

How many Jason Flatt hours do I need?

You need to acquire 8 hours of suicide prevention training every 4 years.

Ways to Obtain Jason Flatt hours:

1. **District PD Offerings:** *(The following courses are offered at various times throughout the year. Please reference the course offerings in [Professional Learning](#) for the most current offerings and registration.)*
 - **QPR** (Question Persuade Respond) **1-hr course:** QPR stands for Question, Persuade, and Refer - The 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
 - **QPR** (Question Persuade Respond) **3-hr course:** QPR stands for Question, Persuade, and Refer - The 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
 - **Youth Mental Health First Aid 8-hr course:** Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. This course and course materials are valued at \$170. Thanks to the AWARE Grant, all course materials are paid for.
 - **[OTHER Approved Jason Flatt Trainings](#)** - any other course offered through the district that meets the Jason Flatt requirements will state such in the course description.

****All classes taken directly from CCSD that require registration through professional learning will automatically award both Jason Flatt hours AND PD hours within the system.**

2. **[Jason Flatt Foundation Training Modules](#)** - you have to register within the Jason Flatt website, but then you have access to all the training modules. Length of modules vary, usually 1-2 hours each, and at the end of each module you receive a certificate of completion. You will want to save that certificate of completion to your computer and upload into Professional Learning. ***Any class taken from an external provider will require you to complete an external credit request within professional learning - see directions below.***

****For password support within the Jason Flatt Foundation modules, call 615-264-2323.**

3. **OTHER** - If you are considering taking a course from another provider that you believe might meet the Jason Flatt hour requirements, please check with Jessica Diaz (307-687-4565) prior to attending to see if the course could possibly count towards your Jason Flatt hours. ***Any class taken from an external provider will require you to complete an external credit request within professional learning - see directions below.***

How to upload Jason Flatt hour certificates into Professional Learning:

1. Log into [Professional Learning](#).
2. Click on "External Credit Requests".
3. Click on the "New Request" button in the upper right-hand corner.
4. Select "Jason Flatt Hours".
5. Complete the form and attach your certificate within the form.

****You will be awarded Jason Flatt compliance hours AND PD hours within the Professional Learning system upon your external credit request being approved.**

How do I check my Jason Flatt hours?

You can check how many Jason Flatt hours you have within your current 4-year round by clicking on "Credit Banking". The hours you see under "bankable" in the Jason Flatt row indicate how many hours you have toward your current round. *When your 4-year round is up, your Jason Flatt Hours credit bank will zero out. You will not lose the PD hours you earned, as those will remain in your Professional Development Hours bank.* If you have questions about when your round ends, please contact Jessica Diaz @ 307-687-4565.

Credit Bank

Type	Units	Accrued		Total	Last Reset
		Non-Bankable	Bankable		
Professional Development	Hours	0.0	94.5	94.5	
Jason Flatt Hours	Hours	0.0	5.0	5.0	
No Credit	Hours	0.0	0.0	0.0	
Graduate Credit	Credits	0.0	15.0	15.0	
CCSD Credit	Credits	0.0	14.0	14.0	