

The Alaska Training Cooperative presents: **Virtual QPR Gatekeeper**

The Alaska Gatekeeper Training uses the QPR method as its core training. QPR stands for Question, Persuade and Refer, an emergency mental health intervention for suicidal persons created by Dr. Paul Quinnett. QPR is a basic education program that teaches everyday community members to recognize a suicide risk and how to get a person at risk the help they need. It is also an action plan that can result in lives saved.

A Gatekeeper is anyone within a community who is in a position to recognize the warning signs that someone may be thinking about suicide. Gatekeepers include parents, friends, relatives, neighbors, teachers, clergy, health providers, co-workers, job site administrators, store clerks, law enforcement, advisors, case managers, firefighters and many others who are well positioned to recognize and refer someone at risk of suicide. A Gatekeeper is not expected to do treatment or long-term counseling.

The objectives of this training are to:

- Learn how suicide affects the State of Alaska.
- Learn myths and facts surrounding suicide.
- Recognize warning signs of suicide.
- Know how to offer hope.
- Know how to get help and save a life.
- Know what resources are available for help and support.

**Date:** **Friday, April 23, 2021**

**Time:** 1:30 to 4:30 PM

**Special instructions:** Must be present for duration of class for contact hours.  
Certificate will be emailed within two weeks of course completion.

**Location:** via Zoom platform with link distributed in advance of the course. Please do not share the Zoom link with anyone else.

**Audience:** Statewide Annual Assembly of the Alaska Synod of the Evangelical Lutheran Church in America

**Cost:** \$0

**Registration:** Those who wish to attend must register online at [elcaalaska.net](http://elcaalaska.net). Contact for registration is *Chris Aquino* at 907-272-8899 or at [elcaalaska@gmail.com](mailto:elcaalaska@gmail.com)

**Contact:** For course information, contact Wendi Shackelford at [907-264-6224](tel:907-264-6224) or [wendis@alaskachd.org](mailto:wendis@alaskachd.org).

For more information on other AKTC sponsored trainings, visit [www.aktclms.org](http://www.aktclms.org)  
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