



The Mental Health Association in Putnam County

are sponsoring an Applied Suicide Intervention Skills Training – ASIST

ASIST is meant for lay people. That is, gatekeepers: people in the community who may come in contact with a person at risk, including but not limited to clergy, nurses, police officers, resident assistants, bartenders, librarians, security guards.

Suicide has a significant impact on our community: according to the Centers for Disease Control and Prevention, as of 2004 it was the *third* leading cause of death in the 10 to 24 year-old age group, and the *second* leading cause of death in the 25 to 34 year-old age group.

ASIST is Suicide First Aid. Just as a person trained in cardio-pulmonary resuscitation (CPR) can intervene if they observe a person in cardiac distress, so too can a person trained in ASIST intervene to assist a person at risk of suicide.

This training is appropriate for persons as young as 16 (with parental consent). The most recent statistics on the risk that teenagers face are disheartening:

- ▶ 79 completed suicides **per week** in the US among persons **ages 15-24**
- ▶ 13.8% of HS students nationwide seriously considered suicide
- ▶ 10.9 % of high school students nationwide had a plan about how they would attempt suicide
-- The 2009 Centers for Disease Control Youth Risk Behavior Survey

Our young people already have the tools to plan for suicide; let's give them the tools they need to prevent suicide.

13 hours of training, over two days, plus meals, is (sponsored rate) of \$100 per person.

Registration is strictly limited to 40

Payment must be made prior to day 1 of workshop

**This training will be held on November 9th and 10th 2010
8:00 AM to 4:30 PM at
Temple Beth Elohim**

For Registration or Information please call

Nan Coulter at 845-279-4585 ext 204

Or by e-mail at templebethelohim@comcast.net

For additional information on ASIST go to www.livingworks.net