



Louisiana Higher Education Coalition

to Reduce Alcohol, Tobacco & Other Drug Use

2023 LaHEC Annual Professional Development Summit May 24 – 25, 2023 | Pennington Biomedical Research Center (6400 Perkins Rd., B.R. LA 70808)

Session Date & Time: Thursday, May 25th | 12:30 p.m. – 2:30 p.m.

Title:

QPR (Question, Persuade, Refer) Suicide Gatekeeper Training

Abstract:

QPR is an Evidence-Based emergency mental health intervention for suicidal persons created in 1995 by Paul Quinnett. QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, 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.

Learning Outcomes:

- Attendees will understand suicide as a major public health problem.
- Attendees will understand the common myths and facts surrounding suicide.
- Attendees will identify unique verbal, behavioral, and situational suicide warning signs.
- Attendees will know how to engage and assist an individual that is suicidal.
- Attendees will know how to locate referral sources within community.

Speaker Bio:

Brittney Williams is a native of Ethel, Louisiana. She received her Bachelor of Science in Criminal Justice with a minor in Sociology from the University of Louisiana at Lafayette in 2010. Brittney has a diverse case management background, which has allowed her to interact with parents, children, teachers, counselors, social service networks, and numerous other entities striving for the betterment of child welfare and family relations. She is a certified Darkness to Light “Stewards of Children” Facilitator and a certified QPR (Question, Persuade, Refer) Instructor.



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What makes her so unique, is the ability to tailor her approach and communication skills to meet the needs of each and every client she interacts with. What motivates her to achieve greater, is the knowing that completing a simple task or providing a resource to the community, can open a door to a firmer family foundation and a healthier start. Brittney enjoys being a “home-body”, spending time with fiancée', friends, and family, and reading a good book, when she has the time.

She is currently pursuing a Masters in Clinical Mental Health Counseling from Capella University.