



ASIST



Instructors:

Jenn Carson & Mariah Andrews

Instructor Information:

Jenn Carson runs 951-686-HELP, Inland SoCal United Way's Crisis Helpline, founded in 1968, a project of Inland SoCal United Way. Jenn holds a B.A. from Baylor University, an M.A. in Counseling from George Washington University and is a doctoral candidate at California Baptist University. He was trained as a ASIST expert in 2018.

Mariah Andrews, M.S. is a Licensed Marriage and Family Therapist (LMFT). She received her Master's degree from California State Polytechnic University, Pomona in 2001. Ms. Andrews has worked for Riverside County Department of Mental Health for the past 20 years and has experience in working with all age ranges from adolescents up to older adults, providing crisis/emergency services, intensive outpatient services, and other Prevention and Early Intervention services

Course Description:

This two-day Applied Suicide Intervention Skills Training (ASIST) workshop will equip participants to respond knowledgeably and competently to persons at risk of suicide. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. The ASIST workshop is for those who want to increase their skills to help prevent the immediate risk of suicide for youth, consumers, clients, family, friends, coworkers and community members.

Date: July 25, 2023 & July 26, 2023

****Must attend both dates for credit****

Time: 8:00am – 4:30pm

Location: 2085 Rustin Ave. Riverside Ca 92507

Register here for this course: www.rcdmh.org/wet

Free to all registered participants

Continuing Education Credits: This course meets the qualifications for **12** continuing education units/credits/hours. Please see the brochure for additional information.

Applied Suicide Intervention Skills Training: ASIST

Day 1: July 25, 2023

8:00am – 4:30pm

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Day 2: July 26, 2023

8:00am – 4:30pm

****Must attend both dates for credit****

Course Description: This two-day Applied Suicide Intervention Skills Training (ASIST) workshop will equip participants to respond knowledgeably and competently to persons at risk of suicide. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. The ASIST workshop is for those who want to increase their skills to help prevent the immediate risk of suicide for youth, consumers, clients, family, friends, coworkers and community members.

Instructor Information: Jenn Carson and

Jenn Carson runs 951-686-HELP, Inland SoCal United Way's Crisis Helpline, founded in 1968, a project of Inland SoCal United Way. Jenn holds a B.A. from Baylor University, an M.A. in Counseling from George Washington University and is a doctoral candidate at California Baptist University. Jenn is also a Living Works ASIST (Suicide First Aid) Trainer and has lived experience expertise as a survivor of suicidal ideation and a childhood suicide attempt. Jenn has spoken about her survival of childhood trauma on CNN, NPR, the BBC and "The Today Show". Jenn Carson is a member of the board of directors and the Attempt Survivor Lived Experience Division of American Association of Suicidology. Jenn was trained in ASIST as a subject matter expert since 2018.

Mariah Andrews, M.S. is a Licensed Marriage and Family Therapist (LMFT). She received her Master's degree from California State Polytechnic University, Pomona in 2001. Ms. Andrews has worked for Riverside County Department of Mental Health for the past 20 years and has experience in working with all age ranges from children, adolescents, and their families to adults and older adults, providing crisis/emergency services, intensive outpatient services, and other Prevention and Early Intervention services. Ms. Andrews has also provided evidence-based practices that include: Wraparound, Guiding Good Choices, Cognitive-Behavioral Intervention for Trauma in Schools (CBITS), CBT for Late-Life Depression, Trauma Focused Cognitive Behavioral Therapy (TF-CBT), and Incredible Years. In addition, Ms. Andrews also has been a trainer in multiple evidence-based programs including Applied Suicide Intervention Skills Training (ASIST), Cognitive-Behavioral Intervention for Trauma in Schools (CBITS), Healthy IDEAS, and CBT for Late-Life Depression as well as others. Ms. Andrews has been working as a Behavioral Health Services Supervisor (BHSS) for the past 4 years in both children's and adult outpatient programs. She currently is supervising the largest adult outpatient clinic in Riverside.

Audience: Clinical Therapists and other treatment staff. LMFTs, LCSWs, LPCCs, LEPs, associate-level and support staff, direct service and administrative staff. Community Based Organizations (CBO) staff.

Level of presentation: Intermediate - applicable to participants with working knowledge of the topic.

Seat #: 20

Location: 2085 Rustin Ave. Riverside Ca 92507

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center (951) 955-7270 at least fourteen days (14) prior to the course date.

