



QPR at UBC

Program Overview

Goals

QPR Training is an internationally recognized suicide intervention program designed to help you question, persuade, and refer: <https://www.qprinstitute.com/>.

UBC offers QPR Training for students, staff, and faculty to help them recognize suicide warning signs, approach someone who may be at risk, persuade the person to seek appropriate health services, and connect the person to resources that will help resolve crises.

Organizational Structure

QPR at UBC is a university-wide program, supported at its inception by Counselling Services and Human Resources.

Currently, on the Vancouver campus, QPR at UBC is supported by the Suicide Awareness Working Group, with financial resources and organizational support from Student Development and Services. The Suicide Awareness Working Group is made up of representatives from many departments at UBC, including Human Resources, Student Housing & Hospitality Services, Student Development & Services, Enrolment Services, and Graduate and Post-Doctoral Studies.

It is the vision of the Suicide Awareness Working Group to grow and sustain the QPR Program at UBC by encouraging all students, staff and faculty to receive training. The Suicide Awareness Working Group is dedicated to supporting all QPR instructors by providing regular Community of Practice meetings, organizing QPR workshops, and providing a network of fellow QPR Instructors with whom to share best practice methodologies.

Suicide Awareness Working Group Chairs: Tam Uden, Kelly Eaton

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QPR Instructor Role

Responsibilities and Benefits

Responsibilities of QPR Instructors

- Facilitate a minimum of three QPR Training sessions per year, using provided resources and training tips
- Attend Community of Practice meetings three times each year for training and educational sessions for updates and personal skill development
- Act as an informational resource and promote QPR in their department
- Share knowledge and experience about suicide awareness with the UBC community
- Continuing Instructors must maintain QPR Instructor certification (re-certification every three years)
- Stay connected with the Suicide Awareness Working Group, QPR instructors, and new program developments, including responding to requests for information or input

Benefits of being a QPR Instructor

- Gain a valuable set of life skills in the area of suicide awareness and intervention
- Contribute to the success of UBC's suicide awareness strategy by helping to increase the number of students, staff and faculty trained in QPR at UBC
- Become a member of the UBC QPR instructor Community of Practice, allowing for networking with colleagues from across campus
- Become a certified QPR Instructor, which includes QPR Institute training, valued at \$600
- Receive support from the QPR Institute, which offers online resources, FAQs, re-certification, and access to a mentor
- Be a part of a helping community

Length of Term and Time Commitment

- Length of Term: 2 years, from June 27, 2018 – June 30, 2020
- Time Commitment:
 - Year 1:
 - Training: 15 hours of mandatory training on **June 27 and 28, 2018**
 - Years 1 and 2:
 - Community of Practice Meetings: 3 hours per year (1 hour meeting in October, February, and summer term of each year)
 - QPR Workshop Delivery: 2 hours per workshop; a minimum of 3 workshops per year (please note that workshops may be held outside of regular business hours)
 - Time required to prepare for workshops: variable

Training and Resources

Mandatory training will be offered in a two-day workshop in June:

- Training Day 1: A Certified Trainer from the QPR Institute will facilitate an introduction to the QPR model and workshop content.
- Training Day 2: Experienced QPR Trainers at UBC will facilitate an opportunity to learn and practice presenting the QPR material to a UBC audience.

Additional in-service will be offered three times per year at Community of Practice meetings. As well, regular email updates will be sent to QPR Instructors to provide information on resources and supports for leading the training.

Resources are also available from the QPR Institute for all certified Instructors.

Application Process

Staff or faculty members who are interested in becoming a QPR Instructor are asked to:

- 1) Discuss the opportunity with their direct supervisor and receive approval for all time commitments required for the position.
- 2) Complete a [brief online application](#) by **Wednesday, June 13th, 2018**.
- 3) If selected to participate in the program as a new QPR Instructor, complete a *Confirmation of Role*, which includes a required signature from one's direct supervisor.

Successful candidates will be notified of their participation in the program by **June 18th**.

Any questions regarding the program or this opportunity can be addressed to the Suicide Awareness Working Group Chair: Tam Uden, tam.uden@ubc.ca.