

# The Rutland Suicide Safer Care Project Training Series



## Umatter Gatekeeper

Umatter Gatekeeper is a full day training that enhances an individual's knowledge, attitudes and skills to identify other individuals at risk. It teaches lay and professional "gatekeepers" the risk factors and warning signs of suicide so they can intervene and respond appropriately. Participants in a Gatekeeper training will be introduced to:

- \* Responses to suicidality by identifying signs and symptoms of suicide, risk and protective factors, profession-specific roles, responsibilities, and protocols;
- \* Ways to Identify when and how to refer an individual for more help;
- \* Profession-specific prevention and postvention protocols for local adaptation.

### **Training Date and Location:**

**September 16, 2019**

Rutland Regional Medical Center



**MENTAL  
HEALTH  
FIRST AID®**

Mental Health First Aid is a full day training that teaches you how to help someone who may be experiencing a mental health or substance use-related crisis. You will learn risk factors and warning signs for mental health issues and substance misuse, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. The training is appropriate for a wide variety of audiences.

### **Training Date and Location:**

**October 9, 2019**

Rutland Regional Medical Center



## **WHO SHOULD ATTEND?**

This training is open to employees and community partners of :

- Rutland Regional Medical Center (RRMC)
- Rutland Mental Health Services (RMHS)
- Community Health Center of the Rutland Region (CHCRR)

If you have any questions about participating, please contact [info@healthandlearning.org](mailto:info@healthandlearning.org)

## **WHAT IS THE COST TO ATTEND?**

These trainings are being offered at **no cost** by the Rutland Suicide Safer Care project, a partnership between the Center for Health and Learning (CHL)/ Vermont Suicide Prevention Center (VTSPC); the Rutland Regional Medical Center (RRMC), Rutland Mental Health Services (RMHS) and Community Health Center of the Rutland Region (CHCRR) and funded through a grant from the Bowse Health Trust, a Department of Rutland Regional Medical Center.

*Lunch is not included with training, attendees are welcome to purchase locally or bring from home.*



Register to attend online at:  
[www.healthandlearning.org](http://www.healthandlearning.org)  
Click on **Trainings/Events**