

Free Virtual Community Suicide Prevention/ Awareness Training

The Area Agency on Aging District 7 (AAA7) is continuing to offer an important community training for suicide awareness and prevention called QPR: Question, Persuade, and Refer.

Through the Suicide Prevention Foundation, AAA7 staff have been trained to provide QPR. Much like the well-known CPR, the fundamentals of QPR are easily learned and applied through a short training which can be done virtually or online. QPR, like CPR, functions as a “chain of survival,” allowing lay persons and professionals to respond to a life-threatening event; suicidal crisis. The training provides a booklet for each participant which becomes the resource to assist suicidal persons and is an instrumental part of the training. Teachers, coaches, local clergy, police officers, and any community individual can learn the QPR method to help recognize signs and clues of suicidal behavior, how to approach and communicate with a suicidal person, and where to refer them for assistance.



In Ohio, five people die each day by suicide. A report released by the Ohio University College of Health and Sciences in July 2020 found rural counties have higher incidences of suicide and less resources to treat mental health conditions in Ohio. Of Ohio’s 88 counties, 37 have above the United States average deaths from suicide. Adams, Gallia and Jackson Counties have 20 suicides per 100,000 individuals annually; Brown County has 18 per 100,000; Highland, Pike and Ross Counties have 17 per 100,000; Scioto and Lawrence Counties have 13 per 100,000; and Vinton County has 11 per 100,000. The Area Agency on Aging District 7 serves all ten of these counties with a mission of providing resources and services for the area.

Upcoming virtual training dates have been set for the remainder of the year, and the training is open to anyone in the community who is interested. **Dates include: June 7th, August 2nd, October 4th and December 6th.** Sessions will begin at 10:00 am and the training will last a couple hours. Attendees will receive materials ahead of time to use in the training.

If you or someone you know would be interested in participating, or if you have questions about the training, please call the AAA7 Training Department at 1-800-582-7277, extension 252 or e-mail info@aaa7.org. To register for the training, log on to www.aaa7.org, go to the “Training” tab and click on “Training Registration” and select the training date you prefer.

Emergencies often are unpredictable, but we can still plan for them. Creating a GO bag and a STAY Bag does not make you someone who lives in fear, but a person who is prepared. Answer True or False to the questions below.

1. *During and after an emergency, it is important to stay calm. T F*
2. *Whenever possible, staying at home in your own environment and with your own emergency supplies is the best choice. T F*
3. *Update your emergency GO bag every few years. T F*
4. *The GO bag is a portable kit that includes items you need to survive and to take with you if you suddenly have to leave your home. T F*
5. *In preparing your STAY bag, think about the essential things you use on a daily basis and then add other important items. T F*
6. *It is important to have needed prescription medication for a week and paper copies of your prescriptions. T F*
7. *You will not need a flashlight, battery operated/manual radio or a whistle. T F*
8. *It is important that emergency personnel know that you are a caregiver and that someone is counting on you for their health and safety. T F*
9. *Caregivers should have a disaster plan that includes the special needs of people with Alzheimer's, whose impairments severely limit their ability to act appropriately in crises. T F*
10. *Planning ahead and preparing for the worst-case scenario are the best ways to stay safe before a disaster hits. T F*

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. F 8. T 9. T 10. T