

## COURSE CRITERIA

Focus: Suicide intervention training

Duration: Two days (15 hours)

Participants: Must be 18 years of age or older

Trainers: Two registered trainers per 15-30 participants

<p>Goals and objectives</p> <p>In the course of the two-day workshop ASIST participants learn to:</p> <ul style="list-style-type: none"><li>- Understand the ways personal and societal attitudes affect views on suicide and interventions</li><li>- Provide guidance and suicide first-aid to a person at risk in ways the meet their individual safety need</li><li>- Identify the key elements of an effective suicide safety plan and the actions required to implement it</li><li>- Appreciate the value of improving and integrating suicide prevention resources in the community at large</li><li>- Recognize other important aspects of suicide prevention including life-promotion and self-care</li></ul>	<p>What's involved in training</p> <ul style="list-style-type: none"><li>- Small Group Learning<ul style="list-style-type: none"><li>o To facilitate involvement at times throughout training participants will work in small groups</li></ul></li><li>- Audiovisual Aid<ul style="list-style-type: none"><li>o Slides, diagrams, and videos help participants understand and memorize concepts</li></ul></li><li>- Training focus<ul style="list-style-type: none"><li>o Some participants may have previous personal or professional experience with suicide or intervention. ASIST builds on these experiences to contribute to the overall learning goal – providing suicide first-aid</li></ul></li><li>- Reliable, Proven Model<ul style="list-style-type: none"><li>o Workshop activities are structured around the ASIST intervention model and provide applicable, hands-on skills practice</li></ul></li><li>- Emphasis on individual needs<ul style="list-style-type: none"><li>o Participants learn to adapt to the specific circumstances of a person at risk and work collaboratively to help them stay safe</li></ul></li><li>- Perspective Matters<ul style="list-style-type: none"><li>o Participants are encouraged to reflect on and share their own attitudes about suicide and suicide intervention. This helps them understand how their perspectives may affect their role in providing help to a person at risk</li></ul></li><li>- Direct Approach<ul style="list-style-type: none"><li>o By encouraging honest, open and direct talk about suicide. ASIST helps prepare to discuss the topic the person at risk</li></ul></li><li>- Adaptable Components<ul style="list-style-type: none"><li>o ASIST trainer can tailor certain features of the program, such as role-playing activities, to meet participants' professional or cultural needs</li></ul></li></ul>
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### Safety of those taking the Course:

Due to the sensitive nature of the topic being discussed it is essential trainers attempt to maintain safety for all participants.

- o If you have experienced a loss by suicide or are unsure if you should participate in this course, please reach out to **Jill Lennon** at [JLennon1@pmh-mb.ca](mailto:JLennon1@pmh-mb.ca) or **204-578-4794**
- o Participants must attend the course for its entirety on both days in order to maintain cohesion of group. If there are times you know you won't be able to give your full attention (scheduled meetings, appointments, etc) you may want to consider another offering that better matches your availability. Late arrivals or early departures will not be accommodated
- o Participants are provided resources during the course and reminded to utilize additional support and resources for self-care.
- o If this course is not suited for your needs, other recommendations would be:
  - LivingWorks Start - [LivingWorks Start – Online Suicide Prevention Training](#)
    - o In just 90 minutes online, LivingWorks Start teaches participants to recognize when someone is thinking about suicide and connect them to help and support.
  - SafeTALK – [SPIN – Suicide Prevention Implementation Network \(spinbrandon.ca\) spinassistant2019@outlook.com](#)
    - o SafeTALK is a three-hour LivingWorks program that teaches community members to recognize persons with thoughts of suicide and connect them to suicide first-aid resources.

# Applied Suicide Intervention Skills Training Registration Form

Facilitators trained by Living Works provide the ASIST standardized workshop.

All participants who successfully complete the entire two-day workshop will receive a certificate.

*\*Individuals registering for course are required to complete registration form themselves\**

Name \_\_\_\_\_

*Please print clearly. Name as spelled will be on certificate of completion. Replacement certificates will not be provided.*

Your Organization \_\_\_\_\_

Home Address \_\_\_\_\_

Postal Code \_\_\_\_\_ Personal phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

**Course Date:**

**Time:**  
**8:30 am-4:30 pm**

**Location:**

**\*Brandon\***

**Workshop Fee:** \$125.00    **Full Time Student Fee:** \$100.00

**Cheques/Money Order Payable to:** PMH - ASIST

**Internal Transfer Code** (for PMH Staff using program funds) \_\_\_\_\_

**\*Registration fee is non-refundable unless cancellation is made 10 business days prior to the workshop. Participants will not be registered until workshop fee and registration form received.**

DISCLAIMER:

- I have read, understand and agree to the ASIST course criteria on page 1 of this registration form.
- In completing this registration form, I understand that participation for the entirety of the two day ASIST workshop from 08:30 to 16:30 is mandatory for certification. If for any reason I am unable to attend all the sessions, I will be required to re-register and complete the two days in entirety to be eligible for certification.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Return to:**    **Kaila Derhak - Brandon and area**  
Email: [kderhak@pmh-mb.ca](mailto:kderhak@pmh-mb.ca)