

ASIST by LivingWorks

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (www.livingworks.net)

FREE TRAINING*

Including lunch &
professional education credits:
MSW, LPC, CDC & Teachers

WHERE: **TownName, S.D.**

- BuildingName
- AddressLocation

WHEN: **MonthDay, Year (MON & TUE)**

- 8:15 a.m. to 5:00 p.m

COST: **Free** (Sponsor: **TownName** Suicide Prevention Task Force)

- Lunch provided
- 15 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 *safeplan*)
- 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

*** PREREGISTRATION IS REQUIRED!**

To attend, you must contact
ContactName at
ContactPlace:

contact-email@abc.com

605-xxx-xxxx

**DEADLINE: ONE WEEK BEFORE
TRAINING BEGINS**

ASIST TRAINERS

TrainerName, M.A.
TrainerAffiliation, TrainerTown, S.D.

TrainerName, M.A., LPC
TrainerAffiliation, TrainerTown, S.D.

What makes ASIST different?

Connecting:

Connecting helps caregivers clarify and examine their own attitudes about 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 a community-based response to suicide. They get intensive practice with suicide first aid skills, including connecting, understanding, and assisting.

***INSERT-DISCLAIMER** The ... is affiliated with the S.D. Community Partnership for Suicide Prevention, which provides free support to communities as part of a statewide project funded by the U.S. Substance Abuse and Mental Health Services Administration under the Garrett Lee Smith Memorial Act. The Community Partnership for Suicide Prevention is a project of the S.D. Division of Mental Health.

www.sdsuicideprevention.org

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. Summary & Wrap-Up

5:00 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. Summary & Wrap-Up

5:00 p.m. COMPLETION CERTIFICATES AWARDED