



APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

ASIST WORKSHOPS:
JUNE 17-18, 2024 8AM-5PM
NONREFUNDABLE \$75 REGISTRATION FEE
DUE NO LATER THAN JUNE 1, 2024
ZELLE 817-455-1163,
CASH APP \$COLONEL2021
VENMO @SAROLYN-MORGAN
CHECK/MONEY ORDER TO HEALING HEARTS
9415 HIGHWAY 377 S; BOX 126553;
BENBOOK, TX 76126
*OTHER CEUS ADDITIONAL \$60
SCHOLARSHIPS AVAILABLE

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 do not need any formal training to attend the workshop--ASIST can be learned and used by anyone.

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 who has thoughts of suicide.

ASIST is also proven to reduce suicidality for those with thoughts of suicide. 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

1 What is it?

- [] Provide guidance and suicide first-aid to a person with thoughts of suicide in ways that meet their individual safety needs.
- [] Identify the key elements of an effective suicide safety plan and the actions required to implement it.
- [] Appreciate the value of improving and integrating suicide prevention resources in the community at large.
- [] Recognize other important aspects of suicide prevention including life-promotion and self-care.

2 ASIST Participants

ASIST is a resource for the whole community. It helps people apply suicide first-aid in many settings: with family, friends, co-workers, and teammates, as well as formal caregiving roles. Many organizations have incorporated ASIST into professional development for their employees. Its widespread use in various communities creates a common language to understand suicide safety issues and communicate across different organizational backgrounds.

3 ASIST Trainers

ASIST workshops are facilitated by a minimum of two registered trainers who have completed a five-day Training for Trainers (T4T) course. ASIST trainers come from diverse backgrounds, but they must all deliver regular workshops and participate in a rigorous quality control program to remain registered.

4 Workshops Process

- | | |
|------------------------------|------------------------|
| Small-group learning | Audiovisual aid |
| Training focus | Reliable, proven model |
| Perspective matters | Direct approach |
| Adaptable components | |
| Emphasis on individual needs | |



ASIST WORKSHOPS:
JUNE 17-18, 2024 8AM-5PM
\$300 (MUST BE ABLE-TO ATTEND BOTH DAYS) 15 CEUS
LPC/SW*
TRAINING SITE: GCBC 7700 MCCART AVENUE, FORT
WORTH, TEXAS 76133
FOR INFORMATION EMAIL
SAROLYN.MORGAN@SBCGLOBAL.NET