

Preventing Suicide in Colorado Initiative (PSIC): Findings from a Multi-site Evaluation

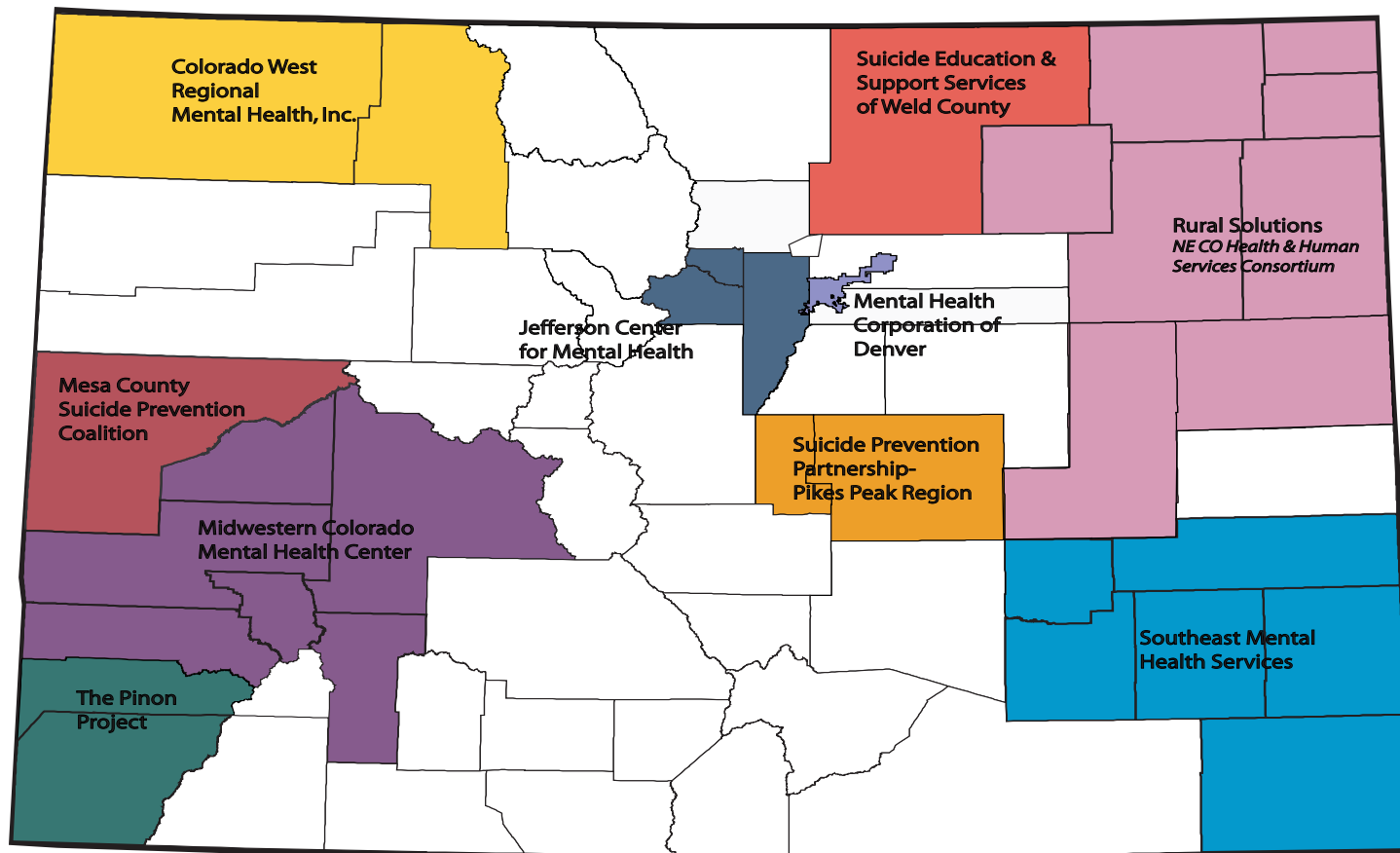
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Session Objectives

