promote healing and reduce risk in the event of a suicide or sudden death. Using National Best Practice protocols, participants will learn how to reduce the risk of contagion and create a comprehensive response plan in the event of a suicide. The training includes interactive case scenarios, discussion, exercises, PowerPoint, and printed materials. Discipline-specific modules are included in the training for social service agencies, schools, and mental health and substance use providers. The training is delivered by certified Connect Postvention instructors. A culturally adapted Connect Postvention training is available for tribal communities.

SUICIDE PREVENTION TRAININGS IN MINNESOTA

Who can be trained: Social service, mental health and substance use professionals, education, law enforcement, emergency responders, coalition leaders, faith leaders, and others wanting to learn how to develop a coordinate response to a sudden death.

Training format and cost: Delivered virtually or in-person. Cost Varies by agency.

For more information: [Connect Postvention Training \(https://www.sprc.org/resources-programs/connect-suicide-postvention-training\)](https://www.sprc.org/resources-programs/connect-suicide-postvention-training)

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To obtain this information in a different format, call: 651-201-5400