



Register for ASIST  
online at  
[www.crisis.org](http://www.crisis.org),

e-mail  
[office@crisis.org](mailto:office@crisis.org),

or call 612-852-2224

For questions regarding  
logistics or registration, contact  
Fran Lyon-Dugin at 612-852-  
2224 or

[fran.lyon-dugin@crisis.org](mailto:fran.lyon-dugin@crisis.org)

For questions regarding training  
content, contact Gretchen  
Domek at 612-852-2217 or  
[Gretchen@crisis.org](mailto:Gretchen@crisis.org)

**Questions? Contact  
Crisis Connection  
612-852-2200**

**Directions to  
University of St. Thomas  
1000 LaSalle Ave.  
Minneapolis, MN**

**FROM THE WEST**

OPTION ONE: I-394 East to I-394 Downtown  
Exit  
to 12th Street North (exit 9A); to LaSalle  
Avenue; turn  
left (north) on LaSalle Avenue to 11th Street;  
turn left  
(west) on 11th Street. The campus will be on  
your  
right.

**FROM THE EAST**

I-94 West to 11th Street Exit (exit 233A); turn  
left.  
West on 11th Street to LaSalle Avenue (one  
block  
past Nicollet Mall). Campus will be on your  
right.

**FROM THE SOUTH**

I-35W North to Downtown Exits to 11th  
Street / Grant  
Street Exit (exit 16A); turn left. West on 11th  
Street to  
LaSalle Avenue (one block past Nicollet  
Mall). Cross  
LaSalle Avenue. Campus will be on your  
right.

**FROM THE NORTH**

I-35W South to West I-94. West on I-94 to  
11th Street Exit. West on 11th Street to  
LaSalle  
Avenue (one block past Nicollet Mall). Cross  
LaSalle Avenue. Campus will be on your  
right.

## **Applied Suicide Intervention Skills Training (ASIST)**

Thursday, March 25

8:30 am – 4:30 pm

and

Friday, March 26, 2010

8:30 am – 4:40 pm

(Must be able to attend both  
days in full)

***Conducted by Crisis  
Connection***

***In partnership with***

***The University of St. Thomas***

## ASIST

Two day ASIST is designed for members of all care giving groups to improve their abilities to intervene with a person at risk of suicide until either the immediate danger of suicide is reduced or additional assistance or resources can be accessed.

### Objectives

Upon completion of this training, participants should be able to:

- recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide;
- discuss suicide with a person at risk in a direct manner;
- identify risk alerts and develop safeplans related to them;
- demonstrate the skills required to intervene with a person at risk of suicide;
- list the types of resources available to a person at risk of suicide, including themselves;
- make a commitment to improving community resources; and,
- recognize that suicide prevention is broader than suicide first aid and includes life promotion and self-care for caregivers.

### Date/Location

Thu, Mar 25 and Fri, Mar 26, 2010

University of St. Thomas  
Terrence Murphy Hall TMH252  
[1000 LaSalle Ave, Minneapolis, MN](#) (Click on link for map, directions, and parking options.)

### Agenda

(Breaks and refreshments included throughout the day)

#### Thursday, Mar 25, 2010

- Registration/continental breakfast
- Introduction and Overview
- Connecting Phase
- Small Group Discussion
- Lunch
- Understanding Phase
- Small Group-Reviewing Risk
- Small Group—Contracting Safeplan

#### Friday, Mar 26, 2010

- Reassembly/Continental Breakfast
- Assisting Phase Structure of Intervention
- Process of Intervention
- Simulations
- Lunch
- Simulations
- Networking

*Registration is available online at [www.crisis.org](http://www.crisis.org) beginning January 15, 2010. Payment available online or by check made payable to Crisis Connection (PO Box 23090, Richfield, MN 55423).*

*Registration fees include all materials, continental breakfast, lunch and snacks.*

*Regular Registration: \$195  
Early Bird Registration (Feb 15, 2010 deadline): \$145  
Student Registration: \$95*

*Three or more participants from same organization registering together: 10% discount*

*Instructors are trained and registered for ASIST through LivingWorks. Training is valued by LivingWorks at \$275 and Crisis Connection appreciates the support of University of St. Thomas for its support in defraying some of the cost for participants. CEUs pending.*