- Describe an effective evaluation method for evaluating gatekeeper role performance
- Describe the necessary elements of gatekeeper training that promote the performance of gatekeeper roles
- Recognize critical interaction of private and public efforts to inform policy that better addresses suicidal behavior as a public health problem

10 PSIC Sites



1285 Adult Trainees in Three Curricula*:

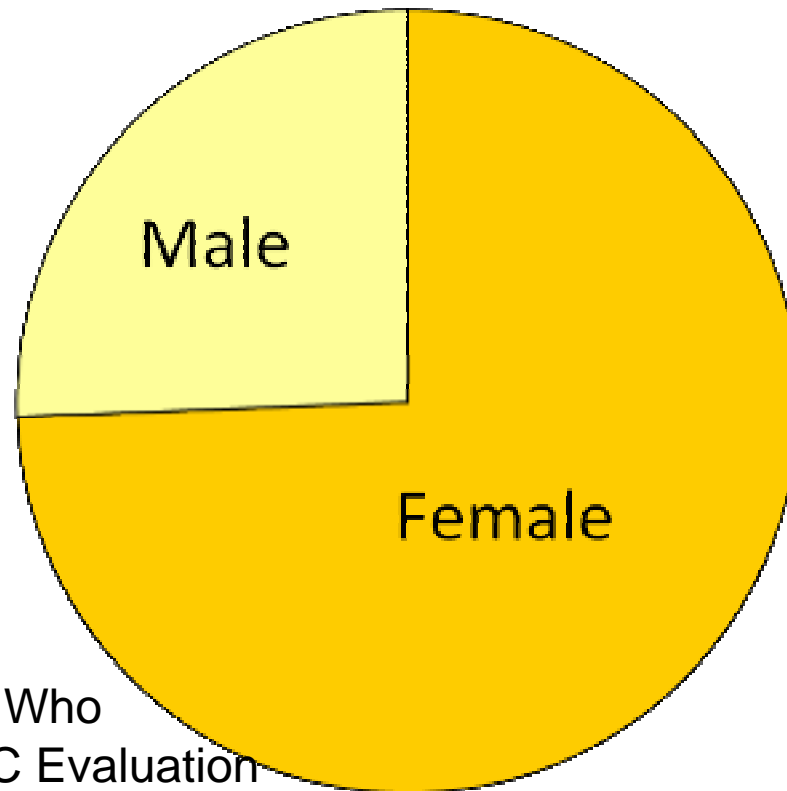
- Applied Suicide Intervention Skills Training (ASIST)
- Question, Persuade, Refer (QPR)
- Suicide Education Prevention Advocacy Coalition (SPEAC) Intervention Training

*Many other persons (primarily youth) trained in SAFE:TEEN, Voz y Corazón, Youth Ending Suicide and Yellow Ribbon

Post-Training Survey Method

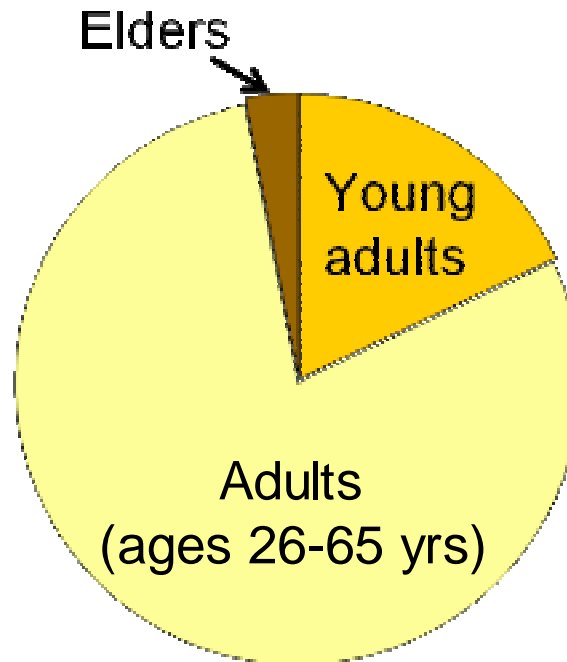
- Registration forms provided email and telephone contact information
- On-line survey - 3 months post-training; six-month intervals
- Follow-up email and telephone reminders
- Overall 63% response rate (570 of 860 trainees)

