



QPR: Ask a Question, Save A Life

Stephanie Marcello, Ph.D.

Chief Psychologist, Rutgers University Behavioral Health Care

Director, Behavioral Research and Training Institute

Suicide Statistics

- ◆ The WHO estimates that each year approximately one million people die from suicide and there is one death every 40 seconds.
- ◆ Suicide is the 10th leading cause of death in the US. On average, there are 129 suicides per day.
- ◆ In 2017, suicide and self-injury cost the US \$69 Billion.
- ◆ Zero Suicide framework creates a systemic approach to quality improvement.
- ◆ HRSA/National Center for Health Workforce Analysis predicts significant deficit in behavioral health workforce.

During the past 12 months, did you ever feel so sad or hopeless, almost every day for two weeks or more, that you stopped doing some usual activities?



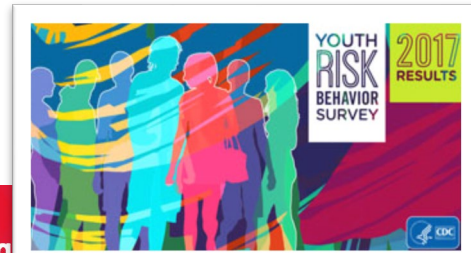
31.5%
Persistent feelings of sadness or hopelessness.



17.2%
Seriously considered attempting suicide.



13.6%
Made a plan!



Question, Persuade, Refer

- QPR is not intended to be a form of counseling or treatment.
- QPR is intended to offer hope through positive action.
- The more clues and signs observed, the greater the risk. Take all signs seriously.

What was the goal of this project?

- ◆ A primary goal for this project is to recognize suicide prevention as a universal precaution.
- ◆ As a population-based approach, the greater the percentage of the members of a given community who are trained, the fewer suicide-related adverse events should occur.
- ◆ **As with CPR and the Heimlich maneuver, the use of QPR can save a life.**

What was the goal of this project?

- ◆ Create a pipeline of QPR certified trainers
- ◆ To train over 1,000 staff members
- ◆ Create a plan for sustainability
- ◆ Partner with the community to increase people trained in QPR

Pre and Post Knowledge Assessment

	Knowledge concerning suicide prevention	Warning signs of suicide	How to ask someone about suicide
Pre-Test	3.0	3.2	3.3
Post-test	3.5	4.0	4.1

1= Poor
2= Fair
3= Good
4= Very Good
5= Excellent

Pre and Post Knowledge Assessment

	Persuading someone to get help	How to get help from someone	Information about local resources for help with suicide
Pre-Test	3.0	3.4	3
Post-test	4.0	4.0	4

1= Poor
2= Fair
3= Good
4= Very Good
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Three- Month Follow-up

Have you been able to identify warning signs for suicide?	Have you had a conversation with anyone about suicide?	Have you supported anyone to seek help?
Yes: 100%	Yes: 70 %	Yes: 50 %
No: 0 %	No: 30%	No: 50 %

QPR

QPR for Youth

REMEMBER

When you apply QPR, you plant the seeds of hope.
Hope helps prevent suicide.



For more information...

Please contact the

Statewide Traumatic Loss Coalitions for Youth

County Coordinator Contact:

Maureen Brogran, LPC, Central Office Contact: 732-235-2810





COMMUNITY RESOURCES

