

Suicide Prevention Workshop Training Opportunities



Provided through the Department of Behavioral Health, Developmental & Intellectual Disabilities

1. QPR , Community Suicide Prevention Presentation.

QPR stands for Question, Persuade and Refer. This is a basic community oriented presentation designed to create greater awareness, recognition of warning signs and knowledge of what to do if someone you know is struggling with a potential suicidal crisis. This program is 90 minutes in length and includes PowerPoint, video, and group interaction. Each participant receives a booklet containing the basic program information. This program is free.

Presenter: Jan Ulrich or Michael McFarland

There are also over 200 QPR presenters throughout the state of Kentucky. You can view presenters in your area by going to www.kentuckysuicideprevention.org and clicking on the interactive map with your area. A list of presenters with contact information will appear—feel free to contact a presenter in your area.

2. Working with the Suicidal Client.

This is a clinical training appropriate for mental health providers, case managers or those working in the healthcare field. This workshop is flexible in both length-- 2hr, 3hr and full day lengths. The material can be utilized to earn approved CEU's. Specific content can be flexed to meet the needs a given group. Modules include: Prevalence; Risk & protective factors; Issues of provider competence; Understanding the suicidal mind; How to conduct a solid risk assessment; establishing a therapeutic connection; and what do we know about effective treatment?

The workshop presentation includes PowerPoint, video, group exercises and interactive dialog; each participant receives a notebook with a generous number of resources.

Presenter: Michael McFarland

The workshop is free.

3. Understanding Self-Harming Behavior.

This workshop can be designed for either clinical audiences or school staff and family members. The school and family presentation is 2hrs and the clinical version is a 3hr presentation. Both workshop formats explore the issue of prevalence and understanding the phenomenon of self-harm itself in the context of developmental issues associated with adolescents and young adulthood. In the school and family format there is a consideration of appropriate school protocol and what family members can do. For the clinical format, focus is directed to evidence-based treatment and working with a client who engages in this behavior. Approved CEU's can be provided for mental health providers.

This workshop is presented with PowerPoint, video and interactive dialog. Each participant also receives supportive handouts.

The workshop is free.

Presenter: Michael McFarland

4. **“School-based Suicide Prevention: A Matter of Life and Death” Workshop**

What can you do to prevent suicide in your schools? How should you respond to the aftermath of a suicide? What do school staff members need to know about suicide and how do you get this information to them? You will leave this workshop with practical information on how to implement evidence-based universal and targeted suicide prevention programs, the issue of suicide contagion in Kentucky schools, and suicide postvention procedures.

The workshop is free.

Presenter: Jan Ulrich

About the Presenters:

Michael McFarland, a licensed marriage and family therapist [LMFT]. Mr. McFarland has experience in working in a Psychiatric Hospital setting, as well as, with outpatients. He is a Master Trainer for the QPR Institute and a Certified Trainer for the SPRC/AAS Core Competency program: Assessing and Managing Suicide Risk. Michael is currently the State Coordinator for Suicide Prevention and also maintains a small private practice in the Louisville area. Mr. McFarland has provided training in numerous trainings in both community and professional settings.

Jan Ulrich is a Suicide Prevention Marketing Specialist and School Suicide Prevention Technical Coordinator with the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities. She has been involved with suicide prevention and awareness efforts on a national, state and local basis since 2002, after the loss of her son to suicide. Ms. Ulrich has been a member of the Kentucky Suicide Prevention Group (KSPG) since 2002, and served on the KSPG board for several years prior to her employment with the Department. Ms. Ulrich has been a QPR certified instructor since 2003.

To schedule a workshop or discuss development of content specific for your group’s needs please contact either michael.mcfarland@ky.gov [502-564-4456] or jan.ulrich@ky.gov (502-564-4456).