



***Pennsylvania Adult/Older Adult
Suicide Prevention Coalition***



Applied Suicide Intervention Skills Training (ASIST) Workshop

March 31-April 1, 2010



Sponsored by:

**Pennsylvania Adult/Older Adult Suicide Prevention
Coalition**

In Collaboration with:

Feeling Blue Suicide Prevention Council



**Feeling Blue
Suicide Prevention Council**
Education • Support • Resources
www.feelingblue.org

ASIST 2-day gatekeeper training

ASIST is designed to help all caregivers become more willing, ready and able to help persons at risk. Suicide can be prevented with the help 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). This includes professionals, paraprofessionals and lay people. It is suitable for mental health professionals, nurses, physicians, pharmacists, teachers, counselors, youth workers, police and correctional staff, school support staff, clergy, and community volunteers.

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 which attitudes 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.

Emphasizing structured small-group discussions and practice, the course uses a 20-page workbook and two award-winning audiovisuals. Participants receive a 152-page *Suicide Intervention Handbook* and a full color, tear-resistant pocket card featuring intervention, and risk review and safeplan development principles. They serve as living refreshers of the workshop learning.

ASIST is designed to help all caregivers become more ready, willing and able to help persons at risk. Prepared caregivers can help prevent suicide.

Unprepared caregivers tend to deny, avoid, even stigmatize and punish persons at risk. That is what society has traditionally done. All evidence indicates that unprepared caregivers continue this dangerous tradition. Training is required to turn denial, avoidance and stigmatization into vigilance, understanding and help.

Join over 600,000 caregivers and participate in LivingWorks' *ASIST* workshop. Learn to recognize and estimate risk, and become more effective at helping people at risk. The benefits will live on.

CREDIT/CONFERENCE INFORMATION

Target Audience:

Teachers, School Personnel, Counselors, College and University Counseling staff, LSW's, MSW's, County Health and Mental Health Employees, Elder Care Staff, Corrections Personnel, Juvenile Justice Staff, and the General Population.

CREDIT INFORMATION

APA (Psychology): Drexel University College of Medicine, Behavioral Healthcare Education is approved by the American Psychological Association to offer continuing education for psychologists. Drexel University College of Medicine, Behavioral Healthcare Education maintains responsibility for the program. This program is being offered for up to 11 hours of continuing education.

LSW (PA SBSWE Licensed Social Workers in Pennsylvania): LSW/LCSW (PA SBSWE Licensed Social Workers in Pennsylvania): This conference is approved for a maximum of 11 credit hours through a formal co-sponsorship agreement with the Bryn Mawr School of Social Work and Social Research. Bryn Mawr College, as a CSWE accredited school of social work, is an approved provider of continuing education for social workers in Pennsylvania and many other states.

NBCC (National Counselors): NBCC (National Counselors): Drexel University College of Medicine is recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC continuing education guidelines and can award a maximum of 11 hours of continuing education credit for the **ASIST** Program.

PA Educators Act 48: Drexel University College of Medicine, Behavioral Healthcare Education is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Drexel University College of Medicine, Behavioral Healthcare Education adheres to Act 48 Continuing Education Guidelines. PA educators will receive 11 hours of credit for attending this complete program.

PCB (PA Certified Addiction Counselor (CAC), Certified Co-Occurring Disorders Professional (CCDP) and CCDP-D (Diplomate): Drexel University College of Medicine will award a maximum of 11 hours of PCB Approved Hours of Education for participants attending the conference. Our program is certified by the Pennsylvania Certification Board, Provider # 133.

PA Nurses: Drexel University College of Medicine, Behavioral Healthcare Education is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants will be a maximum of ____contact hours for attending this program.

Drexel University College of Medicine, Behavioral Healthcare Education has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 8405 Greensboro Drive, Suite 800, McLean, VA 22102. In obtaining this approval, the Drexel University College of Medicine, Behavioral Healthcare Education) has demonstrated that it complies with the ANSI/IACET Standards which are widely recognized as standards of good practice internationally. As a result of their Authorized Provider membership status, Drexel University College of Medicine, Behavioral Healthcare Education) is authorized to offer **IACET CEUs** for its programs that qualify under the ANSI/IACET Standards. Drexel University College of Medicine, Behavioral Healthcare Education is authorized by IACET to offer 1.1 CEUs for this program.



ASIST

Applied Suicide Intervention Skills Training

Day 1

8:30 a.m.

1.1 Workshop registration:

9:00 - 9:35.

1.2 Introduction to prevention, postvention and intervention. Introduction to suicide first aid focus and need for all caregivers to know first aid.

1.3 The burden of suicide and reasons for ASIST. Introductions: LivingWorks, trainers, workshop organizers and sponsors.

1.4 Background information on participants.

1.5 Overview of the workshop and outline of housekeeping procedures.

9:35 a.m. - 15-minute refreshment break

9:50 a.m. – 10:10 a.m.

