



## ASIST



### Instructors:

Rebecca Antillon & Melissa Vasquez

### Instructor Information:

Rebecca Antillon is a Program Coordinator II with the Riverside University Health System – Public Health.

Melissa Vasquez is a Senior Certified Peer Support Specialist for the H@H Tech Suite Program for Riverside University Health System – Behavioral Health.

### 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: May 14, 2024 & May 15, 2024**

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

**Time: 8:30am – 4:30pm**

**Location: 2085 Rustin Ave. Riverside Ca 92507**

RUHS-BH Staff - Please register for this course via COR at <http://corlearning.sumtotal.host>

All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet)

**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: May 14, 2024

8:30am – 4:30pm

&

Day 2: May 15, 2024

8:30am – 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: Rebecca Antillon & Melissa Vazquez**

Rebecca Antillon is a Program Coordinator II with the Riverside University Health System – Public Health. She has worked with the department for 17 years designing programs to address child passenger safety, pedestrian safety, teen impaired driving and most recently, teen suicide prevention. Through her work with suicide prevention, Rebecca has developed a curriculum for school based staff on how to identify potential warning signs for at risk youth and how to support youth in crisis.

Melissa Vasquez is a Senior Certified Peer Support Specialist for the H@H Tech Suite Program for Riverside University Health System – Behavioral Health. Melissa started her Peer career with the Mobile Crisis Program where she gained extensive knowledge supporting people who were expressing suicidal ideation. Prior to coming to RUHS-BH, Melissa worked as an Emergency Medical Technician and as a para-professional with the Special Education Unit for Hemet Unified School District. In Melissa's current roll she gets to support ten line staff Peers in her program as well as oversee the everyday operation of Tech Suite, ensuring chat coverage, outreach/presentations and monitoring the workflow of multiple piloting apps in the program. Melissa is a trainer for ASIST, SafeTALK, Digital Mental Health Literacy and La CLaVe.

**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 #:** 30

**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**

<b>Time:</b>	<b>Topic/Content</b>
8:00am - 8:30am	<b>Registration (NON-CE)</b>
8:30am - 8:45am	Awareness Facts
8:45am - 9:05am	Why First Aid?
9:00am - 9:05am	Why is ASIST Training Needed?
9:05am - 9:20am	About the Participants
9:20am - 9:30am	About the Workshop

<b>9:30am - 9:45am</b>	<b>Break (NON-CE)</b>
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
<b>12:30pm - 1:30pm</b>	<b>Lunch (NON-CE)</b>
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
<b>2:20pm - 2:35pm</b>	<b>Break (NON-CE)</b>
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	<b>Registration (NON-CE)</b>
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	<b>BREAK (NON-CE)</b>
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	<b>LUNCH (NON-CE)</b>
1:30pm-3:30pm	Workgroup Practice Continues
3:30pm-3:45pm	<b>BREAK (NON-CE)</b>
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-98-402-1225 & 3-22-341-0424. 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:** If you haven't received your CE certificate within 10 days after the training, please email Germeen Armanious (Gina) at g.armanious@ruhealth.org. Please include the following information in your email request: full name, title and date of training, and certification or license number.

**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:** 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 Workforce Education and Training at 951-955-7270 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).