Majority of Trainees: Female (74%)



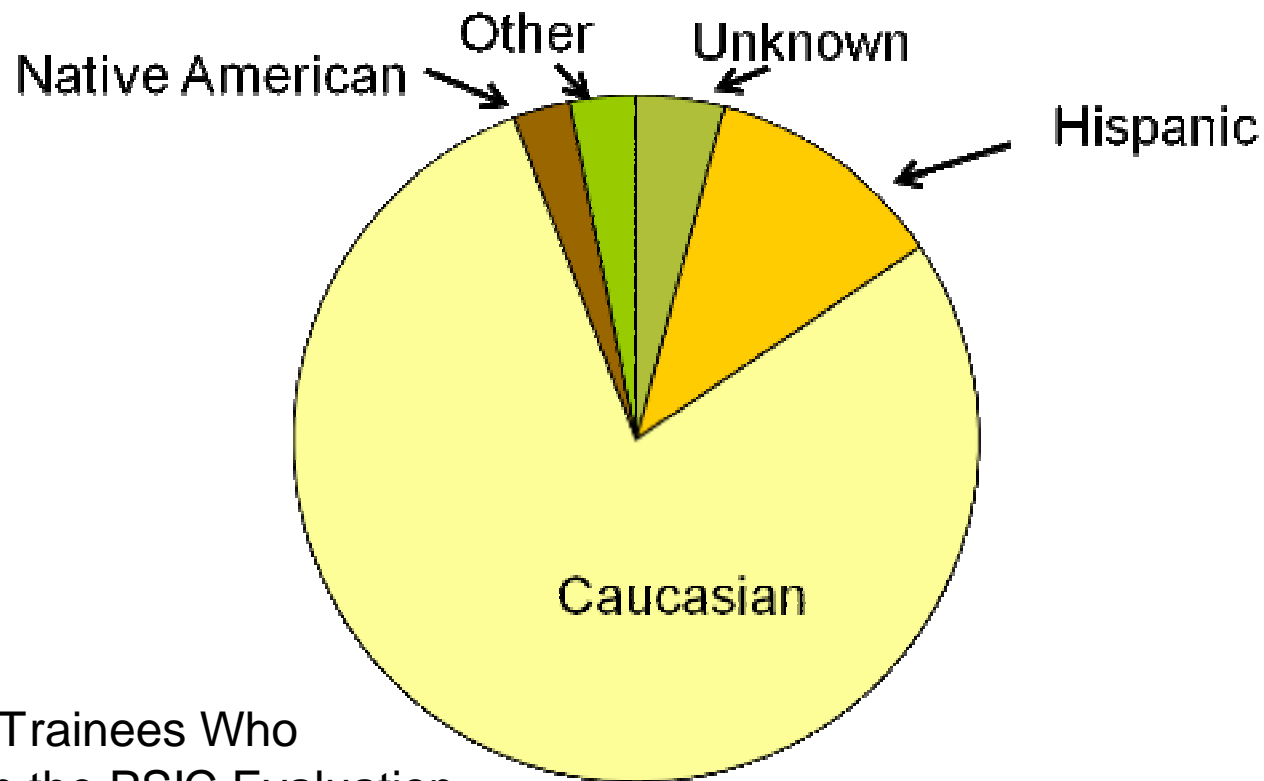
Source: 860 Trainees Who Participated in the PSIC Evaluation

