The Applied Suicide Intervention Skills Training (ASIST) workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over a million caregivers have received this training. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills needed for life assisting suicide first aid. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers learn how to intervene to prevent the immediate risk of suicide and provide safety-for-now.

Training materials for this workshop were generously donated by the American Foundation for Suicide Prevention.
LEARNING OBJECTIVES

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

- Understand the ways 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

WORKSHOP FEATURES

The ASIST workshop is divided into five sections that follow in a logical progression to gradually build comfort and understanding around suicide and suicide intervention.

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 that attitudes can 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 safeplans 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.

Keri Neblett, LMSW, is a Clinical Assistant Professor at the UI School of Social Work. Prior to this position, Keri worked at the Crisis Center of Johnson County for 13 years. She is the chair of the Johnson County Suicide Prevention Coalition and a member of the board of directors for the Iowa Chapter of the American Foundation for Suicide Prevention (AFSP). Keri also serves on the Standards, Training and Practice Committee at the National Suicide Prevention Lifeline.

Sara Knox, LMSW just completed her MSW from the University of Iowa. She has volunteered and worked in crisis intervention at the Crisis Center of Johnson County for 10 years and is currently the Training and Curriculum Developer. She is a Master Trainer for ASIST. She has also given conference presentations on suicide intervention for the American Association of Suicidology and the National Association of Crisis Center Directors.

Participants who complete the workshop receive 15 contact hours of credit toward social work licensure.

Social work students attend free of charge. Professionals pay $75. School of Social Work Adjuncts and Field Instructors pay $25.

Lunch and training materials are provided.

Registration form and checks should be mailed to: Attn: Jefri Palermo
School of Social Work
308 North Hall