San Diego County Suicide Prevention Council (SPC)
Question Persuade Refer (QPR) Train-the-Trainer Instructor Application 2022

Overview:
Community Health Improvement Partners (CHIP) facilitates the San Diego County Suicide Prevention Council (SPC). The mission of the SPC is to prevent suicides and its devastating consequences in San Diego County. The SPC oversees a number of suicide prevention trainings, including Question, Persuade, Refer (QPR). Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. For more information on QPR, please visit www.qprinstitute.org and for more information on SPC please visit www.spcsandiego.org.

The SPC is seeking new instructors to continue to teach QPR to San Diego County residents so that we can meet the increasing need and demand for trainings across the County with a diverse pool of trainers that matches the needs of the community and training requests the SPC receives. Through this partnership, the SPC along with community trainers throughout the county have trained over 24,000 San Diegans in QPR since 2011.

We are looking for trainers who are passionate about suicide prevention, mental health, and wanting to help us save the lives of others. If you belong to or work with groups that are at higher risk for suicide (please refer to Page 3), we encourage you to apply. We are also seeking instructors who are bilingual (Spanish, Vietnamese, Tagalog, Chinese, and Arabic). Through this effort we will be certifying a limited number of individuals (12) to join the SPC as QPR Instructors. These instructors will be selected through this application process (see below on Page 2).

If accepted as a trainer with the SPC, you will receive:
• QPR Training materials & resources courtesy of the SPC (e.g. presentation slides, booklets, outreach materials)
• Technical assistance from SPC staff and other QPR instructors
• Eligibility to receive stipends for completing community-requested trainings ($50 per training)

Considerations:
• Submitting an application does not guarantee acceptance as an instructor. Individuals will be selected based on application responses. Acceptance status will be shared by Monday, December 5, 2022.
• Please read through the application in its entirety, particularly the “Reminders” section on Page 4.
• If chosen, your QPR course will be sponsored by the San Diego County Suicide Prevention Council (SPC), facilitated by Community Health Improvement Partners (CHIP) and funded by the County of San Diego, Health and Human Services Agency’s Behavioral Health Services.
  o This opportunity is valued at $600 per person.
  o It is imperative that you fulfill the expectations (detailed on page 6) as only 12 individuals will be selected and spots/funding are limited.
• This training will be held virtually on Wednesday, December 14, 2022 and Thursday, December 15, 2022 from 12:30pm-4:30pm.

Instructions:
Please complete the attached application in its entirety. Applications will be reviewed by CHIP staff to select individuals to join the SPC as new QPR Trainers. The deadline to submit an application is Thursday, December 1, 2022. Please send to:

Brett Hall, MSW
Program Manager, Community Health Improvement Partners
bhall@sdchip.org
San Diego County Suicide Prevention Council (SPC)

Question Persuade Refer (QPR) Train-the-Trainer Instructor Application 2022

Applications are due on **Thursday, December 1, 2022.**

Please submit completed applications via email to Brett Hall at bhall@sdchip.org.

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<tr>
<th>Name:</th>
<th>Date of Birth (MM/DD/YY):</th>
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<tr>
<td>Email Address:</td>
<td>Phone Number:</td>
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<tr>
<td>Cell Phone Number:</td>
<td>Do you agree to communicate via texting for training needs if necessary?</td>
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<tr>
<td>Organization (if applicable):</td>
<td>Position (if applicable):</td>
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<td>Address:</td>
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| Language(s) Spoken: | |
| Have you taken a QPR training before? | □ Yes □ No | If yes, please list the date/location of the last training: |
| Have you taken other trainings on suicide prevention and/or mental health? | □ Yes □ No | If yes, please list: |

Please select your availability to conduct QPR trainings:

<table>
<thead>
<tr>
<th>Days:</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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<tbody>
<tr>
<td>Time Frames:</td>
<td>Morning</td>
<td>Afternoon</td>
<td>Evening</td>
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Please include additional information regarding your availability (i.e. school/work schedule, etc.):

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Do you have a reliable transportation to travel to trainings?
*Please note, instructors must provide their own transportation to conduct trainings.*

□ Yes □ No

Do you feel capacitated to provide virtual trainings?

