

# ASIST Training

## *Applied Suicide Intervention Skills Training*

Develop and refine skills to help others when they are considering suicide.

### **NE Prevention Resource Center trainer:**

**Dodi Haug, Certified Prevention Specialist**  
(605) 884-3516 or [dodih@humanserviceagency.org](mailto:dodih@humanserviceagency.org)



#### **By the end of this two-day workshop, you will be able to:**

- Discuss suicide with an at-risk person in a direct and helpful manner
- Deal effectively with personal and societal attitudes about suicide
- Identify an at-risk person and make a plan to help (called a *safepan*)
- Demonstrate the use of intervention skills for helping an at-risk person
- Identify resources available to help a person at risk for suicide
- Have confidence in being an effective resource yourself
- Be part of a team improving the community's response to suicide
- Understand issues such as life promotion and caregiver self-care



#### **Attendance: 15 - 30 Participants**

In the past, this workshop has been approved for the following:

14 contact hours for counselor's

15 contact hours for social workers and chemical dependency counselors

One Graduate or Undergraduate credit hour through USF for a \$45 transcript fee

**To learn more about scheduling ASIST for your community or STAFF, contact: Dodi Haug at (605) 884-3516 or [dodih@humanserviceagency.org](mailto:dodih@humanserviceagency.org)**

## **What Makes ASIST Different?**

### **Connecting:**

Connecting gives caregivers an opportunity to clarify and examine their own attitudes toward people exhibiting suicidal behavior. Through connecting, caregivers can overcome attitudinal barriers that may hinder their learning and their helpfulness.

### **Understanding:**

Viewing a suicidal situation through the eyes of an at-risk person helps caregivers understand how to take care of that person's concerns. Caregivers practice how to apply their understanding in simulated scenarios involving suicide risk.

### **Assisting:**

Caregivers learn the Suicide Intervention Model as a framework for understanding the process of suicide intervention. Caregivers intensively apply suicide first aid, including connecting, understanding, and assisting skills in intensive practice situations.