*For Immediate Release, Please*

*Date: Jul 22, 2021*

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**Evidence-Based Applied Suicide Intervention Skills Training (ASIST) is Coming to Ellsworth & Bar Harbor**

Healthy Acadia will be hosting two Applied Suicide Intervention Skills Trainings (ASIST) one in Ellsworth, and one in Bar Harbor. The course in Ellsworth will be held at 53 Christian Ridge Road at the Church of God, on August 11th and 12th from 9 am to 5 pm. The Bar Harbor training will be on August 19th and 20th at a location to be determined. This two-day training uses an evidence-based curriculum from Living Works Education, focused on intervention --how to safely engage with community members who are having thoughts of suicide to help them find “safety for now” and assist them in accessing community-based resources and supports. Participants will also learn how to use language which does not perpetuate stigma associated with having thoughts or feelings about suicide, understand the prevalence of suicidal thoughts and actions in our community, and connect with community resources. Another important aspect of the training will be prevention - working to build a suicide-safer community by learning warning signs for suicide and how to integrate resilience and connection to prevent thoughts of suicide in our community.

“To date, over a million people have been trained in ASIST,” said Tara Young, a certified ASIST trainer from Healthy Acadia, “Many more are needed to help ensure our communities are doing everything we can to intervene and provide help for people who are having thoughts of suicide.”

Daniel Jones, who is the co-lead pastor with his wife, Nicole at Christian Ridge Church of God, and also a certified ASIST trainer, said “ASIST training takes away the taboo to enable discussions about suicide, and teaches effective intervention techniques. For me, I have struggled with thoughts of suicide in the past… and one is just one to many so if we can help make a more suicide aware or safe community… it’s worth it!”

The ASIST training treats suicide as the public health issue that it is. ASIST training is comparable to CPR training – anyone in the community may be in a position to render CPR, and may have no other medical training, or they may be a doctor or a nurse. ASIST is similarly versatile. Youth aged 16 and older, teachers, doctors, mental health professionals, parents, or anyone can become ASIST trained.

“We have presented this training for more than 10 years.” Tara concluded. “Every time we’ve held an ASIST class, at least one participant tells us that they used what they learned to help a friend, co-worker or family member, and that the person they helped told them ‘You saved my life.” For more information, or to register, please contact Tara Young at 812-2090 or email [tara@healthyacadia.org](mailto:tara@healthyacadia.org).