Suicide Prevention Program (SPP)

THE CSULB COMMUNITY UNITES to prevent suicide on campus. On August 30, 2013, students, staff, faculty and administrators at CSULB attended a Question Persuade Refer (QPR) Instructor Training at the USU to learn how to provide (QPR) Gatekeeper workshops to the greater campus community.

A QPR Gatekeeper is taught how to recognize that someone may be at risk for suicide. Gatekeepers include anyone in our campus community: students, faculty, staff, administrators, parents, friends, and employers.

We are excited to report that by November 2013, several QPR Instructors have given QPR Gatekeeper trainings on our campus and in our communities. The SPP has collectively trained 186 Gatekeepers since August 2013 and counting! QPR instructors and Gatekeepers have also shared that they have used their QPR skills to intervene and assist someone who was having thoughts of suicide since receiving the training. We are truly making an impact with our Suicide Prevention Program. Thank you for your hard work and dedication!

— Project OCEAN

QPR Trainings Provided for Fall 2013:

CSULB Athletics
Candice Chick, M.A., Athletics

Sagrado Corazon Parish
Sandra Arana, M.S. & Araceli Mejia, M.S., former CAPS Intern

Educational Leadership Department Faculty
Julio Fregoso, former Graduate Peer Educator and SDHE Graduate Student

Project OCEAN for CSULB Students
Cristina Chavez & Francisco Granados, OCEAN Peer Advocates

Upcoming Trainings:

Beach Balls Juggling Club
Walter Heth, Student, Beach Balls President

LMU Student Athletes
Candice Chick, M.A., Athletics

Disabled Student Services Peers
Alexandra Thurston, M.S., CAPS Intern

President Scholars Ambassadors
Valerie Bordeaux, Director & Jennie Hurley, Associate Director

Eta Sigma Gamma
Shena Young, M.A., CAPS Intern

Salsa Club
TBD

Tell us what YOU’ve done!
www.csulb.edu/ocean