

QPR

QPR stands for Q (Question), P (Persuade), R (Refer) and is a training for persons to recognize the warning signs of a suicide crisis and to feel more comfortable in discussing the situation to help the person get to the appropriate resources for help. The goal of the training is to empower all people to make a positive difference in the life of someone during a crucial moment. This training also includes information to increase awareness of the issues associated with the occupations of first responder and farming that can contribute to stress and depression. The instructors recognize the role of first responders, particularly those in rural communities. Many first responders are role models within their community, active within their community, and are well-known in their community because of their position. This role means that first responders interact often within their community making the first responder the very person that may be one of the first persons to recognize an issue and that the individual is comfortable sharing with.

Instructors – Dale Dobson and Dr. Cheryl Witt

Dale W. Dobson is the Kentucky Department of Agriculture Safety Administrator, and is a farmer, firefighter and EMT. Dale grew up as a grain, dairy and tobacco farmer. In 1989 he became a volunteer firefighter to help his community, which led him to see deaths and accidents from a different point of view. As a result, he created and hosted the first-ever Farm Safety Program on his farm in 1994. The program continued to grow and eventually became a state-wide program. In 1998 Dale started working from the Kentucky Department of Agriculture where he is today, and still farms, working with grain and hay in Hodgenville, KY. He is married with 3 kids, and 6 grandkids. Dale has a passion for safety, enjoys travelling the country, and over the past 32 years has seen agriculture progress and make safety a top priority. Life is good.

Dr. Cheryl Witt is an Assistant Professor at the University of Louisville School of Nursing (ULSON). She continues to use her nursing experience, love for farm families, concern of health disparities in rural and Appalachian areas to pursue her research interest of improving the health of farmers and farm families, and keeping farmers in the field, even in their elder years. She works closely with Kentucky Department of Agriculture and works with her dad and son on their 6th generation family farm. She lives with her husband, 2 children, 6 grandchildren, 4 dogs, 7 chickens, 11 cows and 2 calves on a farm in Central KY.