

The Virginia HIV/AIDS Resource and Consultation Center (VHARCC)

VHARCC works with government agencies, professional organizations, and academic and community healthcare providers. Its mission is to expand knowledge of quality care for persons with HIV/AIDS and to focus on prevention through education, research, and service. VHARCC offers multidisciplinary educational programs, expanding clinical programs, and consultations on HIV/AIDS-related issues or concerns. VHARCC also offers HIV antibody testing/counseling.

The AIDS/HIV Services Group

ASG provides services to persons with HIV, at-risk for contracting HIV and those affected by substance abuse. ASG service areas cover most of the Northwest Health Region of Virginia and also include Health Districts in the Central and Southwestern Health Regions.

Rappahannock-Rapidan Community Services Board

The RRCSB is a regional provider for local government whose mission is to improve the quality of life the citizens who are elderly or who have disabilities related to mental illness, mental retardation, and substance abuse.

The RRCSB offers a comprehensive array of services in local communities.

The VCU HIV/AIDS Center

Box 980147

Richmond, VA 23298

Presented by ASG

**on behalf of the Virginia
HIV/AIDS Resource and
Consultation Centers:**

Suicide Prevention and Resiliency: Moving Forward

October 1, 2008

1:00pm-4:00pm

ASG Conference Room

963 2nd Street SE

Charlottesville, VA 22902

Please refer to website for directions:

www.aidservices.org



Suicide Prevention and Resiliency: Moving Forward, October 1, 2008, Charlottesville, VA

Course Description

QPR for Suicide Prevention:

QPR stands for Question, Persuade, and Refer—3 simple steps that anyone can learn to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of someone who is thinking about suicide and how to question, persuade, and refer them to help. Individuals who complete QPR training become community gatekeepers.

Resiliency: Moving Forward:

This training will teach you skills that can be practiced and learned that will help you handle workplace pressures and rapid changes in your personal life.

Target Audience

This course is designed for counselors, case managers, providers, and others who deal with individuals in a crisis.

Course Objectives

After taking this course, learners will be able to:

1. Recognize the warning signs of suicide;
2. Offer support and direct clients to appropriate services
3. Understand the importance of resiliency

Course Agenda

QPR for Suicide Prevention

What is QPR

Prevalence information and data

Warning signs and clues

Implementing QPR

Suicide Helpline

Resiliency: Moving Forward

Goals and benefits of resiliency

Characteristics of resilient people

Paradoxical traits and flexibility

Optimism

Increasing resilience

Taking care of yourself

Trainer

Alan Rasmussen, M.Ed.

Suicide Prevention Director

Rappahannock-Rapidan Community Services Board

Alan is Chairman of the Healthy Culpeper Prevention Coalition in Culpeper and Vice-Chair of the Orange County Interagency Council. He is a certified QPR Suicide Prevention trainer. Alan is also a professor for the Bachelor of Interdisciplinary Studies Program at the University of Virginia. He has served in this capacity since 2002.

Registration

Name & Degree

Organization & Job Title

Address

Phone

Send completed forms to:

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AIDS/HIV Services Group

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Seshi Campbell 434-979-7714 ext.224.