

## Morning of Day 1

**Time Required:** 1 hour and 30 minutes

**Format:** whole group

### 8:30 a.m. - whole group; theatre style

- 20 min. **1.1** Workshop registration: fees; permission to gather contact details on participants for distribution at the end of the workshop; and, information for participant certificates. Workshop beginnings: *Awareness Facts* slide show; *Background* poster and *Personal Background Information*; Completing the *Attitudes and Hopes* surveys in their *ASIST Workbook*.
- 15 min. **1.2** Introduction to prevention, postvention and intervention. Introduction to suicide first aid focus and need for all caregivers to know first aid.
- 5 min. **1.3** The burden of suicide and reasons for ASIST. Introductions: LivingWorks, trainers, workshop organizers and sponsors.
- 15 min. **1.4** Background information on participants.
- 10 min. **1.5** Overview of the workshop and outline of housekeeping procedures.

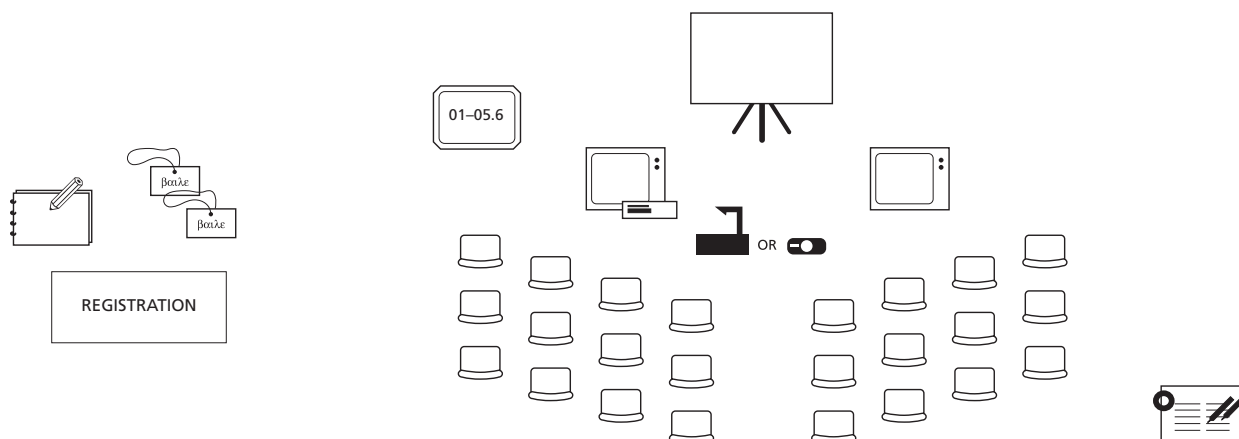
### 9:35 a.m. - 15-minute refreshment break

- 20 min. **1.6** Introduction to the Connecting section and the showing of the audiovisual, *Cause of Death?*

### 10:10 a.m. - move to workgroups

## Materials and Equipment Required

- Form to gather permission and information for participant list and certificates
- *Personal Background Information* form\*
- *ASIST Workbook*\*
- Name tags (first name large)
- *Background* poster,\* masking tape and non-permanent marking pen(s)
- *Awareness Facts* and *Cause of Death?* — audiovisuals in various formats\*
- VCR or DVD player with multimedia projector and screen or color monitor(s), splitter and cable for extra monitor(s)
- Slides (s01–s05.6) and non-permanent marking pen\*
- Overhead projector if not using multimedia projection system



\*These materials are supplied by trainers since only registered trainers are eligible to acquire them from LivingWorks

## Morning of Day 1

**Time Required:** 2 hours and 30 minutes

**Format:** workgroup

### 10:10 a.m. - workgroup; chairs in circle

- 15 min. **2.1** Initial discussion of feelings and experiences.
- 50 min. **2.2** Connections between feelings, experiences and suicide first aid.
- 10 min. **2.3** Conclusions about connections.

