



## ASIST 2-Day Workshop: Implementation Guide for the Trauma Regional Advisory Council Injury and Violence Prevention Grant

### Program Description:

One strategy to help prevent the incidence of suicide in Arkansas is the Applied Suicide Intervention Skills Training (ASIST) workshop. This evidence-based workshop, developed by *LivingWorks*, is for caregivers who want to feel more comfortable, confident, and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop.

### Training Needed:

ASIST Workshops must be conducted by at least two certified ASIST Trainers. Class size can range between 10 and 45 participants, however for groups larger than 24, 3 trainers are strongly recommended and required for groups over 30. To find certified ASIST trainers in your area, please visit [www.livingworks.net](http://www.livingworks.net), or contact the Intentional Injury Project Analyst for the Statewide Injury Prevention Program at 501-364-3436.

### Projected Costs:

Description	Cost
ASIST Participant Kit (shipping included)*	\$40 each
Refreshments	
Trainer fee for two trainers**	
<b>Total:</b>	<b>\$1,600</b>

\*ASIST participant kits must be purchased by certified ASIST Trainers. These kits cost approximately \$40 per person, including shipping and handling.

\*\* Arkansas has a low number of certified ASIST trainers. It may be necessary to contract with trainers from neighboring states. Fees per trainer range between \$600 and \$1000. Travel costs may be an additional expense.

The cost to sponsor an ASIST workshop is approximately \$125.00 per person for a workshop with 24 participants. Workshops can be offered at a fee for participants to recover the costs.

### Implementation:

To host an ASIST Workshop with up to 24 participants, you will need 2 training rooms that accommodate the full number of participants. Both rooms will need a laptop, projector, and speakers. Host site should provide lunch both days and light snacks/breakfast. For more information, please visit <http://www.livingworks.net/programs/asist/organize-or-sponsor-an-asist-workshop/> to download a comprehensive organizer's guide.

### Evaluation:

*Livingworks* provides a participant feedback form for each participant along with a trainer feedback form. Trainers are responsible for submitting these evaluation forms to *Livingworks* within 6 weeks of the training. Trainers receive feedback and recommendations from *Livingworks* based on the feedback received from the participants. If the class is sponsored by SIPP, follow-up surveys at 3, 6, 9, and 12 month intervals are conducted to determine the participant's use of the ASIST model and their confidence level in using the skill set. SIPP will establish an ASIST Trainer network within Arkansas to monitor and assist trainers to determine the number of classes held and the number of IP partners trained.

**For more information:** Call the SIPP Intentional Injury Prevention Analyst at 501-364-3436