

Morning of Day 1

Time required: 1 hour and 30 minutes

Format: Whole group

0830: Whole group; theatre style

- 15 min. **1.1** The official starting time is 0830 but any participant arriving after 0815 can be started on any and all of the following: fees, permission to gather contact details for distribution at the end of the workshop, information for participant certificates, *Awareness Facts* slideshow, *Background Questionnaire* poster and *Personal Background Information* form, and completing the attitudes and hopes surveys in the 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

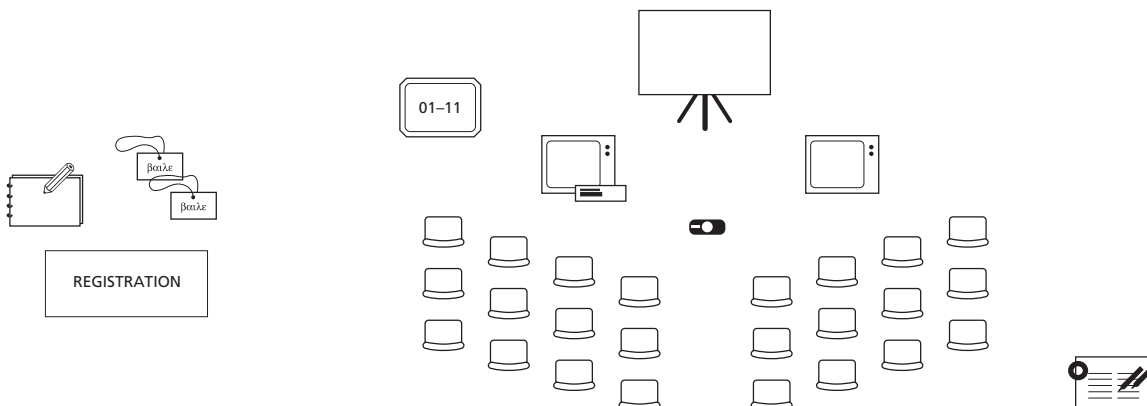
0930: 10-minute refreshment break

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

1000: Move to workgroups

Materials and equipment required

- Form to gather permission and information for participant list and certificates
- *Personal Background Information* form*
- *ASIST Workbook**
- Nametags (first name in large print)
- *Background Questionnaire* poster*, masking tape and non-permanent marking pen(s)
- *Awareness Facts* slideshow and *Cause of Death?* audiovisual (four versions: standard, military, phone, or both military and phone)*
- DVD player with multimedia projector and screen or color monitor(s), splitter and cable for extra monitor(s)
- Trainer slides (PowerPoint) 01–11*



*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 20 minutes

Format: Workgroup

1010: Workgroup; chairs in circle

50 min. **2.1** Connecting feelings and experiences with suicide first aid

15 min. **2.2** Using Introduction to advance the work

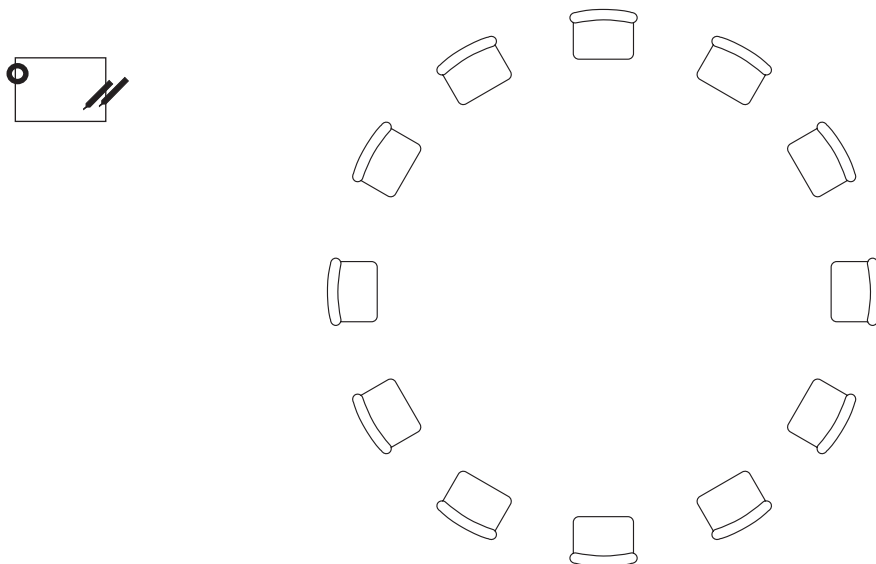
20 min. **2.3** Conclusions about connections

55 min. **2.4** Connecting attitudes with suicide first aid

1230: 1-hour meal break; return to workgroups after break

Materials and equipment required

- Attitudes survey on back of SIM poster*, masking tape and non-permanent marking pen(s)



Afternoon of Day 1

Time required: 3 hours

Format: Workgroup

1330: 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

1420: Possible break point (10 minutes)

20 min. **3.4** Listening to the reasons for and against suicide

30 min. **3.5** Reviewing risk

1520: Possible break point (10 minutes)