Minority of Trainees: Young and Older Adults



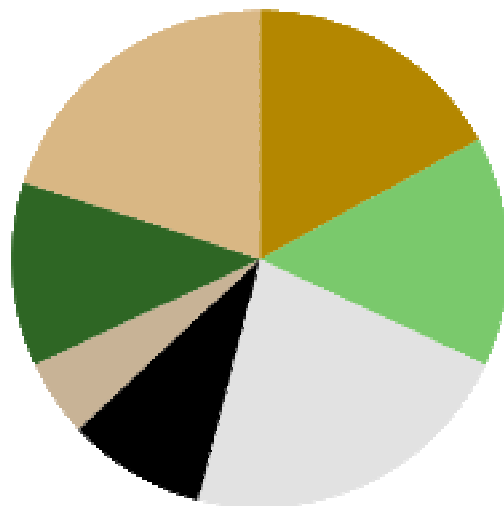
Source: 860 Trainees Who
Participated in the PSIC Evaluation

Ethnicity of Trainees



Source: 860 Trainees Who Participated in the PSIC Evaluation

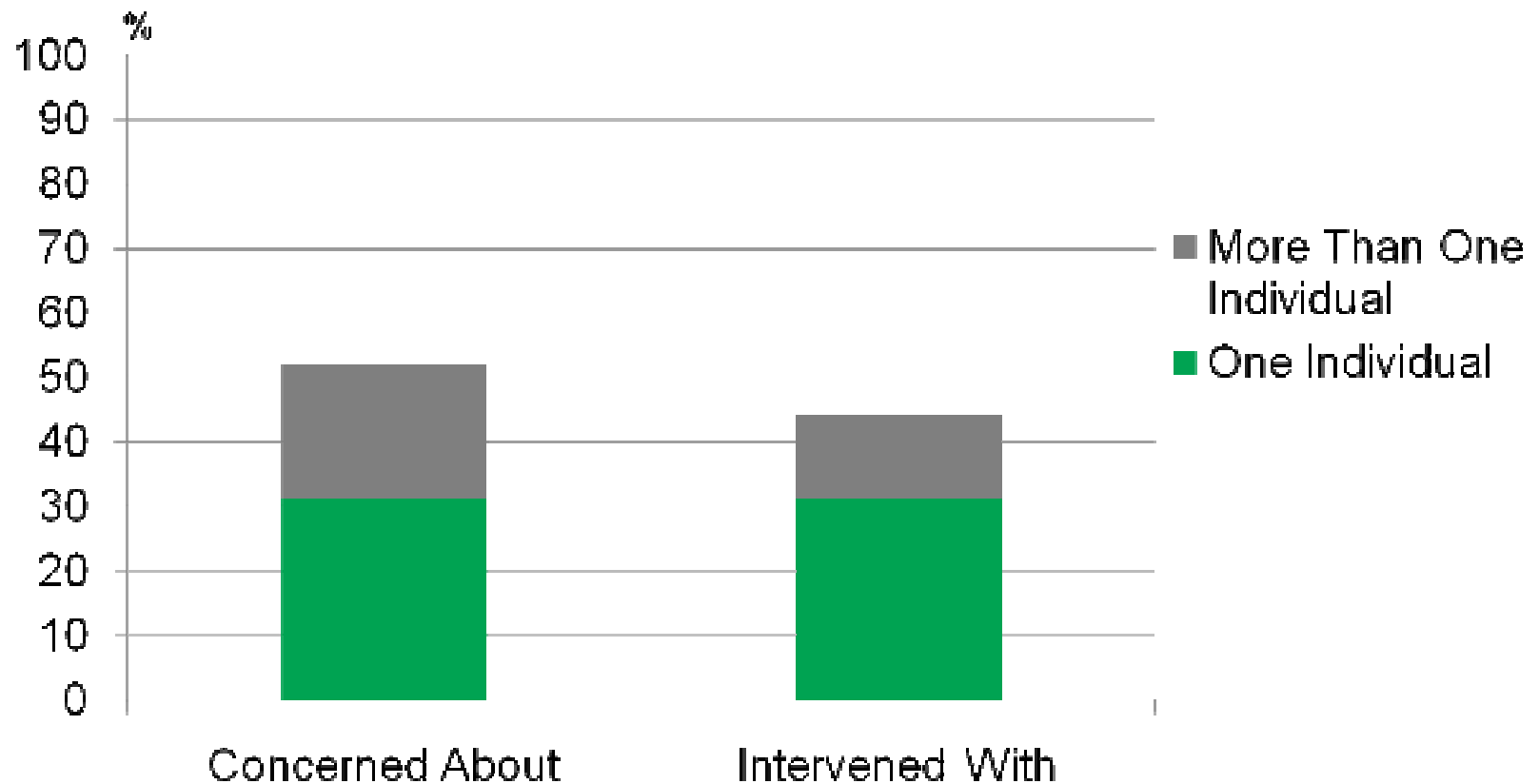
Trainee Employment



N=702

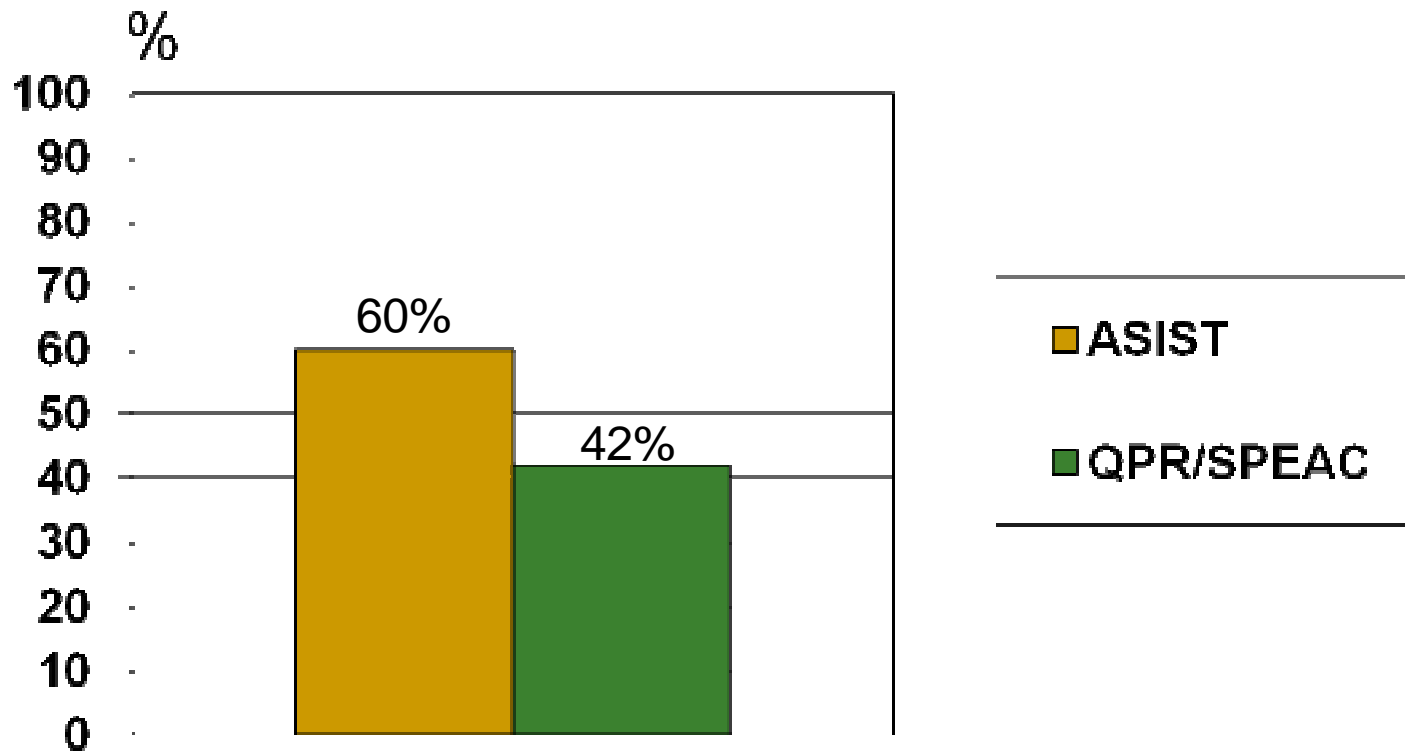
- 1st Responders
- Teachers/School Counselors
- Social Service
- Agency Managers
- Medical
- Mental Health
- Volunteers

