

ASIST - (Applied Suicide Intervention Skills Training)

February 23-24, 2021

8:00 am - 5:00 pm (must attend all sessions, both days)

Dakota Nature Park, Brookings, SD



Training Schedule

DAY ONE

8:00 a.m. MORNING SESSION

- Why First Aid / Why ASIST Training is Needed
- About the Participants and the Workshop
- Film: *Cause of Death?*
- Connecting Feelings / Experiences with Suicide and Helping
- Connecting Attitudes with Suicide and Helping

12:30 p.m. LUNCH – on your own

1:30 p.m. AFTERNOON SESSION

- Introduction to Understanding
- Explore Invitations
- Hear Their Story
- Develop a SafePlan and Confirm
- Concluding Understanding

5:00 p.m. END OF DAY 1

DAY TWO

8:00 a.m. MORNING SESSION

- PAL In Action It Begins With You
- Transition To Practice
- Support Turning to Safety Simulation
- PAL Simulation
- Safety First Simulation
- Workgroup Introduction and Practice

12:30 p.m. LUNCH – on your own

1:30 p.m. AFTERNOON SESSION

- Continue Work Group Practice
- Organizing and Starting
- Relationships with Persons at Risk Discussion
- Community Relationships Discussion

5:00 p.m. END OF DAY 2

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 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 Pathway for Assisting Life (PAL) 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.

By the end of the workshop, you will be able to:

- Discuss suicide with an at-risk person in a direct and helpful manner
- Deal effectively with personal and societal attitudes about suicide
- 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

To register, go to:

Brookingsunitedway.org/mental-health-training/

Questions? Contact dodih@humanserviceagency.org or 605-884-3516 or heidi@brookingsunitedway.org or 605-692-4979

~~~Registration is limited to 30~~~

Application will be made for CEUs for Social Work, Counseling, and Drug & Alcohol Professionals~~~

Application will be made for 1 Graduate & Undergraduate credit through USF for \$45