



ASIST

Program Description

ASIST is a two-day workshop designed to provide participants with gatekeeping knowledge and skills. Gatekeepers, as they are called after training, are taught to recognize the warning signs of suicide and to intervene with appropriate assistance. After training, ASIST participants should be able to:

- Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide,
- Discuss suicide with a person at risk in a direct manner,
- Identify risk factor alerts and develop safe plans related to them,
- Demonstrate the skills required to intervene with a person at risk,
- List the types of resources available to a person at risk, including themselves,
- Make a commitment to improving community resources; and,
- Recognize that suicide prevention is broader than suicide first-aid and includes life promotion and self-care for the caregivers.

Workshops are 14 hours long (over two days). They are delivered to a maximum of 30 participants by a minimum of two trainers. Almost 2,000 ASIST workshops, with 50,000 participants, are conducted annually. In addition, a training program for ASIST trainers is available. This allows large institutions to have their own trainers.

The ASIST curriculum includes suicide intervention skill development, confidential and trainer facilitated small group learning environments, established trainer protocols to address vulnerable or at risk participants, knowledge of local resources that could be accessed, consistent use of positive feedback, blend of larger group experiential challenges and safety of small group opportunities to test new skills, no-fault simulation exercises, and the use of adult learning principles.

Targeted Protective and Risk Factors

The ASIST program impacts the following risk and protective factors that have been targeted by the *National Strategy for Suicide Prevention* for the reduction of suicide in the United States.

Increased Protective Factors

Easy access to a variety of clinical interventions and support for help-seeking
 Strong connections to family and community support

Decreased Risk Factors

Lack of social support and sense of isolation
 Barriers to accessing health care, especially mental health and substance abuse treatment

Program Characteristics
Intervention Type School-Based Community-Based
Target Age 18 +
Gender Female & Male
Ethnicity Multiple
IOM Category Universal Selective Indicated

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Program Costs

The average program cost is \$100 per participant, which includes program materials. The cost will vary depending upon the availability of trainers and other circumstances.

Contact Information

ASIST training is provided by LivingWorks Education Inc., of Alberta, Canada. For additional information visit their website at www.livingworks.net, call (403) 209-0242, or email info@livingworks.net.