Percentages of Trainees Engaged in Gatekeeper Behavior



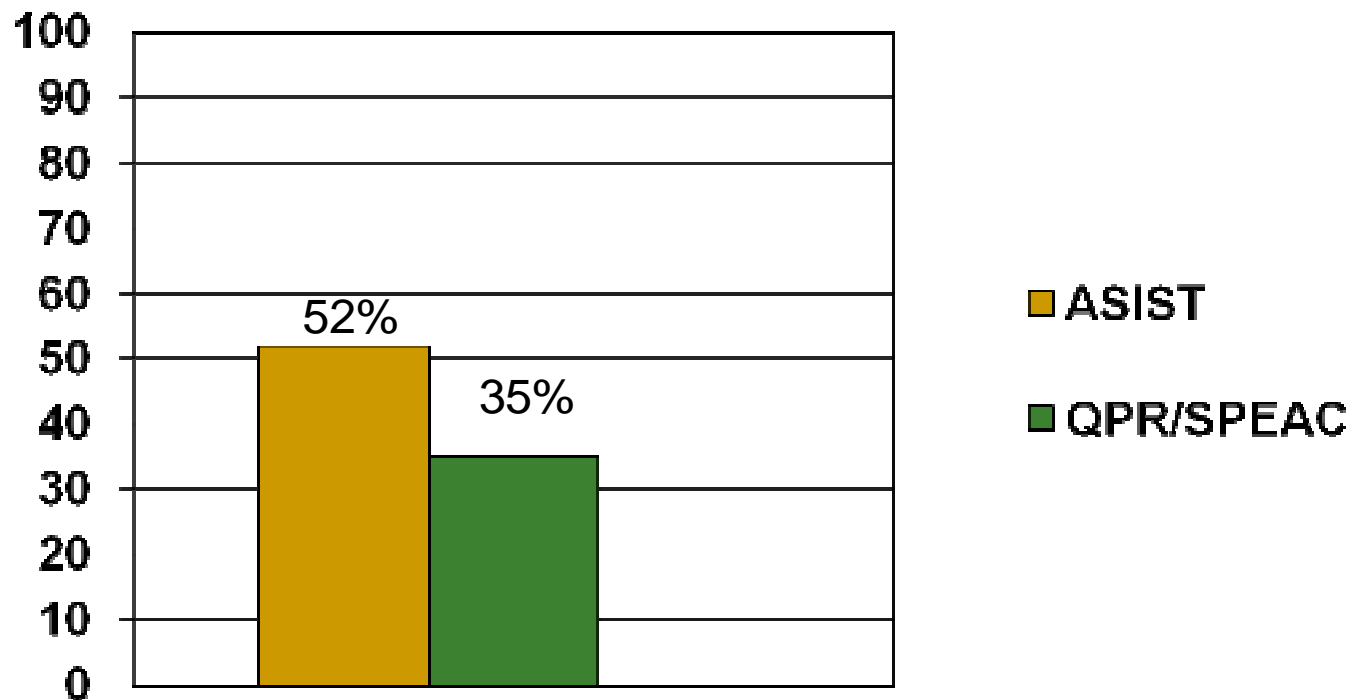
- Slightly more than one-half of gatekeeper trainee evaluation respondents (52%) report that subsequent to training, **he/she has been concerned about someone who might be suicidal**
- Slightly less than one-half of gatekeeper trainee evaluation respondents (44%) report **using gatekeeper skills to intervene with a person who might be suicidal**

