

# Gatekeeper Training: Background

Philip Rodgers, PhD

- Garrett Lee Smith Memorial Act
- College Grantee TA Meeting
- January 17-19, 2007



## Project partners

**SAMHSA**



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# SPRC.org

**Sign-up for  
the “SPARK”  
weekly email  
newsletter**

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK. [Read more.](#)

**This Month Don't Miss...**

**SPRC launches a redesigned website**  
The Suicide Prevention Resource Center is pleased to announce that we have upgraded our website [www.sprc.org](http://www.sprc.org). The site has a new look and improved navigation to make it easier for you to find the information you need. All of the rich content that you are accustomed to using has been re-organized into new categories: About SPRC, Suicide Prevention Basics, Featured Resources, State Information, Taking Action, and News. A Quick Links box immediately connects you to the calendar, the online library, evidence-based practices, and more. If your site links to ours, you may need to update your links.

The site is updated each week with news summaries, funding opportunities and research highlights. Materials are added to the online library on an ongoing basis. As we develop new publications and materials, we post them to the site and highlight them on the front page. In the coming weeks, many new items will be added, including additional Customized Information pages.

Please take a few minutes to explore the site and let us know what you think. We welcome your comments and suggestions at [info@sprc.org](mailto:info@sprc.org).

**SPRC announces the sixth installment in the Discussion Series**  
Rich Paul from ValueOptions will present "A Workplace Strategy for Preventing Suicide" on October 20, 2005. [Read more.](#)

**SAMHSA Awards States, Campuses and SPRC Suicide Prevention Grants**  
The Substance Abuse and Mental Health Services Administration (SAMHSA) announced 37 grants with a first year total of \$9.7 million to support national suicide prevention efforts. [Read more.](#)

**Hurricane Information and Resources**  
[Hurricane Aftermath Resources](#), a list compiled by the Suicide Prevention Resource Center

[Hurricane and Other Disaster Relief Information](#), from SAMHSA's National Mental Health Information Center

[Special Disasters Resource Section](#), from the National Suicide Prevention Lifeline

More of "This Month Don't Miss"....



## What is gatekeeper training?

“The purpose of gatekeeper training is to develop the knowledge, attitudes, and skills to identify (those) at-risk, determine levels of risk, and make referrals when necessary.”

Gould et al. (2003). Youth suicide risk and preventive interventions: A review of the past 10 years. *Journal of the American Academy of Child and Adolescent Psychiatry*, 42(4), 386-405.



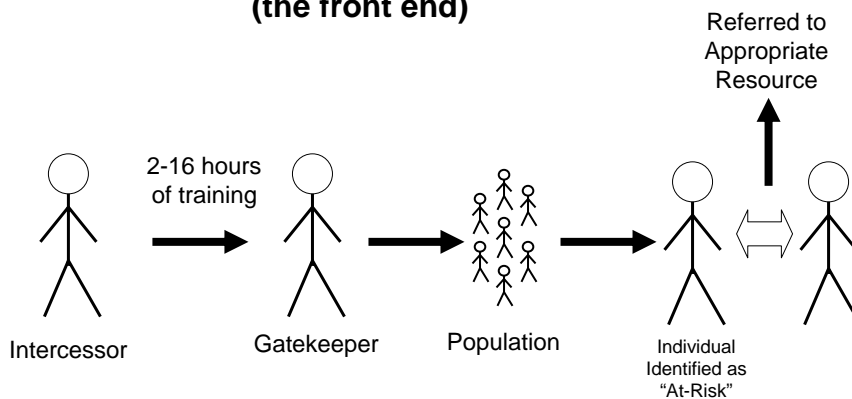
# QPR Objectives

QPR training participants will be able to:

1. Recognize suicide warning signs
2. Recognize signs and symptoms of distress
3. Recognize risk/protective factors
4. Detect suicide risk by asking about suicide
5. Make appropriate referral or disposition

