

The Workshop

ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide. Participants often include:

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

Working mostly in small groups of one trainer to no more than 15 participants, 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 seek further help.

Attendance at the full two days is essential.

Learn how to:

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

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 the learned skills are put to use to save lives.



**CHILD & FAMILY RESOURCES,
INC. & CODAC BEHAVIORAL
HEALTH SERVICES, INC.**

Want more information on this training?

contact:

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ASIST

**APPLIED SUICIDE
INTERVENTION
SKILLS TRAINING**

**A
two day suicide first
aid interactive
workshop for
community
caregivers**



Wednesday, January 13, 2010

8:30 a.m. to 4:30 p.m.

Thursday, January 14, 2010

8:30 a.m. to 4:30 p.m.

**At
Liberty Partnership
Community conference
Room
5101 S. Liberty**

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 individuals 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.

Create a life-assisting community..... It begins with you. The benefits live on.

This workshop is presented over two consecutive days. Much of the learning occurs in small work groups. Participants are encouraged to develop trust, acceptance, and mutual support.

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At

**Liberty Partnership
Community conference Room
5101 S. Liberty**

*** Attendance is required both days to receive a certificate for training credit**

Cost: \$75.00 per person

(A \$275.00 value)

A scholarship of \$200 per participant for attendance costs is donated upfront by CPSA to build our suicide-safer community.

**You may register via email or fax
with**

Child & Family Resources, Inc.

djimenez-young@cfraz.org

FAX 520-806-8362

**SPACE IS LIMITED
Deadline for registration is
Friday January 8, 2010**

Registration Form

Registration Fee: \$75

Includes workbook and meals for two days. * Must attend both days to complete training*

Make training registration check payable to "Child & Family Resources" c/o YES

Mail check to: Child & Family Resources, Inc. Attn. D. Jimenez-Young, 2800 E. Broadway, Tucson, AZ 85716

Name: _____

Agency: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ email: _____

Would you like a vegetarian lunch? _____ Yes _____ No

For further information call : (520) 573-3320