

# Applied Suicide Intervention Skills Training (ASIST)

## Goals & Objectives

Over the course of their two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

## Presented by:

**Beau Pinkham**, Director of Crisis Intervention Services  
**Sara Knox**, Crisis Intervention Training Coordinator  
The Crisis Center of Johnson County

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

Since its development in 1983, ASIST has received regular updates to reflect improvements in knowledge and practice, and over 1,000,000 people have taken the workshop. Studies show that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide.

**When:** **Monday & Tuesday, May 21 & 22, 2018**  
8:00 a.m. – 4:30 p.m. (lunch is not provided)

**Where:** Hillcrest Family Services  
Fellowship Hall (under Chapel)  
2005 Asbury Road  
Dubuque, Iowa 52001

**CEU's:** **15**

**Cost:** **Free**

**Registration is required by Friday, April 20**

Email Sue Lane at [susan.lane@hillcrest-fs.org](mailto:susan.lane@hillcrest-fs.org)

OR

Call and leave a message at 563-583-7357 ext 1288