

Hillside Learning Institute

ASIST (Applied Suicide Intervention Skills Training)

Description: Suicide first aid is the set of skills used by trained individuals to provide support to a person who is experiencing thoughts of suicide. This first aid support is an essential element of overall array of best practices in preventing suicide deaths.

Participants will learn to determine if a person is experiencing suicidal thoughts, help the person at risk understand reasons to live, and assist them to connect with in-the-moment supports. This is not in-depth treatment, but a process to identify suicidal ideation, and co-create a means to stay safe for the immediate future while treatment and more extensive supports are arranged. Participants in the ASIST course will learn the phases of the Pathway for Assisting Life (PAL) Model, as well as the steps involved in successfully implementing first aid support. This course provides multiple opportunities to practice implementing skills required for successful implementation of first aid to persons with thoughts of suicide.

Objectives: Participants in the ASIST course will be able to:

- Connect with personal attitudes about suicide
- Recognize the concerns of the person at risk
- Identify the caregiver tasks to implement during suicide first aid
- Implement the PAL model

Course Structure: The course is designed as 2 full eight-hour days. There are multiple short breaks and a mid-day lunch break each day (lunch is on your own). This course is only offered in a live, in-person format.

Practical Considerations: This course is a frank discussion regarding suicide, which may be difficult for participants who have recently experienced the loss of someone close due to suicide, or who is experiencing thoughts of suicide. We strongly encourage individuals in acute distress to seek support. The National Suicide Prevention Lifeline - 1 800 273 TALK (8255) is a readily available resource to provide support, as well as a number of local entities.

CEUs: 15 Contact Hours for the following credentials are available: LMSW, LCSW, LMHC, LMFT.

15 Contact Hours for OASAS CEUs for CASACs are available. Please bring your license number with you to Day 1 of the class. Please note that a separate fee will be applicable for each participant seeking Social Work CEUs.

If you wish to participate in an already-scheduled course, to set up a session of this course for your organization, or if you have further questions, please contact training@hillside.com.