**After-Action Report: Question, Persuade, Refer Gatekeeper training (QPR), February 2, 2019**

Vet to Vet Tennessee (VTVT) and the Knoxville Regional Veterans Mental Health Council provided VTVT QPR training at Powell Community Center, Powell, Tennessee on Saturday from 1300 to 1530. Theresa Botts from Spartan Alliance organized and hosted the event which included members from various chapters of the Combat Veterans Motorcycle Association and Rolling Thunder.

1. The program was co-facilitated by Pat Calabro, Sheryn & Don Davis and Ed Junod.
2. The QPR training session was allocated 120 minutes.
3. Additional 30 minutes after the sessions for additional Q&A.
4. Special guest Susan and David Toombs, surviving parents of John Toombs who took his on life on November 23, 2016.
5. Spartan Alliance provided beverages and donuts and presentation handouts.
6. V2VT prepared suicide prevention folder with material provided by the Tennessee Suicide Prevention Network and the VA Knoxville Outpatient Clinic.
7. Total attendance included:
   1. Total in attendance 33.
   2. 16 females, 17 males; 27 attendees were veterans.
   3. Average age of attendees was 55.15.
   4. 100% surveys returned.
   5. First suicide prevention training for the majority of the attendees
   6. 100% attendees have firearms.
   7. 100% knew/know someone who is/was suicidal.
      1. 8 knew someone who has committed suicide
      2. 5 know someone who is currently suicide
   8. 44 Attitudes Inventory forms were returned.
      1. Below are question 10 “Suicide is a sin” responses.
      2. 48% disagreed, 4% agreed. 48% neither.
   9. **After the training one attendee admitted being currently suicidal. Appropriate referrals and steps taken. Assigned a Gatekeeper mentor.**
   10. **After the training, two admitted they knew two 17-year-old teens that are currently suicidal. Referrals and steps taken to address current status.**
   11. **After the training, one admitted she was suffering from guilt after “failing to save a 17-year-old from committing suicide” three years ago. Referrals provided.**

**Comments**:

1. *“I feel comfortable (more) talking with my veteran “sons” about their issues.”*
2. *“It was a good training session. It will be a great help in the future for being a Gatekeeper.”*
3. *“Very informative – Ed is excellent.”*
4. *“Very informative and helpful.”*
5. *“Great class!”*
6. *“I work at a veterinary clinic.”*
7. *“Great job and I’d like to learn more.”*
8. *“Excellent training for awareness, very informative and thought provoking.”*
9. *“I have learned a lot of information and how I can help my brothers and sisters.”*
10. *“I am a paramedic in Blount County and can apply this info to my job.*
11. *“Very good presentation of material. This is a subject that is hard to breach with the general population. I would highly recommend the training for all fire, police and EMS who deal with these situations on a regular basis.”*
12. *“I am a psychologist by training and now a volunteer. I wish I had gotten this earlier and gotten others to get it.”*

**Lessons Learned:**

1. Host and facility excellent.
2. Incredible interaction during the training. 40 extra minutes for networking after the 2 hour training.
3. At least 6 attendees requested VTVT’s QPR Gatekeeper Instructor scholarships.
4. Encouraged everyone to questions everyone when they recognize any signs.
5. Encouraged attendees to use the crisis hotline for before, during or after a crisis; including the living family and friends after a successful suicide.
6. Encouraged at risk population to join a specialized support group; can’t handle this alone.
7. Mr. & Mrs. Toombs were honored and grateful for VTVT presenting the course in honor of their son; provided inciteful information about their son’s death.
   1. Toombs will recommend the VTVT QPR program to everyone.
   2. Advised us that John Toombs’s story will be published in a national magazine. Will be published shorty.

Next QPR Gatekeeper training is scheduled on February 13, 2019 at the Carpetbag Theater, Knoxville Tennessee and February 28, 2019 at Cornerstone of Recovery, Louisville Tennessee.

Respectfully submitted,

Ed

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