



ASIST

Applied Suicide Intervention Skills Training

Create a life-assisting community

It begins with you, the benefits live on

The challenge

Every year more people die by suicide than from all of the several armed conflicts around the world and, in many places, about the same or more than those dying in traffic accidents. For every suicide, there may be up to 100 times more who are injured by non-fatal suicidal behaviors. In any year, as many as 6% of the population have serious thoughts of suicide.

How can further deaths and injuries be prevented? How can we support people to choose life when something prevents them from seeing a way forward?

The opportunity

Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations to help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide.

The workshop

ASIST is a two day workshop that provides practical training for caregivers seeking to prevent the immediate risk of suicide. Participants often include:

- People concerned about family, friends
- Emergency service workers
- Mental health practitioners
- Community volunteers
- Natural helpers and advisers
- Counselors, teachers and ministers
- Workers in health, welfare or justice

This training will be conducted mostly in two small groups with one trainer per group. ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience.

The outcome

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seeks further help. Attendance at the full two days is essential. Learn how to:

- Recognize invitations for help
- Review the risk of suicide
- Link people with community resources
- Reach out and offer support
- Apply a suicide intervention model

Evaluations have shown that the workshop increases caregivers' knowledge and confidence to respond to a person at risk of suicide, that intervention skills are retained over time and that they are put to use to save lives.

ASIST: A LivingWorks program

LivingWorks has been helping communities become suicide-safer since 1983. LivingWorks' programs are an important part of national and regional prevention strategies worldwide. Integrated and coordinated, LivingWorks' programs help communities develop suicide-safer attitudes and practices. They are interactive, easy to learn and practical.

Currently, there are over 3,500 ASIST trainers around the world. Over 750,000 people have taken ASIST. For more information about ASIST, please visit the web at www.livingworks.net to find a certified trainer in your area.

ASIST Registration Form

Workshop Dates: September 30, 2019 and October 1, 2019

Times: 8:30am to 4:30pm, both days

(Lunch is provided through the WNY Chapter of The American Foundation for Suicide Prevention)

Location: Jamestown Community College (Carnahan Building, Carnahan Theater)

525 Falconer Street
Jamestown, NY 14701

Cost: There is **no registration fee** for this training, but **you must preregister and attend both days.**

Registration Details:

Name _____

Organization _____ Position _____

Address _____

Email _____ Phone Number _____

Special Requirements _____

Please return this form by September 25th by fax or by email with subject line: ASIST Training Registration

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Important Workshop Details – Please Read:

- This is a two day workshop. Workshop instruction starts at 8:30am and finishes by 4:30pm both days. Please ensure that you are able to attend for the entire time.
- In this workshop you will have an opportunity to explore your experiences with and your attitudes about suicide. You will also have an opportunity to better understand the needs of a person at risk of suicide and learn how to use suicide first-aid to meet those needs. If these activities concern you, please talk to one of your trainers.
- This workshop is restricted to persons over 18 years of age and limited to 28 participants.
- Continuing Education Credits are available for this training:
 - 15 contact hours are available for Social Worker and LMHC. Interested participants will be provided with a link at the end of the class with instructions on how to proceed including payment of the event fee and service fee totaling \$62.24 online. No money is due at the training site.
 - 15 hours are also available upon completion of the workshop for current CASAC's.

Suicide Prevention Center of New York (SPCNY), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0384

The Suicide Prevention Center of New York (SPCNY) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0090

This workshop is made possible by the generous support of Suicide Prevention Resource Center of New York State, Chautauqua Tapestry, the Community Alliance for Suicide Prevention, the WNY Chapter of the American Foundation for Suicide Prevention, the Chautauqua County Department of Mental Hygiene, and Chautauqua Opportunities, Inc.



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Foundation
for Suicide
Prevention**



Chautauqua County
Department of
Mental Hygiene



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OPPORTUNITIES**
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