

Applied Suicide Intervention Skills Training (ASIST)

ASIST helps prepare caregivers

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 safe plans 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 workbooks, audiovisuals and a *Suicide Intervention Handbook*. ASIST is designed to help all caregivers become more ready, willing and able to help persons at risk. Prepared caregivers can help prevent suicide.

ASIST is being offered periodically or as arranged by trainers and staff of the Alaska Native Tribal Health Consortium (ANTHC). Contact Kyla Hagan at kdhagan@anthc.org.

ASIST is also offered by Alaska ASIST Trainers <http://akasist.com/>

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