

# Applied Suicide Intervention Skills Training

A regional partnership working across seven local authority areas has come together to produce a programme of seventeen Applied Suicide Intervention Skills Training (ASIST) courses in 2016. The ASIST programme is the world's most widely used suicide prevention training. Details of the programme and how to book can be found below and overleaf.

## What is ASIST?

Applied Suicide Prevention Skills Training (ASIST) is an interactive and practical two day course that aims to:

- help people to recognise the signs that someone is considering suicide
- Gain the skills and confidence to respond appropriately and intervene to prevent immediate risk of suicide.

ASIST has been described as a form of 'suicide first aid'.

## Why is ASIST training needed?

Suicide is a tragedy for individuals, their families and friends. It also has a significant impact on society as a whole, in terms of loss of life and lost contribution.

The prevention of suicide is a national, regional and local imperative, as the numbers are rising, and the capacity to support people with suicide ideation (also known as suicidal thoughts, concerns about or an unusual preoccupation with suicide) reduces.

## ASIST Training

ASIST is a two day course that prepares caregivers including those in professional roles to provide suicide life-assisting, first aid intervention. ASIST teaches Pathways for Assisting Life (PAL), which is a practical guide to undertaking suicide interventions.

The training will enable participants to develop confidence and skills through observation and supervised simulation (role play and skills practice) in small groups. During the course you will have an opportunity to explore personal or professional experiences of suicide and space and support to focus on how your experiences with suicide impact on your beliefs and attitudes about using suicide first aid.

It is anticipated that everyone taking part in the course will do so with the intention of becoming a registered ASIST Caregiver.



## ASIST Training outcomes

By the end of the training, participants will be able to:

- identify people who have thoughts of suicide
- understand how beliefs and attitudes can affect suicide interventions
- understand a person at risk's story about suicide as well as recognise turning points that connect a person to life
- conduct a safety assessment and develop a plan that will keep the person at risk 'safe for now'
- confirm the person at risk's faith in the 'safeplan' and their intent to follow it through
- practise as a registered ASIST caregiver

## Who can attend a course?

Evidence shows that delivering the course across multiple agencies enhances the outcomes for trainers and participants, and develops community awareness. We would therefore encourage anyone whose role involves regular direct contact with the public to attend, including:

- primary care, acute care, mental health and public health practitioners
- teachers
- youth workers
- police
- probation and prison services
- fire and rescue services
- community and voluntary sector organisations
- workplaces
- ambulance service.
- drug and alcohol services
- housing officers

## Who delivers the course?

Asist courses are delivered by accredited trainers who have successfully passed the LivingWorks Trainers course.

## How much does ASIST training cost?

This programme is funded through a grant from Health Education South West and therefore there is no cost to participants. However anyone taking a place is using valuable resources and there is a charge of £50 for people who sign up but do not then attend.

	May 2016	June 2016	July 2016	August 2016	Sept 2016	Oct 2016	Nov 2016	Dec 2016
<b>BANES</b>		20/21				10/11		12/13
<b>Bristol</b>	16/17				26/27			
<b>Gloucestershire</b>	16/17				14/15			5/6
<b>North Somerset</b>	31 & 1 June	23/24				TBC		
<b>South Gloucestershire</b>		23/24					15/16	
<b>Swindon</b>		7/8			TBC			
<b>Wiltshire</b>	10/11						15/16	

## How to book

Contact the council in the area in which you want to book to secure places or to discuss any queries you may have, regardless of which of the seven local authority areas you work in:

**Bath & North East Somerset (external users please create an account):**

<http://bathnes.learningpool.com>

**Bristol:** [ph.commissioning@bristol.gov.uk](mailto:ph.commissioning@bristol.gov.uk)

**Gloucestershire:** [commissioningadmin@gloucestershire.gov.uk](mailto:commissioningadmin@gloucestershire.gov.uk)

**North Somerset:** log in to [www.n-somersetcpd.org.uk](http://www.n-somersetcpd.org.uk) and type Asist. Any difficulties email: [cpdonline.support@n-somerset.gov.uk](mailto:cpdonline.support@n-somerset.gov.uk)

**South Gloucestershire (new users will have to create a learning account):** book on via the following link [www.southglos.gov.uk/coursebooking](http://www.southglos.gov.uk/coursebooking)

**Swindon:** [PublicHealth@swindon.gov.uk](mailto:PublicHealth@swindon.gov.uk)

**Wiltshire:** [Karen.Spence@wiltshire.gov.uk](mailto:Karen.Spence@wiltshire.gov.uk)



**LivingWorks**

LivingWorks Education is a suicide intervention training company that trains community helpers of all kinds to work in this intervention context.