



NKHS
Northeast Kingdom Human Services

We're
All About
**Being
Human!**

MAY 2025

Free Community Trainings

Question, Persuade, Refer (QPR) Training

Location: Zoom

"Like CPR, QPR is an emergency response to someone in a suicide crisis. Also, like CPR in the Chain of Survival from a life-threatening medical crisis, early recognition of warning signs, early intervention and early professional assessment and care can save lives." - QPR Institute

What to expect in the 90 minute Zoom training:

- A pre & post training survey
- An interactive training with time for questions, comments, and reactions
- Introductory videos
- Learn QPR

Review common myths, misconceptions, and statistics about suicide and warning signs of suicidal behavior, how to question, persuade, and refer to offer hope Certified QPR instructors are available after the formal training to talk with participants.

May 9



Time:

11 AM - 12:30 PM

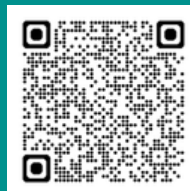
Applied Suicide Intervention Skills Training (ASIST)

Location: NKHS, 2225 Portland Street, St. Johnsbury, VT 05819 **Breakfast & lunch provided.**

Attending this two-day course will train you to intervene with an individual who is thinking about suicide (**participants must attend both days**).

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 18 or older can learn and use the ASIST model.

May 15 & 16



Time:

9 AM - 5 PM

Youth Mental Health First Aid

Snacks & lunch provided.

Location: Catamount Arts, Community Room 115, Eastern Ave St Johnsbury, VT 05819

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

May 28



Time:

10 AM - 5 PM

All trainings are free due to the support of:

