

SPC SPAP Update 2018: Frontline and Gatekeeper Training Plan (FLGK-S6)

Gatekeeper: In the field of suicide prevention, the term *gatekeeper* refers to “individuals in a community who have face-to-face contact with large numbers of community members as part of their usual routine.” They may be trained to “identify persons at risk of suicide and refer them to treatment or supporting services as appropriate” (U.S. Department of Health and Human Services Office of the Surgeon General and National Action Alliance for Suicide Prevention, 2012).

Strategic Directions	Specific Activities	Timeline	Lead Partners
6a. Provide QPR and Mental Health First Aid to more people	i. Recruit frontline professionals involved with organizations or groups with access to diverse target groups such as refugees, TAY, homeless, schools, veterans, LGBTQ, people with lived experience, substance abuse providers to be trained as QPR or MHFA trainer.	2018 ongoing	SPC, SPC - Training & Education ¹
	ii. Select a different group identified as gatekeepers in SPAP Update 2018 each year (i.e. coach/personal trainers, hairdressers/barbers, bartenders, first responders) and coordinate a QPR and MHFA training for members of those disciplines.	2019	SPC, SPC - Training & Education
	iii. Deliver refresher QPR courses for local trainers.	2020	SPC, SPC - Training & Education
	iv. Coordinate a QPR and MHFA trainer and volunteer recognition and promotion event. <i>(For example - Reach out to the San Diego Padres to request donations of tickets for a QPR and MHFA trainer appreciation during Suicide Prevention Week. Recognize people who have completed QPR training during the event and provide Access and Crisis Line phone-number and website information on the Padres Jumbotron.)</i>	2020	SPC, SPC - Training & Education, Mental Health America San Diego (MHASD)
	v. Encourage County to add language to County of San Diego, HHS contracts to require QPR and MHFA trainings for staff of community-based organization staff serving at-risk populations.	2020	SPC, County of San Diego HHS
6b. Introduce new gatekeeper trainings	i. Meet with American Foundation for Suicide Prevention (AFSP) San Diego Chapter to identify ways in which SPC can help to promote their trainings.	2019	SPC, AFSP
	ii. Identify new gatekeeper trainings that are available, are evidence-based and which meet community needs.	2020	SPC, SPC - Training & Education

¹ SPC-Training & Education refers to the SPC-Training & Education Ad-Hoc Subcommittee

6c. Enhance current curriculum	<ul style="list-style-type: none">i. Establish a QPR curriculum enhancement team comprised of experienced trainers that will:<ul style="list-style-type: none">a. Review and revise materials on available resources for accuracy and expand to include information on means reduction programs and services.b. Develop multiple role play scenarios that are specific to different at-risk populations and cultures.c. Collect success stories from individuals who completed the training that can be featured during trainings. Feature positivity in trainings and emphasize success.d. Explore ways in which trainers with lived experience can share their experience at trainings with safety guidelines in place.	2020	SPC, SPC - Training & Education
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