% of Respondents Who Report Concern for Suicidal Person



ASIST Respondents = 322; # QPR/SPEAC Respondents= 248

% of Respondents Who Report A Gatekeeper Intervention



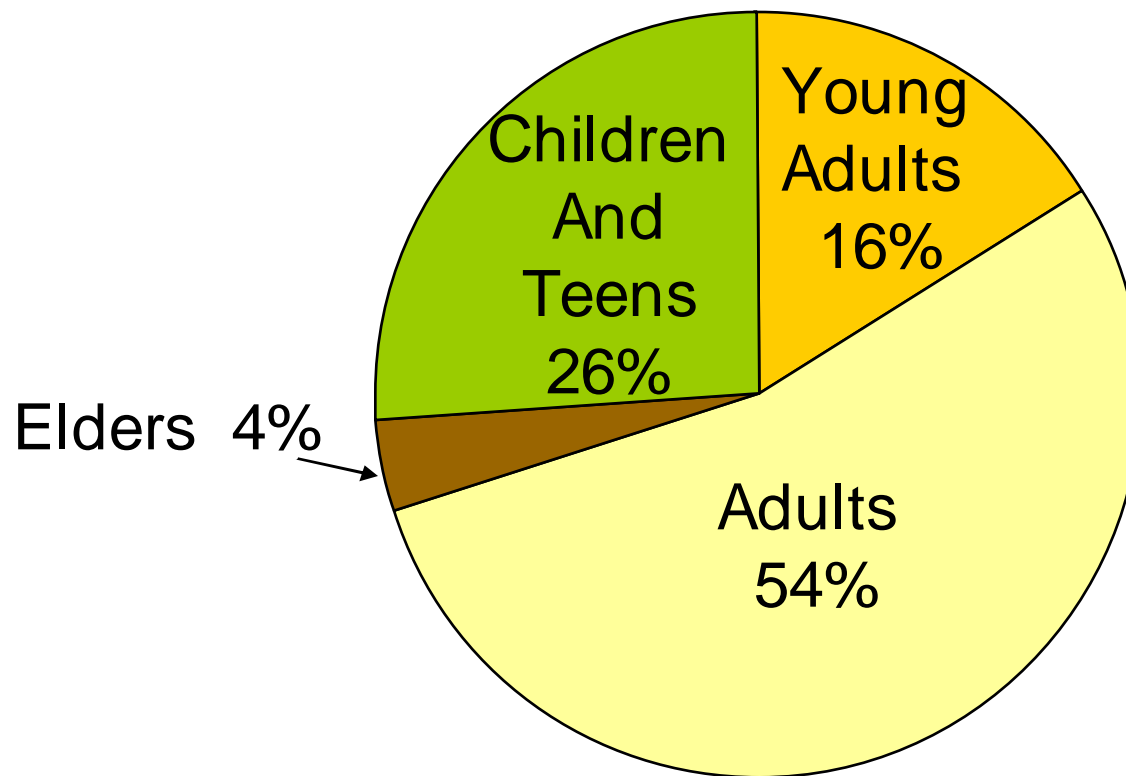
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358 Reported Suicide Prevention Interventions

