



In two BCHS newsletter articles prior to Spring Break, I shared a description of the professional development the Bishop Chatard staff was undertaking. We went through *QPR (Question, Persuade, Refer)* training, giving us some insight into the signs and causes of suicide. We also learned some intervention techniques and were offered tools aimed at helping students navigate the difficulties they might be experiencing.

We would like to offer our parents a similar opportunity.

We have asked the *QPR* presenter to offer a session for our parents. Carlabeth Mathias, MS, LCSW, LMHC of Mathias Counseling and Consulting will present to interested parents on **Thursday, May 10 from 7:00-8:30 p.m. in the Kyle Guyton Theatre at Bishop Chatard.**

The parent session will differ slightly from the training the staff received, but will focus on suicide awareness: what to look for in your children, how best to help them, protective and risk factors, how to talk with children about suicide, warning signs and clues, etc. She will also explain QPR, to provide you with a few tools and giving you a clear idea of the type of training the staff experienced.

We hope you will take advantage of the opportunity to learn more about this very important topic.

To help with planning and providing materials, please RSVP by visiting [www.SignUpGenius.com/go/10C0D48A9A729AAFC1-bchs](http://www.SignUpGenius.com/go/10C0D48A9A729AAFC1-bchs) for this free *BCHS Village* event.