



# ASIST

(Applied Suicide Intervention Skills Training)

**May 12-13, 2026**

**Catholic Diocese of Saginaw**

**5802 Weiss St. Saginaw, MI 48603**

Training 8:30 AM - 4:30 PM | Registration 8:00 am - 8:30 am

## About This Training

Every day, someone in your community faces thoughts of suicide. And every day, caring people like you have the power to help keep them safe.

LivingWorks ASIST (Applied Suicide Intervention Skills Training) gives you the confidence, knowledge and practical tools to intervene when it matters most.

You don't need to be a counselor or mental health professional – just someone who's willing to care, to listen and to take action. When you become a Suicide First-Aid Helper, you become a vital part of the Network of Safety – where people everywhere are using their skills to help save lives and bring hope.

## Who Should Attend

LivingWorks ASIST is designed for adults aged 16+ who want to build the skills and confidence to support someone thinking about suicide, with a strong focus on highly trained professionals. Research shows that people experiencing suicidal thoughts often reach out first to someone they know and trust, making it critical everyone including professionals across roles are prepared to respond. This training enhances existing expertise, strengthens intervention skills, and expands our collective safety net to help prevent suicide.

## Learning Goals & Objectives

Over two engaging days led by certified LivingWorks Trainers, you'll learn through real conversations, group practice and shared reflection in a safe, supportive environment. You'll...

- Build confidence to ask directly about suicide
- Listen with empathy and without judgment
- Explore personal attitudes and beliefs that affect your ability to help
- Create a collaborative Safety Plan to help someone stay safe for now
- Connect them to further care and ongoing support

## How to Register

**Online registration available:**

<https://may-asist-training.raiselysite.com/>

**Cost: \$80 per participant.**

**Registration is NON-TRANSFERABLE  
and NON-REFUNDABLE**

## Questions?

Contact Lainey Rigg at  
lainey@srrn.net  
(989) 781-5260 Ext 3

## About the Trainers

**Barb Smith** is the founder and President of the Barb Smith Suicide Resource & Response Network. With over 34 years of experience, she has been a dedicated advocate for suicide prevention and aftercare at both local and state levels. She is also recognized as a Gold-Level trainer for LivingWorks ASIST and safeTALK programs.

**Jacqueline List** is the owner and CEO of List Psychological Services, which offers outpatient mental health and substance use services across eight locations in the Great Lakes Bay and Thumb Region. She holds a Master's degree in Social Work and is a licensed social worker and certified substance use counselor. Jacqueline is also a certified trainer with LivingWorks, delivering Applied Suicide Intervention Skills Training since 2018. Through this work, she has trained educators, healthcare professionals, emergency responders and community members to recognize and respond effectively to individuals at risk of suicide.

## Agenda (Both Days)

8:00 am	Doors Open: Registration, Coffee & Snacks
8:30 am	Training Starts Promptly
12:30 pm	Lunch is included and provided on site
1:30 pm	Training Resumes
4:15 pm	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 structure of the training.***

---

### Special Accommodations:

Please let us know at least two weeks 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.

### Certificates:

Certificates will be handed out at the completion of the training. 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.

### Continuing Education Credits

When registering, please indicate if you are requesting the CEU's below:

**Social Work (13.5 CE's) SCECH CEU's (11 CE's) SMOKE (15 CE's)  
MCOLES (11 CE's) MCBAP (13.5 CE's) MIPEERS (13.5)**



This course is approved by the Michigan Social Work Continuing Education Collaborative. **Course Approval: 20260512-CA-SRRN.** LivingWorks Education is a suicide intervention training company that trains community helpers of all kinds to financial discipline, innovation, and determination of any private sector business to achieve its mission.