



**THE Carson J Spencer  
FOUNDATION**

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FOR IMMEDIATE RELEASE

**DO YOU KNOW HOW TO SAVE A LIFE?**

*Suicide Prevention Gatekeeper Certification Course Trains Instructors in the “CPR for Suicide Prevention”*

**DENVER, Colorado. November 16, 2009.** We all know and value CPR and our ability to teach bystanders the life-saving skills they need to sustain someone’s life until professional help arrives. What if we could do the same for the life-threatening mental illnesses that cause more than 800 Coloradans to take their lives each year? For the better part of the past 25-years a training strategy called Suicide Prevention Gatekeeper Training has been offered around the world, training lay people in the “CPR for suicide prevention,” or in other words, how to identify the risk factors and warning signs of suicide and refer a person in need to professional services. On Friday, December 11<sup>th</sup> from 8:30-5:00pm, the Carson J Spencer Foundation will host a certification course to train new trainers in an evidence-based curriculum called QPR, or “Question, Persuade, Refer” (Jefferson Center for Mental Health, Wheat Ridge, CO, cost \$495, registration deadline is 11.27.09).

“This training really helps communities be self-sustaining in their suicide prevention efforts,” says Sally Spencer-Thomas, Executive Director for the Carson J Spencer Foundation. “By training trainers, we can reach far more people with these life-saving skills.”

This certification course trains instructors to teach *QPR for Suicide Prevention* to their community. Participants first learn about the nature of suicidal communications, what forms these communications take and how they may be used as the stimulus for a QPR intervention. To gain perspective, participants are introduced to the history of suicide, suicide prevention and the spectrum of modern day public health suicide prevention education efforts. The history, background and research support for QPR are reviewed. Participants then learn to market QPR, target potential Gatekeepers, and how to teach the QPR curriculum. Participants also learn to deal with pent up audience demand to talk about suicide, survivor issues and how to make immediate interventions and referrals. For more information and to register go to [www.Blacktie-Colorado.com](http://www.Blacktie-Colorado.com), RSVP Code QPRcc, all one word, not case sensitive).

**About the Carson J Spencer Foundation - Sustaining a Passion for Life**

The Carson J Spencer Foundation ([www.CarsonJSpencer.org](http://www.CarsonJSpencer.org)) is a Colorado nonprofit, established in 2005. We envision a world where leaders and communities are committed to sustaining a passion for life. We sustain a passion for life through:

- delivering innovative suicide prevention programs
- coaching emerging leaders how to develop sustainable social enterprises benefiting mental health initiatives
- supporting the education of young entrepreneurs and leaders

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