

QPR (Question. Persuade. Refer) Suicide Prevention (Signature)

Situation

Kansas Suicide Statistics:

- On average, one person died by suicide every 16 hours in the state.
- More than five times as many people died by suicide in Kansas in 2017 than in alcohol related motor vehicle accidents.
- Suicide is the 9th leading cause of death in Kansas.
 - 2nd leading cause of death for ages 10-44
 - 4th leading cause of death for ages 45-54
 - 8th leading cause of death for ages 55-64
 - 17th leading cause of death for ages 65+

The rate of suicide in Kansas increased by 70% between 2000 (12.02 per 100,000 persons) and 2018 (18.6 per 100,000 persons).

The rural nature of Kansas has had a detrimental effect on the rate of suicide across the state. Between 2014-2018 Kansas experienced an increase in suicide of 57% in 20 “frontier” counties. This was attributed to “growing isolation, greater economic pressures, and an increase in untreated mental illness” in our rural population.

The public health emergency has significantly increased the economic and emotional burden on the agricultural community in Kansas. Additional stressors include geographical isolation, limited access to mental health resources, and loss of income from agricultural market volatility. There is a high demand for additional mental health/stress resources to support this population.

* CDC, 2018 Fatal Injury Reports

*Kansas Suicide Prevention Plan 2021-2025

Public Value

Outcomes

Short-Term (Knowledge)

Program participants will improve knowledge, skills and/or understanding of:

- facts concerning suicide prevention
- warning signs of suicide
- how to ask someone about suicide
- local resources for help with suicide
- persuading someone to get help

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Indicators

The increase in the number of program participants reporting awareness, knowledge, and/or understanding of:

- facts concerning suicide prevention
- warning signs of suicide
- how to ask someone about suicidal feelings
- local and state resources to help with suicide
- how to persuade someone to get help

Medium-Term (Behavior)

Program participants will:

- be able to ask someone about suicide
- be able to know how help someone who has suicidal thoughts
- be able to persuade someone to get help with suicidal thoughts

Indicators

- Increase in the number of Kansans who are aware of the warning signs of suicide.
- Increase in the number of Kansans who feel it is appropriate to ask someone about suicide.

Long-Term (Change in Condition)

With the awareness of the warning signs of suicide, participants will assess when family, friend, or community member is thinking about suicide and help them obtain the help they need.

Participants will share community resources for mental health and suicide prevention with family, friends, and other community members.

Indicators

- There will be a reduction in the stigma of discussing mental health and suicide across the state of Kansas.
- The rate of suicide in Kansas will decrease.

Outputs

Extension personnel will achieve and maintain QPR Trainer certification and user licensing agreement through the QPR Institute.

QPR Trainers will provide 60–90-minute QPR training sessions through in-person or on-line delivery methods.

QPR Trainers will collect participant demographic information and pre- and post-evaluations and enter them into PEARS.

Pre- and Post-Evaluations are available in PEARS "Surveys" under titles:

- QPR (Question. Persuade. Refer.) Suicide Prevention (PRE)
- QPR (Question. Persuade. Refer.) Suicide Prevention (POST)

A file copy is also attached to this Action Plan.