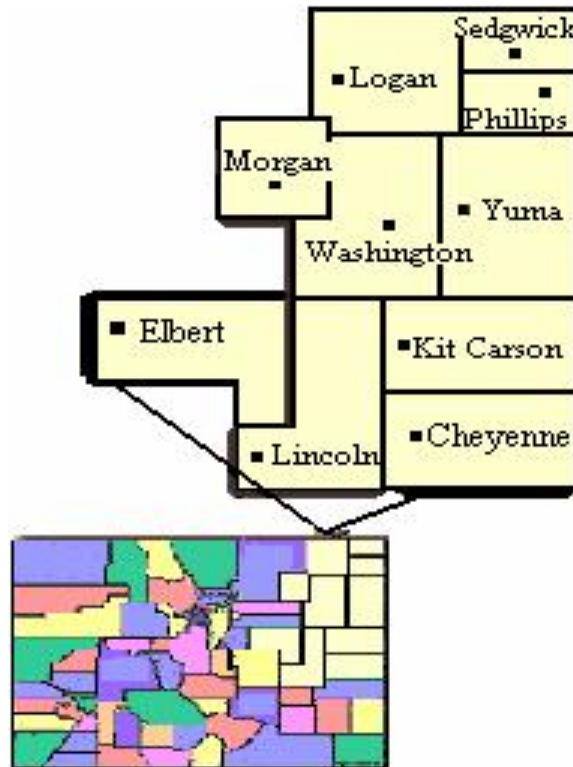


Rural Solutions



Visit our website for future trainings or other events.

www.rural-solutions.org



Rural Solutions

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Applied Suicide Intervention
Skills Training

A two-day suicide first aid interactive
workshop

imagine.....

a suicide-safer community

Burlington Community and Education Center
Burlington, CO
Sept. 22nd and 23rd, 2010
8:00 am - 4:30 pm

Presented by:

Maranda Miller, Rural Solutions
And
Mary McMahan, Centennial Mental
Health Center

The Challenge

Every year more people die by suicide than from all of the several armed conflicts around the world and, in many places about the same or more than those dying in traffic accidents. For every suicide, there may be up to 100 times more who are injured by non-fatal suicidal behavior.

In any year, as many as 6% of the population have serious thoughts of suicide.

How can further deaths and injuries be prevented? How can we support people to choose life when something prevents them from seeing a way forward?

The Opportunity

Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations to help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide.



The Workshop

ASIST provides practical training to caregivers seeking to prevent the immediate risk of suicide.

Participants often include:

- People concerned about family, friends
- Natural helpers and advisors
- Emergency service workers
- Counselors, teachers, ministers
- Mental health employees
- Workers in health care, human services
- Community volunteers

Working mostly in small groups of one trainer to no more than 15 participants, ASIST uses many different teaching processes to create a practice-orientated and interactive learning experience.

The Outcome

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. **Learn how to:**

- Recognize invitations to help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

Attendance at the full two day is essential to increase your knowledge and confidence to respond to a person at risk of suicide. Morgan Community College may be offering continuing education credits.

Burlington Community and Education Center
September 22nd-23rd 2010
8:00 am - 4:30 pm
Lunch and Materials Provided
Registration Deadline: Sept. 10th, 2010

Name: _____

Company: _____

Address: _____

Phone: _____

Email: _____

OR

register online by sending an email to:
maranda.miller@rural-solutions.org

****** Please note that this training is being offered for free because of grant funding, but would normally cost \$120 per person to attend. It is a very high caliber, intense training that utilizes evidence based and best practices curriculum.**