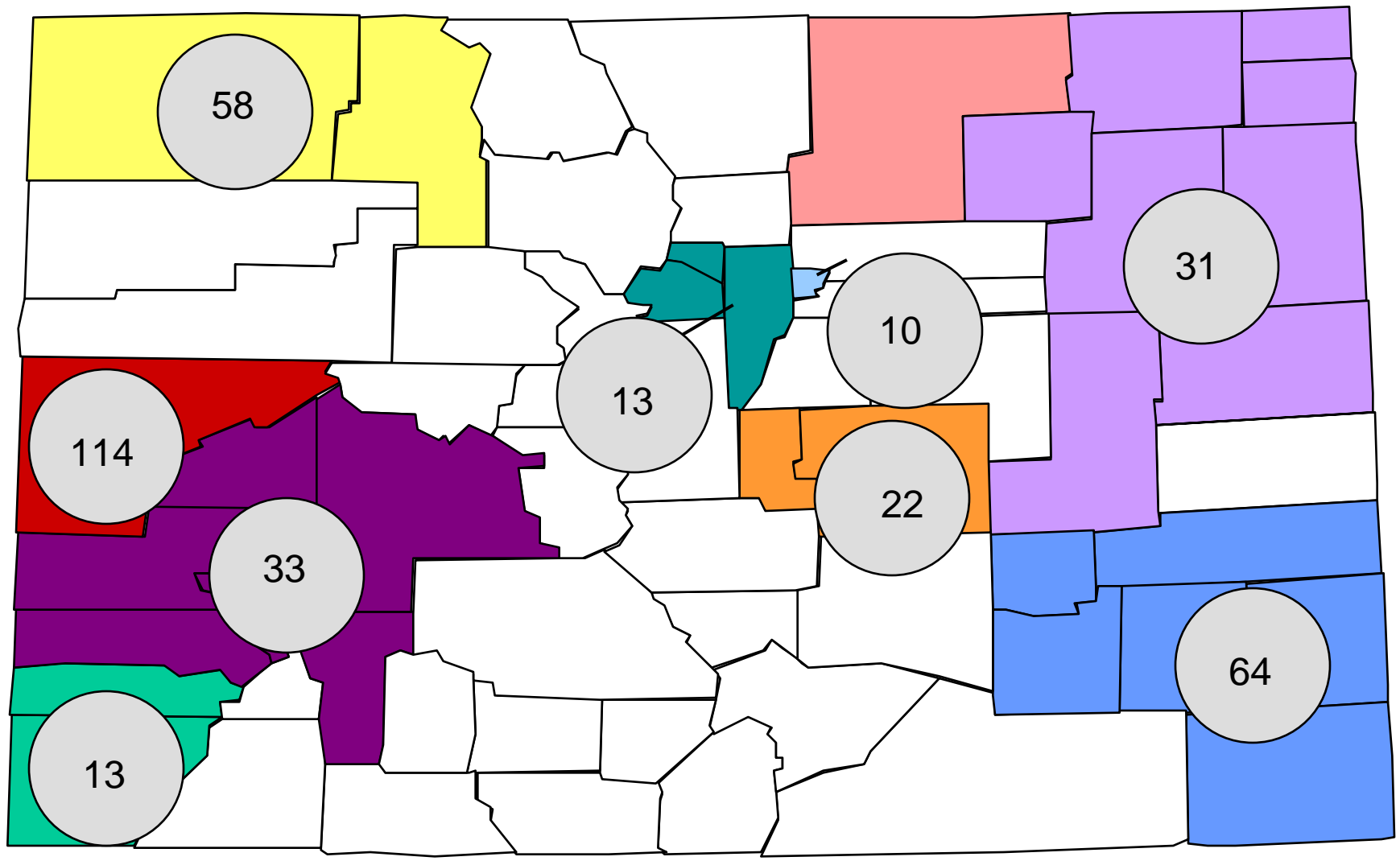
(13% of trainees report more than one intervention)

- Interventions more often with females - 58%
- Interventions most often with Anglos – 76%
- Suggestion that Hispanic and Native American gatekeepers intervene with others of same race/ethnicity

Distribution of Reported Suicide Prevention Interventions by Age



of Reported Interventions in Each Site



11/23/2007

Trainee perceptions of gatekeeper training: more awareness that it is a responsibility to approach and listen to persons who may be suicidal

“The card I received from the gatekeeper training I carry everywhere with me. I realize now to take suicidal comments more seriously and to take any threat as a concern no matter how many times someone has threatened in the past.”

Trainee perceptions of gatekeeper training: more folks skilled at directly asking if a person is thinking of suicide

“What I found most helpful in this situation was the instruction to ask directly about the person having thoughts of suicide. Before the training I might not have done that. It was helpful for both of us to be able to deal with it openly.”

Trainee perceptions of gatekeeper training: useful to role-play intervention skills

“Learning the model and then being able to practice it was really helpful. It is great to be able to practice in a safe environment with feedback before actually having to use it in real life.”



Trainee perceptions: a sense of confidence as a person who is part of a community suicide prevention effort

“I am no longer afraid of suicide calls!”

Politics, Policy and Public Health

- The PSIC evaluation finding that trainees perform the role of gatekeepers informs the current effort to develop an updated Colorado State Suicide Prevention and Intervention Plan
 - Stakeholders recommend additional gatekeeper training and findings support the request
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Policy, Politics and Public Health

- State plan update is a public-private effort to inform statewide policy to address suicide prevention

- The Colorado Trust + Mental Health America + Colorado Office of Suicide Prevention