

Applied Suicide Intervention Skills Workshop

ASIST helps prepare caregivers

ASIST is designed to help all caregivers become more ready, willing and able to help persons at risk. Suicide can be prevented through the actions of prepared caregivers. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide.

The workshop is for all caregivers (any person in a position of trust) within our community. This includes professional/non professionals, (community leaders, resident associations, tidy towns member's, doctors, youth workers, teachers and all those who are involved in the lives of those they live work and play with .

ASIST has five learning sections:

- 1. Preparing - sets the tone, norms, and expectations of the learning experience.**
- 2. Connecting - sensitizes participants to their own attitudes towards suicide. Creates an understanding of the impact attitudes can have on the intervention process.**
- 3. Understanding - overviews the intervention needs of a person at risk. It focuses on providing participants with the knowledge and skills to recognize risk and develop safeplans to reduce the risk of suicide.**
- 4. Assisting - presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation experiences in large and small groups.**
- 5. Networking - generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.**