Educational Goals:

1. Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide.
2. Provide life-assisting guidance to persons at risk in a flexible manner.
3. Identify what needs to be in a person at risk's plan for safety.
4. Demonstrate the skills required to provide suicide first-aid to a person at risk of suicide.
5. Describe the value of improving community resources including the way that they work together.
6. Recognize that suicide prevention is broader than suicide intervention and, includes life promotion and self-care for persons at risk and caregivers

Learning Objectives:

1. Identify three (3) ways to prevent suicide including prevention, intervention, and postvention strategies
2. Analyze and evaluate the data of suicide behaviors to increase community awareness
3. Increase participant commitment to serve as a community helper by raising awareness of the impact of suicide through evaluation of in personal experiences
4. Identify four (4) invitations including actions, physical, words, and feelings connected to suicide
5. State four (4) reasons individuals turn to safety
6. State the four (4) components of workshop including connecting, understanding, assisting life, and working together
7. Demonstrate the skills required to provide suicide first aid to a person at risk of suicide
8. Examine, identify, and express three (3) attitudes in supporting individuals at risk of suicide
9. Construct a collaborative safety plan with an individual having suicidal ideation
10. Identify the three (3) phases of Pathway for Assisting Life (PAL)
11. Perform a connecting and safety simulation
12. Describe the value of improving community resources including the way they work together

Course outline:

DAY 1

Time:	Topic/Content
8:00am - 8:30am	Registration (NON-CE)
8:30am - 8:45am	Awareness Facts
8:45am - 9:05am	Why First Aid?
9:00am - 9:05am	Why ASIST Training is Needed?
9:05am - 9:20am	About the Participants
9:20am - 9:30am	About the Workshop
9:30am - 9:45am	Break (NON-CE)
9:45am - 10:00am	About Connecting
10:00am - 10:10am	Move to workgroups
10:10am - 11:00am	Connecting Feelings and Experiences with Suicide and Helping
11:00am - 11:30am	Introductions
11:30am - 12:30pm	Connecting Attitudes with Suicide and Helping
12:30pm - 1:30pm	Lunch (NON-CE)
1:30pm - 1:40pm	Introduction to Understanding
1:40pm - 1:55pm	Exploring Invitations
1:55pm - 2:10pm	Asking about thoughts of suicide
2:10pm - 2:20pm	Understanding Choices Phase
2:20pm - 2:35pm	Break (NON-CE)
2:35pm - 2:50pm	Hear Their Story
2:50pm - 3:10pm	Supporting Turning to Safety
3:10pm - 3:20pm	Assisting Life Phase
3:20pm - 4:00pm	Develop a SafePlan
4:00pm - 4:10pm	Confirm Actions
4:10pm - 4:30pm	Concluding Understanding

DAY 2

Time:	Topic/Content
8:00am - 8:30am	Registration (NON-CE)
8:30am - 8:45am	Starting the Assisting Section
8:45am - 9:35am	PAL in Action and Show It Begins With You
9:35am – 9:50am	BREAK (NON-CE)
9:50am – 10:00am	Transition to Practice
10:00am – 10:10am	Connecting Simulation
10:10am -10:25am	Support Turning to Safety Simulation
10:25am -11:05am	PAL Simulation
11:05am -11:20am	Safety First Simulation
11:20am-11:35am	Whole Group Closing; Workgroup Practice Introduction
11:35am-11:45am	MOVE TO WORKGROUPS
11:35am-12:30pm	Workgroup Practice
12:30pm-1:30pm	LUNCH (NON-CE)
1:30pm-3:30pm	Workgroup Practice Continues
3:30pm-3:45pm	BREAK (NON-CE)
3:45pm-4:05pm	Relationships with Persons at Risk Discussion
4:05pm-4:20pm	Community Relationships Discussion
4:20pm-4:30pm	Closing the Workshop

This course meets the qualifications for 12 continuing education units/credits/hours.

Continuing Education: Course meets the qualifications for **(12)** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for **(12)** Contact Hours.

Provider approved by CCAPP-EI, Provider Number 1N-98-402-1223 for **(12)** CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

Requesting Continuing Education: Participants interested in receiving continuing education credit or a certificate of participation should contact Sujei Larkin via email at glarkin@ruhealth.org. Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

Enrollment/Registration Policy: Please register for this course **contact Desiree Johnson or Alejandra Hernandez** . The enrollment deadline is three (3) calendar days prior to the course start date (excluding holidays and weekends). Walk-ins (those not registered) are welcomed and will be accepted on a first come first serve basis, if spaces are available; there is no guarantee of admission into the course.

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) calendar days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact training coordinator Taide Arias at TArias@ruhealth.org or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U .S .C . §§ 12101-12213 (2008).