

The Workshop

ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide,

Participants often include:

- People concerned about family or friends
- Natural helpers and advisers
- Emergency service workers
- Counselors, teachers and ministers
- Mental health practitioners
- Workers in health, welfare or justice
- Community volunteers

Working mostly in small groups of one trainer to no more than 15 participants, ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience.

The Outcome

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. **Attendance at the full two days is mandatory.** Learn how to:

- Recognize invitations for help
- Reach out and offer support.
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

Evaluations have shown that the workshop increases caregivers' knowledge and confidence to respond to a person at risk of suicide, that intervention skills are retained over time and that the learned skills are put to use to save lives.



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*Creating and Maintaining Healthy People of Color
Communities*



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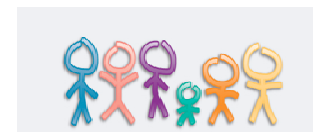


ASIST

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

A

**Two day suicide first
aid interactive
workshop for
community
caregivers**



First Quarter 2010 ASSIST Trainings

January 21-22, 2010

RIAZ - 2701 N. 16th St., Ste. 316,
Conf. Rm# 115/116
Phoenix, AZ. 85012

February 23-24, 2010

NAC -4520 N. Central Ave, 6th Floor
Phoenix, AZ 85012

March 25-26, 2010

NAC -4520 N. Central Ave, 6th Floor
Phoenix, AZ 85012

March 29- 30, 2010

NAC -4520 N. Central Ave, 6th Floor
Phoenix, AZ 85012

The Challenge

Every year more people die by suicide than from all of the several armed conflicts around the world and, in many places, about the same or more than those dying in traffic accidents. For every suicide, there may be up to 100 times more individuals who are injured by non-fatal suicidal behaviors.

In any year, as many as 6% of the population have serious thoughts of suicide.

The Opportunity

Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations to help.. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide.

Create a life-assisting community....

It begins with you. The benefits live on.

This workshop is presented over two consecutive days. Much of the learning occurs in small work groups. Participants are encouraged to develop trust, acceptance, and mutual support.

Your two day training will provide the following:

**Workbook
and lunch for both days.**



Want more information on this training?

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