



South Bay will be hosting along with Palo Alto Firefighters Local 1319



INTERVENTION TRAINING

Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop-ASIST can be learned and used by anyone.

GOALS AND OBJECTIVES

In the course of the two-day workshop ASIST participants learn to:

- Understand the ways 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 including life-promotion and self-care.

ASIST TRAINERS

ASIST workshops are facilitated by a minimum of two Living Works registered trainers who have completed a five-day Training for Trainers (T4T) course. These ASIST trainers are firefighters and must deliver regular workshops and participate in a rigorous quality control program to remain registered.

ASIST PARTICIPANTS

ASIST is a resource for fire department peer supporters, chaplains and clinicians

FOCUS : SUICIDE INTERVENTION TRAINING

DURATION : 09:00 - 17:00

DATE : Monday, November 29 to Tuesday, November 30, 2021

LOCATION : Mitchell Park Community Center
El Palo Alto Room & Matadero Classrooms
3700 Middlefield RD
Palo Alto, CA 94303

FEES : \$40 per person
Meals and refreshments for both days are included
*Registration is limited to 45 participants

FOR RESERVATION PLEASE CALL (408) 229-4299