1.6 Introduction to the Connecting section and the showing of the audiovisual, *Cause of Death?*

10:10 a.m. – 11:25 a.m. Move to workgroups

2.1 Initial discussion of feelings and experiences.

2.2 Connections between feelings, experiences and suicide first aid.

2.3 Conclusions about connections.

11:25 a.m. - 10-minute refreshment break

11:35 a.m. – 12:30 p.m.

2.4 Connections between attitudes and suicide first aid.

12:30 p.m. - 1 hour meal break; return to workgroups after break

1:30 p.m. – 2:20 p.m.

3.1 Introduction.

3.2 Exploring invitations.

3.3 Asking about thoughts of suicide.

2:20 p.m. - Break /10 minutes

2:30 p.m. – 3:20 p.m.

3.4 Listening to the reasons for and against suicide.

3.5 Reviewing risk.

3:20 p.m. - Break/10 minutes

3:30 p.m. – 4:30 p.m.

3.6 Contracting a safeplan.

3.7 Following-up on commitments.

3.8 Review and practice.

4:30 p.m. - End of Day 1



Day 2

8:30 a.m. – 9:00 a.m.

4.1 Introduction to the morning of Day 2.

4.2 Structure of an Intervention.

12 min. Illustration of SIM's structure.

9:00 a.m. - 9:05 a.m. - 5-minute (maximum) bathroom and stretch break

9:05 a.m. – 10:05 a.m.

4.3 Process of an Intervention.

Illustration of SIM's process.

4.4 Transition to Practice.

10:05 a.m. - 15-minute refreshment break

10:20 a.m. – 11:40 a.m.

4.5 Shotgun simulation.

4.6 Ambivalence.

4.7 Bridge simulation.

4.8 Nick Walker simulation.

11:40 a.m. - move to workgroup with 10-minute transition break

11:50 a.m. - -12:30 p.m.

4.9 Complete at least one simulation.

12:30 p.m. - 1:30 p.m. Meal break

1:30 p.m. -3:00 p.m.

4.9 Continuation of simulations and conclusion of workgroup activities.

3:00 p.m. – 3:15 p.m. Refreshment break

3:15 p.m. – 4:00 p.m.

Networking section

4:00 p.m. – 4:30 p.m.

5.1 Resource and self-care ideas.

5.2 Re-examining and sharing hopes. Decide on one hope for the future.

5.3 Closing and feedback. Distribution of certificates, participant list and the *Suicide Intervention Handbook*.

4:30 p.m. - Formal end of workshop

By completing the workshop, participants will be able to:

- 1) Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide;
- 2) Discuss suicide with a person at risk in a direct manner;
- 3) Identify risk alerts and develop safeplans related to them;
- 4) Demonstrate the skills required to intervene with a person at risk of suicide;
- 5) List the types of resources available to a person at risk of suicide, including themselves;
- 6) Make a commitment to improving community resources; and,
- 7) Recognize that suicide prevention is broader than suicide first aid and includes life promotion and self-care for caregivers.

WORKSHOP LOCATION:

***DGS ANNEX COMPLEX, BEECHMONT BUILDING
Room 145
21 Beech Drive
Harrisburg, PA 17110-3591***

CONFERENCE FEE of \$75.00 includes tuition, lunch, morning and afternoon breaks, conference materials, and continuing education certificate.

Please note: The ASIST trainings are limited to 30 participants.

Refund and Cancellation Policy:

If you are unable to attend the conference, you are welcome to send a substitute in your place. Please call Feeling Blue Suicide Prevention Council at 610-715-0076 with the name and address of your substitute. Registration fees are refunded upon written request via fax, e-mail or regular mail received 3 business days prior to the event. No refund will be issued for cancellations received less than 3 business days before the event. Late requests for refunds due to a family emergency only will be considered on a case-by-case basis.

REGISTRATION FORM

PLEASE COMPLETE ALL INFORMATION REQUESTED BELOW: (Please print)

Name: _____ Degree: _____

Job Title/Position: _____

Agency: _____

Address: _____

City/State/Zipcode: _____

Day Phone # with area code _____ Evening#: _____

Email Address: _____

Fax Number: _____

SPECIAL REQUESTS: Vegetarian Lunch Require Special Assistance (ADA)

Type of Credit Desired: APA CEU LSW NBCC PA Act 48 PCB PSNA

Enclosed is a check for the total amount of \$_____.
Please make checks payable to: Feeling Blue SPC

Please charge \$ _____ to my: VISA Mastercard

Cardholder's Name: _____ (please print)

Cardholder's Signature: _____

Credit Card Number: _____

Expiration Date: _____

Mail or Fax E-mail Registration to Register for this series:

Heidi Bryan, pasp@feelingblue.org

Pennsylvania Adult/Older Adult Suicide Prevention Coalition

c/o Feeling Blue Suicide Prevention Council

PO Box 7193

Radnor, PA 19087-7193

610-715-0076 (Phone)

610-687-2990 (Fax)

Credit card payments must be mailed or faxed - no credit card payments will be accepted through email.