

Next ASIST:

**November 9 & 10, 2010
8:00 AM to 4:30 PM**

Brewster, NY

Includes Breakfast and Lunch

The number of participants is limited to a maximum of 40. Pre-registration is mandatory. When 40 people have been enrolled registration will close.

Registrants will be sent location, directions, etc., upon payment.

The customary cost of a training is \$275 per person; however, thanks to underwriting by the Westchester Community Foundation **the cost per person is \$100, which covers both days.**

Registrations **must** be paid prior to first day of training.

For more information contact:

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For more on ASIST:
www.livingworks.net

What ASIST Teaches

The course is two full days in length, and certificates will only be awarded to those who complete the course. There are five educational objectives:

- **Preparing:** sets the tone, norms, and expectations of the learning experience.
- **Connecting:** sensitizes participants to their own attitudes towards suicide. Creates an understanding of the impact attitudes have on the intervention process.
- **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.
- **Assisting:** presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation experiences in large and small groups.
- **Networking:** generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.

**The ASIST course is worth
14 CASAC credit hours**



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The Mental Health Association
in
Putnam County

present

ASIST

Applied

Suicide

Intervention

Skills

Training

Learn Suicide First Aid

**Make Westchester & Putnam
Suicide-Safer Communities**

**Megan
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The impact of suicide on our community

- Suicide is the third leading cause of death for teens 14-24.
- Suicide is the second leading cause of death for persons 25-34.
- The value of lost productivity in the workplace due to suicide is estimated to exceed 12 billion dollars.
- A police officer is more at risk from suicide than from line of duty injury.
- In 2005, over 16% of high school students reported that they had seriously considered suicide in the past 12 months.
- Elderly adults have suicide rates close to 50% higher than that of the nation as a whole.

Has your life been affected by suicide? Among your family, friends, and co-workers, how many of them have been affected by suicide? *Each individual who dies by suicide leaves behind an average of six close friends and family members.*

Creating a Suicide-Safer Community is a Community Responsibility: What it means to be a Gatekeeper

The Heimlich Maneuver

Cardio-Pulmonary Resuscitation

Neighborhood Watch Programs

Designated Drivers

Gatekeepers are members of the community who are willing to get involved when and where they are needed.

People at risk for suicide often tell those around them — family, friends, co-workers, sometimes even bartenders, or bus drivers— that they are considering suicide. The community needs to be trained in how to recognize these “invitations”, and how to respond.

It sounds difficult, even terrifying: could you talk someone down off a bridge? Would you want to try? Years ago, no one would consider intervening when someone was having a heart attack, or choking to death. Dialing 911 was the only option. And yet, now we recognize the need to act quickly and decisively when a person is at risk.

The same is true of suicide.

ASIST is recognized around the world

ASIST is supported by the New York State Office of Mental Health. Go to <http://www.omh.state.ny.us> and follow the link to *Suicide Prevention*.

ASIST is recognized by the Suicide Prevention Resource Center. Go to <http://www.sprc.org> and follow the link to *Best Practices Registry*.

ASIST is the most widely used suicide intervention skills training in the world. It has been successfully conducted and demonstrated in Singapore, Hong Kong, India, Russia, Mexico, Lithuania, Norway, Denmark, England, Scotland, Northern Ireland, Wales, Republic of Ireland, Japan, New Zealand, Fiji and Australia.

ASIST can be offered in diverse settings, including military deployments to conflict regions.

ASIST impacts more than suicide-specific skills. Schools with staff trained in ASIST compared to brief referral training were more likely to implement suicide prevention policies and procedures and assign new staff to suicide prevention efforts.

