

Free Online Suicide Prevention Trainings

The Arizona Department of Education's Project AWARE Grant with support from Exceptional Student Services and Arizona Health Care Cost Containment (AHCCCS) is providing an opportunity for community members to take a free online suicide prevention training during the COVID-19 restrictions. This training will provide participants with valuable knowledge, insight and practical skills to identify suicide risk and find appropriate resources for young people who are experiencing a mental health challenge.

Currently we are offering two trainings, Youth Mental Health First Aide (YMHFA) and Question, Persuade, and Respond (QPR). These courses are evidenced based and approved to provide a certificate of completion that complies with the requirements of [ARS § 15-120](#), also known as the *Mitch Warnock Act*. ARS § 15-120 requires **all** 6th -12th grade public and charter school personnel to take an approved evidence-based suicide prevention training at least once every three years. There is a five-minute post-assessment survey that will help us to continue providing free trainings through our grant funding. **Online attendees agree to complete the post-assessment survey.** Additional free trainings, including Spanish versions, from the list of approved [curriculums](#) will be added over the next year.

If you have any questions, good news, or challenges, please reach out to schoolsafety.socialwellness@azed.gov with *Subject Title: Free Online Suicide Prevention Trainings*

*Disclaimers: The content of this training will cover sensitive topics around suicide and mental health. The decision to participate is based solely on individual discretion. The Arizona Department of Education does not require participation in this particular training; it is one of several AHCCCS approved suicide prevention trainings available to facilitate compliance with A.R.S. § 15-120. If at any time, you find yourself overwhelmed and/or triggered by the content, you have the option to pause and/or end the course. By accepting an online code from ADE, participants affirm that their personal mental and emotional well-being is priority, and that they will contact the local Warm and/or Crisis line if the content is overwhelming. **National Suicide Prevention Lifeline: 1-800-273-8255 Arizona Warm Line: 1-888-404-553.***

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Question, Persuade and Respond (QPR) – Self Study Option

QPR stands for Question, Persuade and Refer. This emergency mental health gatekeeper **training** intervention teaches lay and professional gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. There are a limited number of codes and we hope you will take advantage of this opportunity. The training is approximately one hour in duration and is completed online as a self-pace course. There are a limited number of codes available and they will be distributed on a first come first serve basis.

Instructions for accessing QPR course:

1. Navigate to: qprtraining.com/setup
2. Enter the organization code **AZED1**
3. Select Create Account
4. Complete and submit registration form - Note: QPR will display and email the newly created Username and Password.
5. Log into begin training atqprtraining.com
6. Complete the Project AWARE Online Assessment (you should automatically be re-routed to it)
7. Print your certificate from the link at the end of the training, save a copy for your records, and submit a copy to your supervisor, if appropriate. Print the QPR card, the booklet, and other resources offered at the end of the course for your reference.



Youth Mental Health First Aid (YMHFA) – Virtual Option

Youth Mental Health First Aid is designed for adults who regularly interact with **young people**. The course introduces common **mental health** challenges for **youth**, reviews typical **adolescent** development, and teaches a 5-step action plan for how to help **young people** in both crisis and non-crisis situations. The training is approximately 6.5 hours in duration and broken into two part. The program is 100% virtual with a live instructor that provides interactive activities for the second session of the course. The course is offered monthly.

Part 1 - YMHFA Introduction:

The **2 Hour** YMHFA introduction course is composed of five learning segments. Participants complete the **self-paced** course through the MHFA Learning Management System. Certificate of completion must be emailed to the instructor **48 hours** prior to the start of the course.

Segment	Topic
1	Welcome and Introduction to YMHFA
2	Mental Health and Mental Illness in Youth
3	Typical Adolescent Development
4	Signs and Symptoms of Mental Health Disorders in Youth

Part 2 - YMHFA Skills Application:

The **4.5 hour** YMHFA skills application portion of the course is composed of five learning segments. Participants are eligible to take this portion of the course after completing the 2-hour YMHFA Introduction. The interactive course is held **via ZOOM** with a live instructor.

Segment	Topic
1	Welcome to Youth mental Health First Aid
2	YMHFA Self-Paced Intro Recap
3	YMHFA in Non-Crisis Situation
4	YMHFA in Crisis Situation
5	Self-care for the Youth Mental Health First Aider

Instructions for accessing YMHFA Course

Registration: Please copy and [paste https://ems.azed.gov/Home/Calendar](https://ems.azed.gov/Home/Calendar) into your browser. On the ADE Event Management Page, use the search bar to enter the name of the course, **or** click the down arrow to filter by *Program Area*, scroll and select *School Safety*, click the green search button, click *List View*, select your desired training and date, and follow the prompts.

You will receive your participant guide and access to the introduction pre-course through your registered email address, four weeks prior to the course starting. All course work must be complete 48 hours prior to the scheduled training date. Please submit your pre-course certificate of completion to SchoolSafety.SocialWellness@azed.org . If pre-course work is not complete you need to reschedule your class.



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Acts on Facts

ACT on FACTS 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 with content experts, interactive exercises and role plays. The training is two-hour in duration and is completed online as a self-paced course. This training is free to educators year-round.

Instructions for accessing Acts on Facts course:

1. Users create a free account on the [Society for the Prevention of Teen Suicide](#) website.
2. On the Welcome page, click: Making Educators Partners in Youth Suicide Prevention: Act on FACTS (60 min) National Version