### 11:25 a.m. - 10-minute refreshment break

- 55 min. **2.4** Connections between attitudes and suicide first aid.

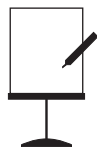
### 12:30 p.m. - 1 hour meal break; return to workgroups after break

## Materials and Equipment Required

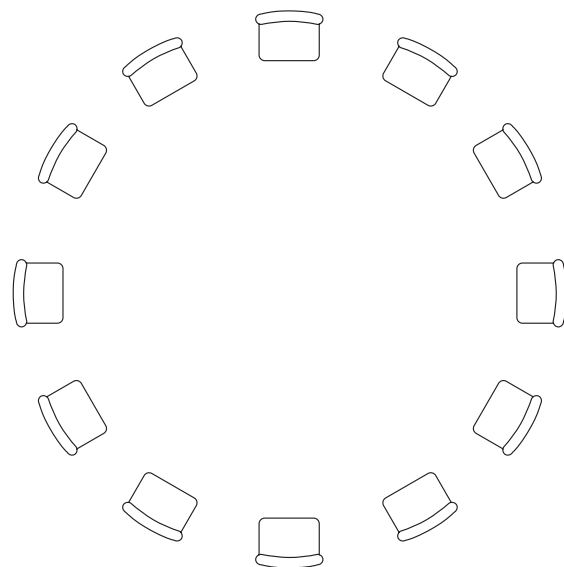
- Flip chart or chalkboard or back of *SIM* poster to record responses to *Attitudes* survey
- Flip chart marker pens or chalk



OR



OR



## Afternoon of Day 1

**Time Required:** 3 hours

**Format:** workgroup

### 1:30 p.m. - workgroup; semicircle with tables, if possible

- 10 min. **3.1** Introduction.
- 30 min. **3.2** Exploring invitations.
- 10 min. **3.3** Asking about thoughts of suicide.

### 2:20 p.m. - possible break point/10 minutes

- 20 min. **3.4** Listening to the reasons for and against suicide.
- 30 min. **3.5** Reviewing risk.

### 3:20 p.m. - possible break point/10 minutes

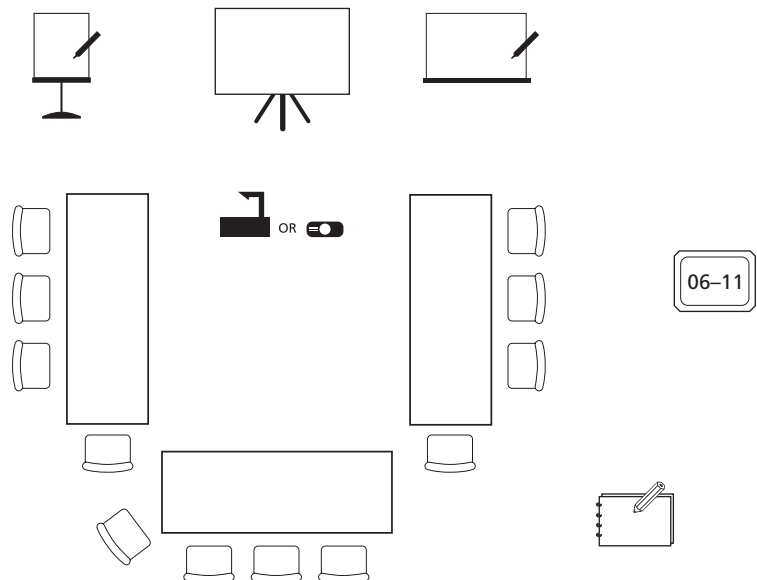
- 40 min. **3.6** Contracting a safeplan.
- 5 min. **3.7** Following-up on commitments.
- 15 min. **3.8** Review and practice.

