

ASIST by LivingWorks

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (www.livingworks.net/AS.php)

- WHERE:** **Rapid City, S.D.**
–Howard Johnson Express
–950 North Street
- WHEN:** **Nov. 14-15**
–8:15 a.m. to 4:30 p.m
- COST:** **\$250 (includes handbook & lunch)**
–30-person limit
–14 educational contact hours*



BY THE END OF THE WORKSHOP, YOU WILL BE ABLE TO

- Deal effectively with personal and societal attitudes about suicide
- Discuss suicide with an at-risk person in a direct and helpful manner
- Identify an at-risk person and make a plan to help (called a *safep*lan)
- Demonstrate the use of intervention skills for helping an at-risk person
- Identify resources available to help a person at risk for suicide
- Have confidence in being an effective resource yourself
- Be part of a team improving the community's response to suicide
- Understand issues such as life promotion and care of yourself as a caregiver

PRE-REGISTRATION IS REQUIRED

Send the attached registration form to the attention of **Franklin Cook**:
Unified Community Solutions
617-1/2 St. Joseph #10
Rapid City, SD 57701
605-209-0292
franklin@unifiedcommunities.com

*Credit for continuing education is available from the South Dakota Board of Counselor Examiners, the S.D. Board of Social Work Examiners, and the S.D. Chemical Dependency Counselor Certification Board.

ASIST TRAINERS

- Franklin Cook, M.A.
Unified Community Solutions, Rapid City, S.D.
- Jane Ross, M.Ed., L.P.C.
Midwestern Colorado Mental Health, Montrose, Colo.

*In partnership with the South Dakota Strategy for
Suicide Prevention (SDSSP) Workgroup*

What makes ASIST different?

Connecting:

Connecting gives caregivers an opportunity to clarify and examine their own attitudes toward people exhibiting suicidal behavior. Through connecting, caregivers can overcome attitudinal barriers that may hinder their learning and their helpfulness.

Understanding:

Viewing a suicidal situation through the eyes of an at-risk person helps caregivers understand how to take care of that person's concerns. Caregivers practice how to apply their understanding in simulated scenarios involving suicide risk.

Assisting:

Caregivers learn the Suicide Intervention Model as a framework for understanding the process of suicide intervention. Caregivers intensively apply suicide first aid, including connecting, understanding, and assisting skills in intensive practice situations.

WORKSHOP SCHEDULE

DAY ONE

8:15 a.m. Registration + Coffee/Snacks

8:30 a.m. MORNING SESSION

- Pre-workshop orientation
- Learning suicide first aid
- Film: *Cause of Death?*
- Feelings about suicide and experiences with suicide
- Connecting feelings, experiences to suicide first aid

12:30 p.m. LUNCH

1:30 p.m. AFTERNOON SESSION

- Recognizing "invitations"
- Reasons for living, reasons for dying
- Reviewing risk
- Constructing a safeplan
- Promoting follow-up on commitments

4:30 p.m. END OF DAY 1

DAY TWO

8:15 a.m. Coffee/Snacks + "Meet & Greet"

8:30 a.m. MORNING SESSION

- How to learn intervention through simulation
- Structure of an intervention
- Process of an intervention
- Ambivalence
- Simulation -- Case A
- Simulation -- Case B

12:30 p.m. LUNCH

1:30 p.m. AFTERNOON SESSION

- Intensive simulations (2.5 hours)
- Resources and self-care for caregivers
- Working as a team
- Vision of the future

4:30 p.m. COMPLETION CERTIFICATES AWARDED

*The SDSSP Workgroup—an ad hoc advisory group made up of stakeholders and advocates from across South Dakota—is implementing a statewide public health response to suicide (partially funded by the S.D. Division of Mental Health and the S.D. Department of Health).

www.sdsuicideprevention.org

REGISTRATION FORM

PRE-REGISTRATION USING THIS FORM IS REQUIRED

ASIST by LivingWorks 2-Day Workshop

I am registering for a session on ...

November 14-15, 2006

**WORKSHOP LIMITED
TO 30 PARTICIPANTS**

Cost: \$250 (includes handbook & lunch)

Call Howard Johnson Express at 605-737-4656 for room reservations.

UNIFIED



Empowering people through common action

NAME:

AFFILIATION (agency, etc.):

ADDRESS:

CITY, STATE, ZIP:

PHONE:

E-MAIL:

**Please mail your completed
application and payment to:**

Unified Community Solutions
617-1/2 St. Joseph, #10
Rapid City, SD 57701

*For more information,
call Franklin Cook:
(605) 209-0292*

CHECK A BOX IF YOU WILL APPLY FOR CONTINUING EDUCATION:

- South Dakota Board of Counselor Examiners
- S.D. Board of Social Work Examiners
- S.D. Chemical Dependency Counselor Certification Board

Enclosed is my full payment of \$250: I understand that it is a nonrefundable fee.

Signature (required):

Date: