

Assess the Fit of Your Programs and Trainings

Prevention programs vary in content, length, and delivery method. What works best will depend on your goal(s) and the needs of your audience.

For example, if you plan to conduct a gatekeeper training, first determine your audience's needs. Then identify which trainings would be the best fit. You may want to refer to SPRC's list of gatekeeper trainings, *Comparison Table of Suicide Prevention Gatekeeper Training Programs* (July 2013).

You can use the checklist below to help you assess the needs of your audience and identify programs and trainings that are the best fit.

Assess the Fit of Your Program or Training: A Checklist

My suicide prevention goal:

(Example: Increase the number of faculty who refer students to counseling either on campus or off campus)

Audience: <input type="checkbox"/> Faculty <input type="checkbox"/> Staff <input type="checkbox"/> Fraternities and sororities <input type="checkbox"/> LGBT students <input type="checkbox"/> Athletes <input type="checkbox"/> International students <input type="checkbox"/> Ethnic student groups <input type="checkbox"/> Commuter students <input type="checkbox"/> Veterans <input type="checkbox"/> Undergraduate students <input type="checkbox"/> All students <input type="checkbox"/> Other: _____	Approximate audience size: <input type="checkbox"/> Up to 20 people <input type="checkbox"/> Up to 30 people <input type="checkbox"/> Up to 50 people <input type="checkbox"/> Up to 100 people <input type="checkbox"/> Between 100-500 people <input type="checkbox"/> Over 500 people	Approximate length of the program/training based on the information the audience needs to learn and the amount of time they have available: <input type="checkbox"/> Less than one hour <input type="checkbox"/> 1-3 hours <input type="checkbox"/> 4-8 hours <input type="checkbox"/> 1-2 days <input type="checkbox"/> More than 3 days/ongoing
Level of information the audience needs: <input type="checkbox"/> Basic <input type="checkbox"/> In depth	Time of day that will work best for the audience: <input type="checkbox"/> Daytime <input type="checkbox"/> Evening <input type="checkbox"/> Weekend <input type="checkbox"/> Not Applicable	Delivery method that will work best for the audience: <input type="checkbox"/> Online <input type="checkbox"/> In person <input type="checkbox"/> Printed document (e.g., flyer, brochure, handbook)