



# Jefferson College Law Enforcement Academy

a CALEA accredited training facility

4400 Jeffco Blvd. Arnold, Missouri 63010

636-481-3425 -or- 636-481-3481 -or- FAX: 636.467.2612



## Recognizing Warning Signs of Suicide/Self Harm & Depression, Bipolar Disorder & Stigma

**Date:** May 16, 2023

**Time:** 0800-1200 hours

Jefferson College Imperial Law Enforcement Academy

**Location:** 4400 Jeffco Blvd.

Arnold, MO 63010

Room 207

**Instructor (s):** Megan Swaback, COMTREA

**Registration Deadline:** May 9, 2023

**Intended Audience:** Law Enforcement Community

**Recognizing Warning Signs of Suicide/Self Harm:** The first half of the training is QPR, which stands for Question, Persuade and Refer. It is a training that teaches law enforcement to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. Like CPR, QPR uses a “chain of survival” approach in which the participant learns to recognize early suicide warning signs, Question their meaning to determine suicide intent or desire, Persuade the person to accept or seek help, and Refer the person to appropriate resources.

**Course Description: Depression, Bipolar Disorder & Stigma:** This training provides an overview of a couple of mental health disorders that law enforcement is likely to encounter. We will focus on mental health stigma, and discuss how officers can address it with people they come in contact with. Mental health stigma keeps people from admitting problems and getting help and makes it more likely they will have repeat visits from law enforcement. We will discuss tools that will aid officers in their interactions with individuals

**Dress Code:** Business Casual

P.O.S.T. Core Curricula	Interpersonal Perspectives	Legal Studies	Skill Development	Technical Studies	TOTAL
P.O.S.T. Hours:	3	0	0	1	4
Additional Info	N/A				

**Certificates Issued by:** Jefferson College Law Enforcement Academy

**Cost:** *Contract members* \$0.00 *No contract* \$0.00

**Class Limits:** *Maximum* # 26 participants *Minimum* #10 participants

**\*Attendance Requirement:** In order to certify attendance, participants must be present for all training hours.

**To register for this course call: 636-481-3425 -or- 636-481-3481 -or- FAX: 636.467.2612**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Department: \_\_\_\_\_ Rank/Assignment: \_\_\_\_\_