
QPR Gatekeeper: Suicide Prevention

The QPR Gatekeeper presentation is a crisis intervention technique designed to help those contemplating suicide. This version of the presentation is created specifically to fit the needs of law enforcement. The ideals are simple, a three step proven technique to help someone in a moment of crisis. In fact, while we compare our training to CPR, statistically you are more likely to use QPR in your lifetime. QPR is not a training intended to make you a counselor. QPR is intended to teach someone the skills specifically for mediating crisis situations. The presentation focuses on warning signs, how to ask if someone is suicidal, followed by what to do if they are suicidal. The simple overall message of hope, helps our "gatekeepers" have life long impacts on those that they help.

Lake Miller Trainer QPR

Lake Miller is an experienced trainer in QPR, a lifesaving technique for those dealing with suicide. Lake early on found a passion in helping others and giving people hope in low times. As a college student, Lake has dealt with not only his own suicidal ideology, but with that of his peers. These interactions sparked a curiosity for what to do. Through QPR, Lake trains individuals to go out and mediate a situation in which someone's life is at risk. Lake has given many trainings to large groups as well as working with many small groups having crucial dialogue. Lake comes from a family of open dialogue and discussing things before they become a problem. These ideals have helped shape the conversations he has with those he trains. Lake is an Eagle Scout and was raised in Yellow Springs. He currently works for Springfield City School District and the National Conference for Community and Justice.