

Suicide Prevention Training for Teachers and School Staff: Sorted by Cost

Color Key for Cost: Orange (No Cost), Blue (Varied Cost), Purple (Definite Cost)

Name	Short Description	Cost	Length	Research Outcomes	BPR Section*	website	Age Group
Plan, Prepare, Prevent: The SOS Signs of Suicide® Online Gatekeeper Training	<p>This is the training module of the larger SOS Signs of Suicide Prevention Program. It can also be used independently of the SOS Program. The intended audience for this course is middle and high school staff members, or staff at other organizations looking to deepen their understanding of youth mental health and considering implementing an evidence-based prevention program.</p> <p>The module provides contextual information about mental illness, suicide, and risk and protective factors, and teaches participants to recognize and respond to the warning signs of depression and suicide.</p>	<p>The Plan, Prepare, Prevent online training is included in the SOS Program at no additional charge.</p> <p>Organizations not currently using the SOS Program may gain free access to the online training.</p>	1.5 hours		3	www.mentalhealthscreening.org/Gatekeeper	High School and Middle School

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Ending Suicide.com	Developed by mental health professionals and educators with funding from the National Institute of Mental Health, EndingSuicide.com is a group of online continuing education modules on suicide prevention for health professionals and school professionals.	Available for free. There is a small fee if continuing medical education (CME) credit is desired.	2 hours	Has been shown to improve knowledge and attitudes toward suicide prevention in a wide range of professionals.	3	www.EndingSuicide.com	Unspecified
Making Educators Partners in Youth Suicide Prevention	Online interactive training program for educators and school staff. Designed in a series of 5 modules, it addresses the critical but limited responsibilities of educators in the process of identification and referral of potentially suicidal youth. It focuses on the practical realities and challenges inherent in the school setting through a variety of training formats that include lecture, question and answer, and role plays.	Educator training is available for free.	2 hours (can be spread out over time)		3	www.sptsusa.org	Unspecified

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ASK about Suicide to Save a Life	<p>This program provides participants with an overview of the basic epidemiology of suicide and suicidal behavior, including risk and protective factors. Participants are trained to recognize warning signs—behaviors and characteristics that might indicate elevated risk for suicidal behavior—and how to intervene with a person they think might be at risk for suicide.</p> <p>Implementation Essentials: Participants should be aware of the suicide prevention protocols for their particular setting along with local referral points for those who may be at risk for suicide.</p>	ASK condensed PowerPoint, 1-hr video, ASK Mobile app tool and ASK 2-page handout available at no cost.	1 hour		3	www.texasuicideprevention.org	Unspecified

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Kognito At-Risk for High School Educators	<p>Kognito At-Risk for High School Educators is a 1-hour, online, interactive gatekeeper training program that prepares high school teachers and other school personnel to identify, approach, and refer students who are exhibiting signs of psychological distress such as depression, anxiety, substance abuse, and suicidal ideation.</p> <p>Through a self-paced, narrative-driven experience, participants build knowledge, skills, and confidence to connect at-risk students to counseling, mental health, or crisis support services.</p>	Individual Licences are \$28.95, institutional licenses for schools and districts start at \$500 per school per year, depending on the number and size of the schools.	1 hour	<p>Increased gatekeeper skills: preparedness in ability to recognize, approach, and refer students exhibiting signs of psychological distress, and confidence in one's ability to help students exhibiting signs of psychological distress.</p> <p>Increase in likelihood of students who would turn to the school's mental health services if needed.</p>	1	www.kognito.com/products/k12	High School

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Kognito Step In, Speak Up!: Supporting LGBTQ Students	An online, interactive training simulation intended for use by teachers and school staff. In the training, users assume the role of an educator and engage in three simulated experiences that address common challenges affecting educators and their students who may be struggling with psychological distress and suicidal ideation related to harassment or exclusion related to sexual identity, sexual orientation or other differences.	Individual Licences are \$28.95 District pricing or for bundles of 100+ individual licenses, contact Lynn Davis Lynn@kognito.com	30 minutes		3	http://store.kognito.com/collections/lgbtq-on-campus/products/step-in-speak-up	High School and Middle School
More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel	Developed by the American Foundation for Suicide Prevention, this training is designed to help educators better understand suicidal behavior in adolescents, including its causes, treatment, and prevention.	2 DVDs and accompanying guides may be available for free from local AFSP chapters. Typical cost is \$99.99 for the DVD set.	2 hours		3	www.morethansad.org www.afsp.org	Unspecified

