



# TERROS Bulletin

*People Care by Caring People*

January 15, 2010

**Learn advanced suicide intervention and first aid skills**

# ASIST

## Applied Suicide Intervention Skills Training

The innovative ASIST workshop is designed to help caregivers feel more comfortable, confident and competent in helping prevent the immediate risk of suicide. Over 750,000 caregivers have participated in this two-day, highly interactive, and practice-oriented workshop.

As an ASIST-trained first aid intervention caregiver, you will be better able to:

- Identify people who have thoughts of suicide.
- Understand how your beliefs and attitudes can affect suicide interventions.
- Understand the reasons for thoughts of suicide and reasons for living.
- Review current risks and develop a plan to increase safety from suicidal behavior.
- Follow up on all safety commitments, accessing further help as needed.

All TERROS staff are invited to attend, whether you do direct service or not. It is our goal to train 100% of TERROS staff.

### *Two – Day Workshop Schedule*

- February 19 & 20, 2010
- February 11 & 12, 2010
- March 8 & 9, 2010
- March 26 & 27, 2010
- April 13 & 14, 2010
- May 12 & 13, 2010
- June 10 & 11, 2010
- July 12 & 13, 2010
- August 10 & 11, 2010
- September 15 & 16, 2010
- October 14 & 15, 2010
- November 8 & 9, 2010
- December 14 & 15, 2010
- January 12 & 13, 2011
- February 10 & 11, 2011

Workshops will be held at the Central Administrative Offices – Redrock Room – 3<sup>rd</sup> Floor.

*Please register with  
Mary Dunavant at  
[maryd@terros.org](mailto:maryd@terros.org)*