

CAREGIVER COMPETENCIES

A WILLING caregiver recognizes:

- › attitudes affect interventions
- › *Pathway for Assisting Life* meets the needs of a person with suicide thoughts
- › the value of life
- › the need for care and respect

A READY caregiver understands:

- › persons with thoughts of suicide are uncertain about suicide
- › persons thinking about suicide have connections to life
- › persons with thoughts of suicide can choose suicide, life—or safety-for-now
- › short-term, immediate, safety-for-now is the focus
- › considering individual with suicide thoughts, the need for guidance varies

An ABLE caregiver:

- › explores invitations
- › talks openly, honestly and asks directly about suicide
- › hears the suicide story
- › recognizes a turning point and its connection to life
- › develops a SafePlan using *PAL's* Safety Framework
- › works with a person who has thoughts of suicide
- › knows local resources and how to access them
- › confirms the actions in the SafePlan



TRAINER COMPETENCIES

A WILLING trainer recognizes:

- › participants have wisdom about intervention
- › ASIST unfolds intervention wisdom
- › learning intervention and doing interventions have similar processes

A READY trainer understands:

- › positive feedback is important
- › almost everything participants do and say is a contribution
- › ASIST increases intervention skills

An ABLE trainer:

- › balances safety and challenge
- › demonstrates care and respect
- › does a suicide intervention when needed
- › is committed to ASIST standards
- › engages in self-reflection and pursues ongoing learning
- › supports other trainers
- › values ASIST training