□ Yes □ No

Do you have a reliable computer and Wi-Fi connection for virtual trainings?
*Please note, instructors must provide their own computer and Wi-Fi to conduct trainings.*

□ Yes □ No

Please mark the region(s) in which you are willing to conduct QPR trainings. Based on County of San Diego HHSA regions found here: [http://bit.ly/2tVXaDH](http://bit.ly/2tVXaDH)

□ Central Region □ East Region □ North Coastal Region

□ North Central Region □ North Inland Region □ South Region
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Please check off any groups you belong to, work with, and/or have cultural understanding of:

- [ ] African American Community
- [ ] Asian/Pacific Islander Community
- [ ] Colleges/Universities
- [ ] Educators/School Staff (K-12)
- [ ] Faith-Based Organizations/Leaders
- [ ] First Responders (Law Enforcement, EMTs, etc.)
- [ ] Formerly Incarcerated/Re-entry Population
- [ ] Hispanic/Latino Community
- [ ] Hospital/Healthcare Providers & Clinicians
- [ ] LGBTQ+ Community
- [ ] Other Group(s) (Please list)
- [ ] Lived Experience
- [ ] Middle Eastern Community
- [ ] Military/Veterans (List Branch if applicable)
- [ ] Native American Community
- [ ] Older Adults/Seniors
- [ ] Refugee Community
- [ ] Suicide Attempt Survivors
- [ ] Survivors of Suicide Loss
- [ ] Transitional Age Youth (Ages 16-25)
- [ ] Youth/Adolescents

If applying on behalf of an organization, does serving as a QPR Instructor fall under your current job responsibilities?  
- [ ] Yes  
- [ ] No/Not Applicable

Are you a mental health professional/healthcare provider?  
- [ ] Yes  
- [ ] No/Not Applicable

Are you a member of the San Diego County Suicide Prevention Council (SPC)?  
- [ ] Yes  
- [ ] No

If selected as an instructor, are you available to attend the following MANDATORY events:

**QPR Train-the-Trainer Workshop Day 1**  
- Wednesday, December 14, 2022 from 12:30pm-4:30pm
- [ ] Yes  
- [ ] No

**QPR Train-the-Trainer Workshop Day 2**  
- Thursday, December 15, 2022 from 12:30pm-4:30pm
- [ ] Yes  
- [ ] No

**SPC Trainers Orientation & Mixer Event**  
- 1 Meeting in 2023 (details will be provided at a later date)
- [ ] Yes  
- [ ] No

**Ad-Hoc Training & Education Subcommittee Meeting(s)**  
- 1-2 Meetings in 2023 (details will be provided at a later date)
- [ ] Yes  
- [ ] No
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<th>In the space below, please share why you would like to become a certified QPR Gatekeeper Trainer.</th>
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Please provide additional information regarding your experience and understanding of the topic of suicide prevention.
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Reminders

Only a limited number of individuals will be selected to become QPR Trainers with Community Health Improvement Partners (CHIP) and the San Diego County Suicide Prevention Council (SPC). Submitting this application does not guarantee acceptance to the QPR Trainer Program. All applications will be reviewed by a selection committee. Applications are due on Thursday, December 1, 2022 via email to Brett Hall at bhall@sdchip.org. If accepted you will be notified by email by Monday, December 5, 2022.

If accepted as a QPR Trainer, you are agreeing to the following:

- Being available to attend the MANDATORY QPR Train-the-Trainer Workshop on Wednesday, December 14th and Thursday, December 15th from 12:30pm-4:30pm via Zoom.
  - Please note that this is not an optional workshop. If you are not available for the entire 8-hour workshop across the two days, you cannot be certified as an instructor in this occasion. There will be no makeup date for this training or missing days.
- Completing at least one (1) training within the first three months of instructorship with support from current trainer.
- Being an ACTIVE QPR Trainer with the SPC by:
  - Responding to QPR Community Training Requests sent by CHIP Program Manager.
  - Providing sign-in sheet and evaluation form documentation following each training conducted.
- Attending SPC Trainer events (e.g. Mixers, Refresher Courses, etc.).
- Participating in Ad-hoc SPC Training & Education Subcommittee meetings when possible.
- Representing the SPC responsibly and with good conduct while providing trainings to the community.

Please note that this QPR Train-the-Trainer workshop is at no cost to you through SPC sponsorship, however, this opportunity is afforded in good faith and trust that the QPR Trainer responsibilities will be fulfilled. Each sponsorship is worth $600, and there will only be 12 individuals selected. It is imperative that you apply for this workshop with the intentions to satisfy the SPC QPR Trainer expectations and serve the community. The QPR Trainer certification with last 3 years, at which point there will be opportunity to renew.

Additionally, failure to comply with standards of conduct for a SPC QPR Trainer can result in full repayment of the workshop on your end along with any necessary follow-up.

By submitting this application and signing below, you agree that you understand and plan to abide to all aforementioned guidelines, reminders and requirements.

I certify that my answers are true and complete to the best of my knowledge. If this application leads to acceptance, I understand that false or misleading information in my application may result in my release and request of reimbursement of course.

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Signature:

For any questions, please contact Brett Hall at bhall@sdchip.org or (858) 609-7976.