



LivingWorks ASIST (Applied Suicide Intervention Skills Training)

**Cost is
FREE
For both trainings**

February 11-12, 2025

8:00am – 5:00pm (must attend all sessions, both days)
Northeastern Mental Health Center
14 South Main Suite 1E
Aberdeen, SD 57401

March 6-7, 2025

8:00am – 5:00pm (must attend all sessions, both days)
Brookings Area United Way
908 Hope Drive
Brookings, SD 57006

Training Schedule DAY ONE

8:00 a.m. MORNING SESSION
Why First Aid / Why ASIST Training is Needed
About the Participants and the Workshop
Film: *Cause of Death?*
Connecting Feelings / Experiences with Suicide and Helping
Connecting Attitudes with Suicide and Helping
12:30 p.m. LUNCH – on your own
1:30 p.m. AFTERNOON SESSION
Introduction to Understanding
Explore Invitations
Hear Their Story
Develop a SafePlan and Confirm
Concluding Understanding
5:00 p.m. END OF DAY 1

DAY TWO

8:00 a.m. MORNING SESSION
PAL In Action It Begins With You
Transition To Practice
Support Turning to Safety Simulation
PAL Simulation
Safety First Simulation
Workgroup Introduction and Practice
12:30 p.m. LUNCH – on your own
1:30 p.m. AFTERNOON SESSION
Continue Work Group Practice
Organizing and Starting
Relationships with Persons at Risk Discussion
Community Relationships Discussion
5:00 p.m. END OF DAY 2

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 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 Pathway for Assisting Life (PAL) 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.

By the end of the 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 *SafePlan*)
- 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 care of yourself as a caregiver.

**Application will be made for CEUs for Social Work, Counseling, and Drug & Alcohol Professionals~~~
Application will be made for 1 Graduate & Undergraduate credit through USF for \$45**

To register: Email Dodih@humanserviceagency.org or call (605) 884-3516 with questions

Name _____ School/Agency _____

Address _____

Phone _____ Email _____

Cell Phone: _____

I am registering for: Feb 11-12 in Aberdeen March 6-7 in Brookings