

CENTRAL OREGON

PREVENTION SERVICES

Hope, Help, & Heal: Through this interactive training parents and students alike will learn how to they can help normalize conversations about suicide prevention, how to navigate local mental health care systems, how to help others in our community, and how to promote hope and healing throughout our region. Offered in all three Counties through the Safe Schools Alliance, learn more at www.hdesd.org/services/safe-school-alliance/.



QPR: QPR stands for Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. 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. Offered in Deschutes and Crook Counties, learn more at www.deschutes.org/suicideprevention or email kplumb@h.co.crook.or.us.

*QPR is offered at some Concealed Carry classes in Jefferson County.



ASIST: Applied Suicide Intervention Skills Training is designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide. The workshop is for all caregivers (any person in a position of trust). This includes professionals, paraprofessionals and community members people. Offered in all three Counties, learn more at www.deschutes.org/suicideprevention, email kplumb@h.co.crook.or.us, or www.bestcareprevention.com/suicide-prevention.



Connect Workshop: Developed for parents and guardians in Deschutes County to learn factual, unbiased information and skills to start conversations with their kids about alcohol, cannabis, and drugs. Learn how substances affect child brain development, strategies in navigating difficult conversations around substances, and connect with other parents. Offered in Deschutes County, learn more at <http://www.sharedfuturecoalition.org/connect/>.



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Connect Suicide Prevention and POSTvention Trainings

Connect Suicide Prevention

This curriculum includes how to identify suicide warning signs and intervene with a person at risk. Building on that foundation, Connect focuses on the community as a whole and how to work across systems to build a safety net for people at risk. Offered in Jefferson County, learn more at www.bestcareprevention.com/suicide-prevention.



Connect Suicide Prevention Youth Leader Training

This training is co-facilitated by youth leaders and adults for teenage audiences. Training takes into account developmental considerations of high school-age young people and safe messaging guidelines. All materials and activities have been developed to meet the needs of young people and guide their involvement in youth suicide prevention. Offered in Jefferson County, learn more at www.bestcareprevention.com/suicide-prevention.



Connect Suicide POSTvention Training

Suicide Postvention is a planned response after a suicide loss to help with healing and to reduce the risk of further suicide incidents. This training focuses on best practices to coordinate a comprehensive, safe response to a suicide. Audiences appropriate for this training are organizations such as social services, educational institutions, law enforcement agencies, behavioral health agencies. Offered in Deschutes and Jefferson Counties, learn more at www.deschutes.org/suicideprevention and www.bestcareprevention.com/suicide-prevention.



Mental Health First Aid Trainings

Mental Health First Aid: An evidence-based, in-person training program with proven ability to teach individuals how to recognize and respond to the warning signs of mental illness and substance use disorders and link people with appropriate treatment and support. Mental Health First Aid increases the understanding that mental illnesses are real, common and treatable.

Youth Mental Health First Aid: Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.



Offered in all three Counties, learn more at www.deschutes.org/suicideprevention, www.bestcareprevention.com/suicide-prevention, or email kplumb@h.co.crook.or.us.