

The Jefferson County Alliance of Service Councils, INC Suicide Prevention Task Force presents

# ASIST Training

**Applied Suicide Intervention Skills Training**

**January 31<sup>st</sup> and February 1<sup>st</sup>**

Keystone Learning Services, Ozawkie

**8:30am – 4:30pm**

Lunch provided both days

**Cost: \$25 Must REGISTER [HERE](#) or type in: [goo.gl/7wLS99](https://goo.gl/7wLS99)**

Space is limited to 30 participants

Thanks to Free State Electric for the grant that has helped cover costs!



**Applied Suicide Intervention Skills Training (ASIST)** is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

**Learning goals and objectives** Over the course of their two-day workshop, ASIST participants learn to:

- Understand ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to persons at risk in ways that meet individual safety needs
- Identify the key elements of an effective suicide safety plan and actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community
- Recognize other important aspects of suicide prevention including life-promotion and self-care

## **ASIST makes a difference**

- As the world's leading suicide intervention workshop, LivingWorks' ASIST program is supported by numerous evaluations including independent and peer-reviewed studies. Results demonstrate that ASIST helps participants become more willing, ready, and able to intervene with someone at risk of suicide.
- ASIST is also proven to reduce suicidality for those at risk. A 2013 study that monitored over 1,500 suicidal callers to crisis lines found that callers who spoke with ASIST-trained counselors were 74% less likely to be suicidal after the call, compared to callers who spoke with counselors trained in methods other than ASIST. Callers were also less overwhelmed, less depressed, and more hopeful after speaking with ASIST-trained counselors.