



Suicide Prevention Program

Healthy Communities Division of Public Health

Requestable Trainings

Suicide and violence prevention and intervention trainings for service providers, community and those working with people most impacted by social and institutional violence. No prior experience expected or necessary. Trainings range from 30 minutes to two hours.

- **Question-Persuade-Refer (60-90 minutes):** This training is designed to increase one's ability to recognize suicidal thoughts and behaviors and to refer the person who is struggling with suicidality to a professional resource. Classes range in length of time and are free of charge. Question-Persuade-Refer (QPR) is a dynamic curriculum that can be adapted to meet the unique needs of any group or organization.
 - **Question-Persuade-Refer + Lethal Means Safety:** QPR with an additional learning module on what lethal means are, how they impact suicide risk and safe storage strategies.
 - **Question-Persuade-Refer + Safety Planning:** QPR with an additional learning module that details what a safety plan is and how to implement one.
- **Lethal Means Safety (30-60 minutes):** An introduction to what lethal means are, their role in a suicidal crisis and safe storage strategies that reduce access.
- **Be Sensitive, Be Brave for Suicide Prevention (90-120 minutes):** A foundational workshop in suicide prevention that teaches community members to act as eyes and ears for suicidal distress and to help connect individuals with appropriate services. This workshop will also discuss navigating conversations about suicide across diverse populations, with the aim of equipping community members to be culturally responsive within their communities.
- **(For youth) Youth Suicide Prevention and Education (45 minutes):** Intended for high school classes or community settings with groups of teens ages 14 to 18. This training goes over destigmatizing mental health and suicide, how to identify and start a conversation with someone who might be in crisis and reaching out for help, along with developing tools of care and community to support youth.
- **(For youth) Question-Persuade-Refer (45 minutes):** Intended for high school classes or community settings with groups of teens ages 14 to 18. This training is designed to increase youth's ability to recognize suicidal thoughts and behaviors and to refer the individual who is struggling with suicidality to a professional resource. Classes are free of charge.



To request a training, fill out our [Training Request Form](#) or scan the QR code to go to our webpage for more information.

Questions? Email us at: publichealthsvp@co.humboldt.ca.us.



Family Violence Prevention Program

Healthy Communities Division of Public Health

Requestable Trainings

Family violence prevention trainings for service providers, community and those working with people most impacted by social and institutional violence. No prior experience expected or necessary. Trainings range from 30 minutes to two hours.

- **Domestic Violence (DV) 101 (60 minutes):** An interactive training that guides service providers and community members alike on how to recognize and respond to survivors of domestic and intimate partner violence. *This course meets the qualifications for 1.0 hours of continuing education credit units by the California Board of Behavioral Services, the California Board of Registered Nursing and the California Association for Alcohol/Drug Educators. More information available upon request.*

- **Transformative Justice (TJ) as a Violence Prevention Strategy (90 minutes):** This training provides an introduction to TJ as an ever-evolving movement and strategy to build more caring and accountable communities. The presentation includes but is not limited to; defining transformative justice versus restorative justice, prison abolitionism and ways that we might reimagine violence prevention work. **While using the platform of Public Health as a bridge to provide information about TJ as a tool for accountability and healing to communities, TJ is not a tool utilized by the state. TJ, at its roots, it is about re-imagining responding to harm that is beyond state confines.*

- **(For youth) One Love Healthy and Unhealthy Relationship Workshops for Youth (60-90 minute training series):** Evidence-based curriculum geared toward youth and adolescents from fourth grade through college that teaches participants the signs of unhealthy and healthy relationships, how to communicate boundaries and consent, how to help a friend who may be in an unhealthy relationship and what local and national resources are available for support. Workshops can be standalone or part of a series and are always tailored toward audience age.



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