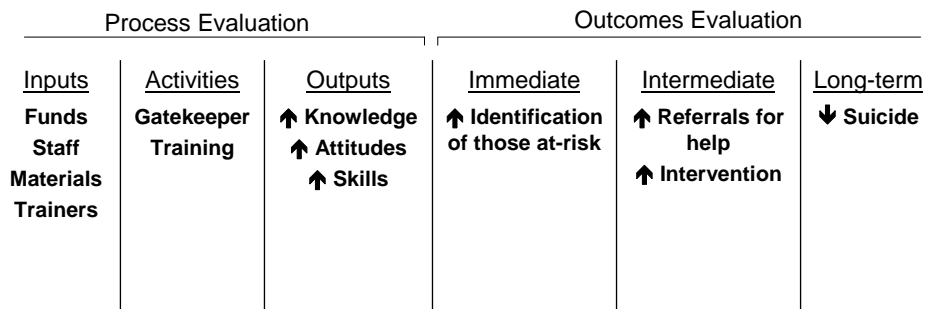


## Generic Gatekeeper Model (the front end)



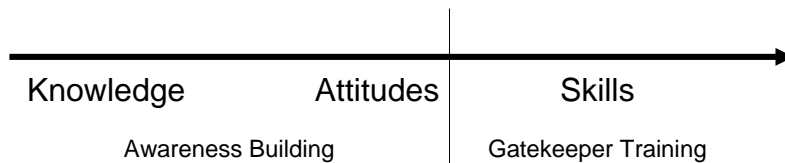
# Generic Logic Model

## Gatekeeper Training



# Critical Components

- Gatekeepers must be able to interact with target population
- Skills must be rehearsed



## **Additional Aspects**

- Gatekeeper programs do not occur in a vacuum—need to prime/prepare the system
- Is booster training needed?
- Individual and environmental factors matter



## **What does the literature say?**

- Searched PsychInfo
  - Terms “Gatekeeper” + “Suicide” in Abstracts
- Found 7 references
  - 1 primary study
- Many unpublished evaluations
- Outcomes mostly knowledge & attitudes
- But, the famine will not last, a feast is being prepared



# Gatekeeper Training

- New Zealand Study of 1<sup>st</sup> Nation Members  
– Capp, Deane, & Lambert, 2001

	<u>Effect Size</u>
• Knowledge	+1.10**
• Intention to help	-0.10
• Intention to refer	-0.34*
• Confidence to ID suicide risk	+0.33*

Capp, K., Deane, F. P., & Lambert, G. (2001). Suicide prevention in Aboriginal communities: Application of community gatekeeper training. *Australian & New Zealand Journal of Public Health, 25*, 315-321.



# Gatekeeper Training

- Many Helping Hearts (peer youth gatekeepers)  
– Stuart, Waalen, & Haelstromm, 2003

	<u>Effect Size</u>
• Knowledge	+0.77
• Attitudes	+1.36
• Intervention Skills	+0.85

Stuart, C., Waalen, J. K., & Haelstromm, E. (2003). Many helping hearts: An evaluation of peer gatekeeper training in suicide risk assessment. *Death Studies, 27*(4), 321-333.



# Gatekeeper Training

- Ukrainian Military
    - Rozanov, Mokhovikov, & Stiliha, 2002
- |                  | <u>Odds Ratio</u> |
|------------------|-------------------|
| • Suicide Deaths | 3.90              |

Rozanov, V. A., Mokhovikov, A. N., & Stiliha, R. (2002). Successful model of suicide prevention in the Ukraine military environment. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 23(4), 171-177.



# Benefits of gatekeeper training

- Relatively easy
- Relatively inexpensive
  - “Train and Go”
- Safe
- Tangential benefits (↑ awareness)
- Involves adults, not children
- Popular



## Limitations of gatekeeper training

- Poorly defined—what is gatekeeper training?
- Few published studies
- Gatekeepers behavior have not been measured
- Unknown efficacy/effectiveness



## Contact Information

- Philip Rodgers, PhD
  - 215-238-0407
  - [prodgers@afsp.org](mailto:prodgers@afsp.org)





### Citations

- Capp, K., Deane, F. P., & Lambert, G. (2001). Suicide prevention in Aboriginal communities: Application of community gatekeeper training. *Australian & New Zealand Journal of Public Health, 25*, 315-321.
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