Catholic Charities
Catholic Social Services
Sign of Hope

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Applied Suicide Intervention Skills Training (ASIST) $160 / person

May 5 & 6, 2011 (Thursday and Friday) from 8:30 am – 4:30 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035 and the Genesis Room).

Alternate dates for Edmonton: ***July 14 & 15, 2011***
September 22 & 23, 2011
November 24 & 25, 2011

This workshop is helpful to all people who wish to understand what people at risk of suicide are needing from the caregiver. This model does not assess risk but takes the view that all people who are having thoughts of suicide need some type of intervention. This program is designed for all people interested in learning suicide first aid skills. As in CPR skills, the more individuals that have these skills the greater the likelihood of decreasing suicidal rates. Our community, and society as a whole, is then better prepared, more ready, willing and able to recognize and appropriately respond to the needs of the person at risk of suicide. ASIST is a standardized program that provides awareness, tools, a model and a common language that is applicable to formal and informal caregivers. It is not therapy but many people who are learning these skills may be feeling depressed or have had thoughts of suicide and we do not discourage talking about this. Part of ASIST mandate is that the stigma and taboo surrounding suicide will cease to exist through open and honest disclosure and discussion on the topic of suicide.

CONTEXT: ASIST is a two day, intensive, interactive and practice-dominated course developed by LivingWorks Education. It is designed to help caregivers recognize risk and learn how to intervene to prevent immediate risk of suicide. The ASIST workshop helps to 1) understand attitudes towards suicide 2) recognize and assess risk of suicide 3) learn suicide intervention techniques 4) practice intervention skills and 5) access local resources and people that can help during a crisis.

ASIST workshop is designed for professionals, caregivers, and individuals who may work or be in contact with people-at-risk for suicide. These may include but not be limited to: counsellors, volunteers, teachers, medical staff, police, clergy, and youth workers. Please note that the ASIST workshop **is not** a therapy session for people who are feeling suicidal or depressed.

Certified ASIST Suicide Intervention Trainers: Debbie Hart and Dixie Estrin

To register, please contact Kari Boult at 780-420-6081

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