



LivingWorks ASIST (Applied Suicide Intervention Skills Training)

**Cost is
FREE**

December 2-3, 2026

8:00am – 5:00pm (must attend all sessions, both days)

Human Service Agency

123 19th St NE

Watertown, SD 57201

Training Schedule

DAY ONE

8:00 a.m. MORNING SESSION

Why First Aid / Why ASIST Training is Needed

About the Participants and the Workshop

Film: *Cause of Death?*

Connecting Feelings / Experiences with Suicide and Helping

Connecting Attitudes with Suicide and Helping

12:30 p.m. LUNCH – on your own

1:30 p.m. AFTERNOON SESSION

Introduction to Understanding

Explore Invitations

Hear Their Story

Develop a SafePlan and Confirm

Concluding Understanding

5:00 p.m. END OF DAY 1

DAY TWO

8:00 a.m. MORNING SESSION

PAL In Action It Begins With You

Transition To Practice

Support Turning to Safety Simulation

PAL Simulation

Safety First Simulation

Workgroup Introduction and Practice

12:30 p.m. LUNCH – on your own

1:30 p.m. AFTERNOON SESSION

Continue Work Group Practice

Organizing and Starting

Relationships with Persons at Risk Discussion

Community Relationships Discussion

5:00 p.m. END OF DAY 2

What Makes ASIST Different?

Connecting:

Connecting gives caregivers an opportunity to clarify and examine their own attitudes toward people exhibiting suicidal behavior. Through connecting, caregivers can overcome attitudinal barriers that may hinder their learning and helpfulness.

Understanding:

Viewing a suicidal situation through the eyes of an at-risk person helps caregivers understand how to take care of that person's concerns. Caregivers practice how to apply their understanding in simulated scenarios involving suicide risk.

Assisting:

Caregivers learn the Pathway for Assisting Life (PAL) model as a framework for understanding the process of suicide intervention. Caregivers intensively apply suicide first aid, including connecting, understanding, and assisting skills in intensive practice situations.

By the end of the workshop, you will be able to:

- Discuss suicide with an at-risk person in a direct and helpful manner
- Deal effectively with personal and societal attitudes about suicide
- Identify an at-risk person and make a plan to help (called a *SafePlan*)
- Demonstrate the use of intervention skills for helping an at-risk person.
- Identify resources available to help a person at risk for suicide
- Have confidence in being an effective resource yourself
- Be part of a team improving the community's response to suicide
- Understand issues such as life promotion and care of yourself as a caregiver.

Application will be made for CEUs for Social Work, Counseling, and Drug & Alcohol Professionals~~~
Application will be made for 1 Graduate & Undergraduate credit through USF for \$45

To register: Email Dodih@humanserviceagency.org or call (605) 884-3516 with questions

Name _____ **School/Agency** _____

Address _____

Phone _____ **Email** _____

Cell Phone: _____