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PREPaRE School Crisis Prevention and Intervention Training Curriculum (2nd Edition)	<p>Consists of two complementary workshops. Workshop 1 is designed to help schools create systems to meet the safety and crisis prevention and preparedness needs of students, staff, and families.</p> <p>Workshop 2 focuses on mental health crisis intervention and recovery. The curriculum builds on existing personnel, resources, and programs, links to ongoing school safety efforts, facilitates sustainability, addresses a range of crises (including suicide), and can be adapted to each school's size and needs.</p>	<p>PREPaRE authors are \$1500 per day per trainer; "local" PREPaRE trainers (non-authors) set their own training fees.</p> <p>There is a participant material fee of \$35 for Workshop 1 and \$45 for Workshop 2 (per participant)</p>	1 or 2 day workshop	<p>Respondents also reported a high degree of satisfaction with their workshop experience and workshop objectives including content satisfaction, knowledge gained, applicability, and likelihood of recommending the workshop and trainers to others.</p>	3	<p>www.nasponline.org/prepare</p> <p>There is a list of approved trainers on the NASP website at http://www.nasponline.org/prepare/local-trainers.aspx.</p>	Unspecified
QPR Gatekeeper Training for Suicide Prevention	<p>QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a 1-2 hour educational program designed to teach "gatekeepers"--those who are strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers)--the warning signs of a suicide crisis and how to respond by following three steps; Question, Persuade, and Refer.</p>	\$29.95 per person	1-2 hours	<p>Increase in actual and perceived knowledge about suicide from before to after the training. Increased preparedness to respond to someone at risk for suicide. Increased knowledge of suicide prevention resources. All these were maintained after one year.</p>	1	<p>http://www.qprinstitute.com</p>	Unspecified

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Youth Mental Health First Aid	<p>Youth Mental Health First Aid is 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.</p> <p>The course is designed to improve participants' knowledge and modify their attitudes and perceptions about mental health and related issues, including how to respond to individuals who are experiencing one or more acute mental health crises (i.e., suicidal thoughts and/or behavior, acute stress reaction, panic attacks, and/or acute psychotic behavior) or are in the early stages of one or more chronic mental health problems (i.e., depressive, anxiety, and/or psychotic disorders, which may occur with substance abuse).</p>	Vary from free to \$100+	8 hours (Meets 4 hours of credit requirement for Act 71)		(found on National Registry of Evidence Based Programs & Practices)	http://www.mentalhealthfirstaid.org/cs/ta-ke-a-course/course-types/youth/	High School and Middle School

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Creating Suicide Safety in Schools (CSSS)	<p>CSSS is a one-day workshop designed for school-based interdisciplinary teams, empowering them to establish realistic short-term plans for effective suicide prevention and response planning. Participants spend time planning and problem solving for specific actions needed for suicide-safer schools.</p> <p>Implementation Essentials: Before the implementation of school-based suicide prevention programs, protocols for response to students who may be at risk of suicide should be developed and disseminated.</p>	The CSSS workshops are available from the Suicide Prevention Center of New York State. Cost of training depends on location.	7 hours		3	http://www.preventsuicide.org (Contact Pat.breux@omh.ny.gov for more information on cost)	High School and Middle School
Be A Link	Be A Link! is a adult gatekeeper training program that provides participants with knowledge to help them identify youth at risk for suicide and refer them to appropriate help resources. Be A Link! requires a certified Yellow Ribbon trainer.	Costs vary depending upon the location and number of participants to be trained. The program toolkit is available for \$299.95.	2 hours		3	www.yellowribbon.org demme@yellowribbon.org (email for training cost and more information)	Unspecified

*Section 1 of the Best Practices Registry (BPR) lists evidence-based programs, that is, interventions that have undergone rigorous evaluation and demonstrated positive outcomes. Section 3 of the BPR lists programs, practices, policies, protocols, and informational materials whose content has been reviewed according to current program development standards and recommendations.