GUIDELINES FOR DEVELOPING TRAINING REGARDING SCREENING FOR POST-TRAUMATIC STRESS DISORDER, RISK OF SUICIDE, DEPRESSION AND GRIEF, AND SUICIDE PREVENTION

INTRODUCTION

Pursuant to Public Act 21-46, effective **January 1, 2022**, all applicants for **renewal** of certification as an emergency medical responder (**EMR**), emergency medical technician (**EMT**) must demonstrate to the Department that they have completed one of the following training programs:

1. Question, Persuade and Refer (QPR) Institute Gatekeeper Training as provided by the Youth Suicide Advisory Board in conjunction with the Office of the Child Advocate, or
2. Not less than two (2) hours of training or education, approved by the Department of Public Health on screening for post-traumatic stress disorder, risk of suicide, depression and grief and suicide prevention.

Many local health districts and community health agencies offer QPR at no cost. See listing on p. 2.

PROGRAM DEVELOPMENT

EMS instructors and other qualified persons may obtain training from the Office of the Child Advocate when that program is made available. A commercially available program called "QPR Institute" may be used, however no instructor is required to invest in that program.

EMS instructors and other subject matter experts (social workers, licensed counselors, APRN with psychiatric training, etc.) wishing to develop their own curriculum shall submit a request for approval through the online EMS Education Approval System at https://dphsubmissions.ct.gov/EMSSystems .

The submission shall include the following:

- Minimum learning objectives
    - screening for post-traumatic stress disorder
    - screening for risk of suicide
    - screening for depression
    - screening for grief
    - suicide prevention
- Method(s) of education
- Method(s) of assessment
- List of clinically sound references used to develop
- Minimum time frame of 2 hours

RESOURCES

This is a non-exclusive list of available resources, provided without formal approval or support of the Department, for the benefit of those developing a program to comply with this statutory requirement.

- Suicide Prevention Resource Center - https://sprc.org/
- National Center for PTSD (Veteran's Administration) - https://www.ptsd.va.gov/
- NIMH Ask Suicide-Screening Questions - https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials
- Weill Cornell Medicine Grief Resources - https://endoflife.weill.cornell.edu/grief-resources

PREAPPROVED COURSES

The department has reviewed the following programs and determined that they meet or exceed the statutory requirements:

Provider	Program
QPRinstitute.com	QPR Gatekeeper Training (1.5-2 hours)
International Critical Incident Stress Foundation	Assisting Individuals in Crisis
Lexipol Learning (Fire Rescue 1, EMS 1 Academy)	Mental Health and Wellness for Firefighters (1 hour) Post-Traumatic Stress Disorder (PTSD) in the Fire Industry (1 hour) (updated 9-2025) **(both required)**
National Council for Mental Wellbeing	Mental Health First Aid (8 hours) (Same program required for paramedics, exceeds the requirement for EMR and EMT providers)
All Clear Foundation	Responder Strong (4 hours)
Vector Solutions	NFPA 1500: Post Traumatic Stress Disorder (PTSD) in the Fire Industry
Regional Resources	
Regional Youth Adult Social Action Partnership–Region 1	Provides QPR Training for Region 1 (Greater Norwalk - Bridgeport) providers at no cost – Contact Victoria O'Neil at victoria@ryasap.org for schedule.
Alliance for Prevention & Wellness – Region 2	Provides QPR Training for Region 2 (Greater New Haven) providers at no cost – Contact Nicole Mason at nmason@bhcare.org for schedule.
Southeastern Regional Action Council – Region 4	Provides QPR Training for Region 4 (Greater New London-Norwich) providers at no cost – Contact Mark Irons at mirons@seracct.org for schedule. https://www.seracct.org/technical-assistance/training/

Western CT Coalition – Region 5	Provides QPR Training for Region 5 (Greater Danbury - Waterbury) providers at no cost – Contact Kathy Hanley at khanley@wctcoalition.org for schedule. https://www.wctcoalition.org/ - Scroll to calendar

Please check the DPH OEMS website for the current version of this guidance document as it may be updated as resources are identified and reviewed. https://portal.ct.gov/DPH/Emergency-Medical-Services/EMS/OEMS---EMS-Education-and-Training#training

Free Online QPR Training

1. Click here: qprtraining.com/setup
2. Enter this code: **SPEEDYFOUND**
3. Select *Create Account*
4. Complete and submit your registration form
5. QPR will display (and email you) the newly created *Username and Password*
6. You can then log-in to begin training at qprtraining.com