### 4:30 p.m. - end of Day 1

**offer to collect participant workbooks; ensure that their name is on front**

## Materials and Equipment Required

- Understanding section slides (s06-s11)\*
- Projection screen with overhead projector or multimedia projection system
- Chalkboard and/or flip chart (preferably both)
- Chalk and/or flip chart marker pens



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## Morning of Day 2

**Time Required:** 3 hours and 20 minutes

**Format:** whole group

**Lay out participant workbooks for pickup**

**8:30 a.m. - whole group; theatre style**

5 min. **4.1** Introduction to the morning of Day 2.

18 min. **4.2** Structure of an Intervention.

12 min. Illustration of SIM's structure.

**9:05 a.m. - 5-minute (maximum) bathroom and stretch break**

33 min. **4.3** Process of an Intervention.

12 min. Illustration of SIM's process.

10 min. **4.4** Transition to Practice.

**10:05 a.m. - 15-minute refreshment break**

10 min. **4.5** Shotgun simulation.

15 min. **4.6** Ambivalence.

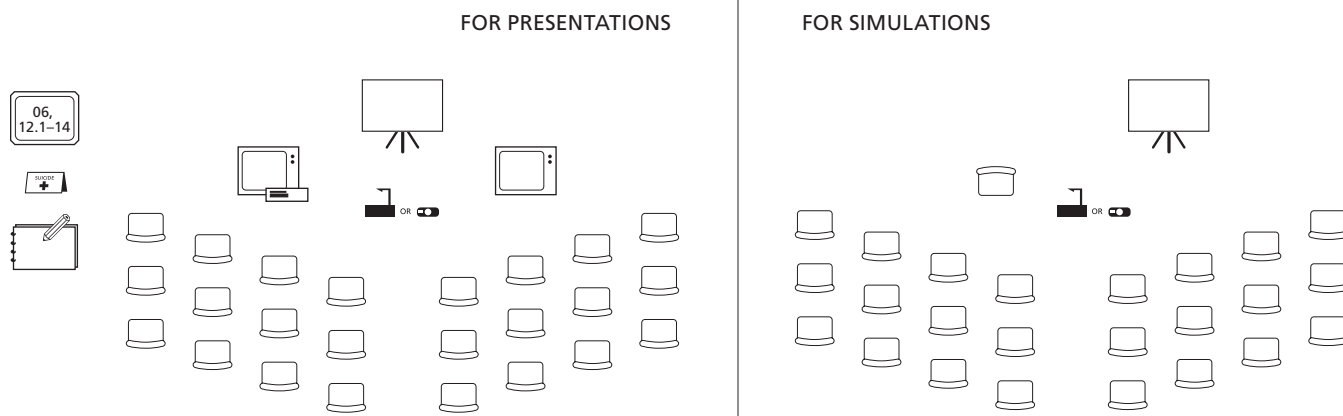
40 min. **4.7** Bridge simulation.

15 min. **4.8** Nick Walker simulation.

**11:40 a.m. - move to workgroup with 10-minute transition break**

## Materials and Equipment Required

- Assisting section slides (s06, s12.1–s14)\*
- *Suicide First Aid* prompter card\*
- Projection screen with overhead projector or multimedia projection system. *SIM* poster(s) (optional)
- *It Begins with You*, two versions — audiovisual in various formats\*
- DVD player or VCR with multimedia projector and screen or color monitor(s), splitter and coaxial cable



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## Morning and Afternoon of Day 2

**Time Required:** 3 hours and 10 minutes

**Format:** workgroup

**11:50 a.m. - workgroup; chairs in circle focused upon two chairs face to face**

40 min. **4.9** Complete at least one simulation.

**12:30 p.m. - meal break**

**1:30 p.m. - return from meal break**

145 min. **4.9** Continuation of simulations and conclusion of workgroup activities.

15 min. Refreshment break some time during afternoon

**3:55 p.m. - move to whole group for Networking section**

## Materials and Equipment Required

- SIM poster\*
- masking tape

