



# ASIST

(Applied Suicide Intervention Skills Training)

**January 30-31, 2023 8:00 AM - 4:30 PM**

**Bay Arenac ISD  
4228 Two Mile Rd.  
Bay City, MI 48706**

## ABOUT THIS TRAINING

ASIST is a two-day interactive workshop in suicide first aid. Skills learned in one environment are transferable to others, creating a life-saving impact across the community.

Help is possible when skills, opportunity, and safety are present. When these are available throughout the different facets of someone's life, they're more likely to receive help.

- ◆ Live instruction, audiovisuals, and simulation
- ◆ Trusted by professionals yet learnable by anyone
- ◆ Built-in safety resources and features

## Who Should Attend

Anyone can experience thoughts of suicide. By giving participants the skills to help friends, family members, colleagues, and clients stay alive, ASIST supports suicide-safer communities. Although ASIST is widely used by healthcare providers, no formal training is needed to attend the workshop. Anyone 15 or older can learn and use the model.

## Learning Goals & Objectives

Over the course of the two-day workshop, participants will learn to:

- ◆ Understand the ways that 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

## HOW TO REGISTER

*Non-Refundable Registration Fee:*

\$50.00

Seat limit: 30

**Online registration available:**

<https://p2p.onecause.com/baycounty2023>

*Questions?*

(989) 781-5260 or [info@srrn.net](mailto:info@srrn.net)

## About the Trainers

### Barb Smith

Founder and Executive Director of the Barb Smith Suicide Resource and Response Network. For the past 3 decades, she has advocated for suicide prevention and aftercare both at local and state levels. As a national speaker Barb presents to audiences on suicide prevention, aftercare and first responder training. She is the founder and facilitator of the local Survivors of Suicide support group. Barb is a certified trainer for LivingWorks ASIST, safeTALK, and Suicide Awareness programs.

### Jacqueline List

Jacqueline has worked at List Psychological Services since 2014 as the Chief Operating Officer. List Psychological provides outpatient mental health and substance use services at six different locations. List Psychological provides around 5,000 services each month. Prior to returning to List Psychological, Jacqueline was an Associate Professor at Auburn University. Jacqueline received her bachelor degree in Psychology from Michigan State University, her masters degree in Environmental Planning from Arizona State University and did her PhD studies at Arizona State University as well. Jacqueline has presented at several academic conferences and published her research in journals and conference proceedings. Certified ASIST (*applied suicide intervention skills trainer*) trainer.

## AGENDA (Both Days)

8:00-8:30 am	Registration and light breakfast
8:30 am	Training begins
12:30 pm	Lunch will be provided on site
1:30 pm	Training
4:30 pm (Day 2)	Evaluations, Sign out, Award Certificates

*Breaks will be given at a time to be determined by the trainers.  
Must be at training 2 full days; no exceptions due to the content of the training.*

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### Special Accommodations:

Please let us know at least 3 days in advance if you are in need of any special accommodations such as mobility assistance, interpreters, dietary needs etc and we will make every effort to honor your special needs request.

### Continuing Education Credits

When registering, please indicate if either Social Work or SCECH credit hours are needed.

■ Social Work (13.5 CE's) ■ SCECH (11 CE's) ■ HR Certification

### Certificates

Certificates will be awarded at the end of the session. Attendees spending excessive time out of the room or engaging in activities not associated with the training (as determined by the trainers) may not receive credit. No partial credit will be given.



"The use of this official seal confirms that this Activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval."



LivingWorks Educaton is a suicide interventon training company that trains community helpers of all kinds to financial discipline, innovation, and determination of any private sector business to achieve its mission.

This course is approved by the Michigan Social Work Continuing Education Collaborative. Course approval #031622-04