40 min. **3.6** Contracting a safeplan

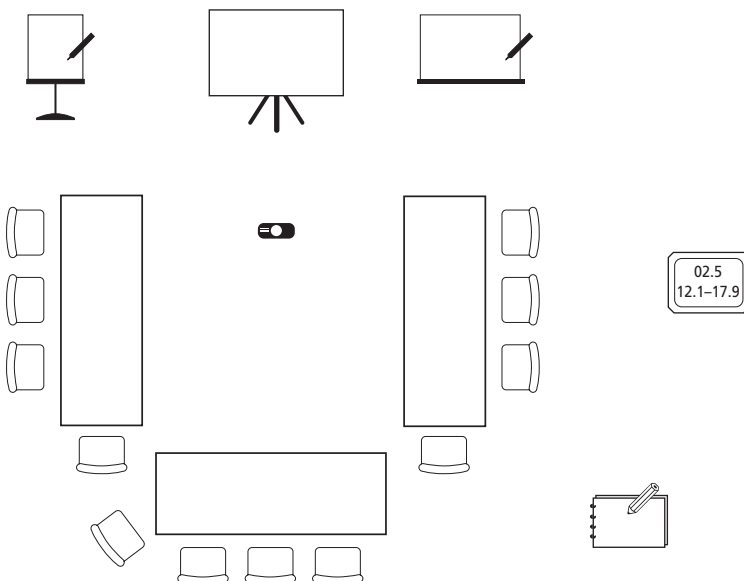
5 min. **3.7** Following-up on commitments

15 min. **3.8** Review and practice

1630: End of Day 1; offer to collect participant workbooks, ensure that their name is on front

Materials and Equipment Required

- Trainer slides (PowerPoint) 02.5, 12.1–17.9*
- Blank SIM wireframe on back of background poster, masking tape and non-permanent marking pen(s)
- DVD player with multimedia projector and screen or color monitor(s), splitter and cable for extra monitor(s)
- Chalkboard and/or flipchart (preferably both)
- Chalk and/or flipchart marker pens



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Morning of Day 2

Time required: 3 hours and 35 minutes

Format: Workgroup

Lay out participant workbooks for pickup

0830: Whole group; theatre style

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

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

17 min. Illustration of SIM's structure

0910: 5-minute (maximum) bathroom and stretch break

33 min. **4.3** Connecting attitudes with suicide first aid

17 min. Illustration of SIM's process

15 min. **4.4** Transition to practice

1020: 15-minute refreshment break

10 min. **4.5** Shotgun simulation

15 min. **4.6** Ambivalence simulation

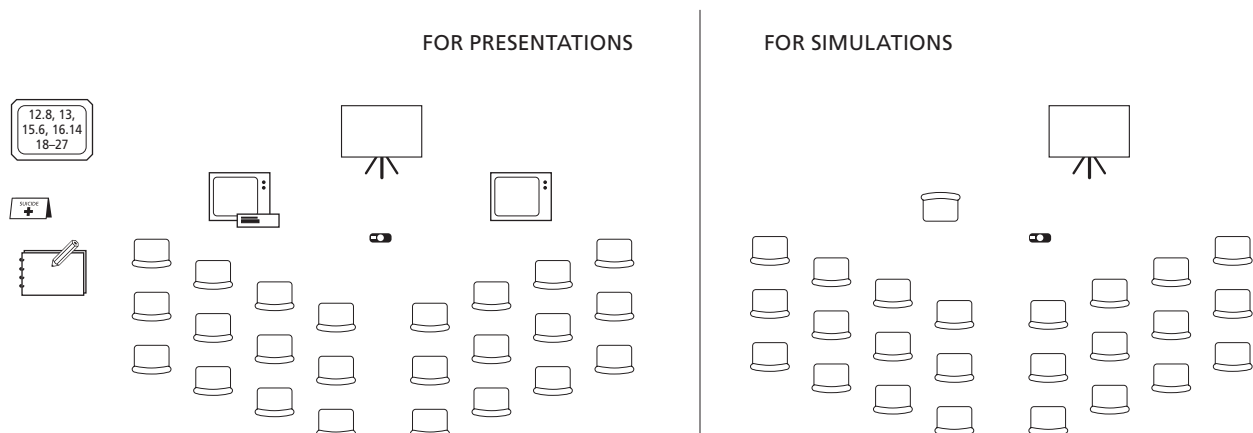
40 min. **4.7** Bridge simulation

15 min. **4.8** Nick Walker simulation

1155: Move to workgroup with 5-minute transition break

Materials and equipment required

- Suicide first aid wallet card*
- Trainer slides (PowerPoint) 12.8, 13, 15.6, 16.14, 18–27*
- DVD player with multimedia projector and screen or color monitor(s), splitter and cable for extra monitor(s)
- [optional] *Suicide Intervention Model (SIM)* poster(s)*
- *It Begins with You* audiovisuals (two versions for structure and a standard process)*
- [optional] Ambivalence simulation clips*



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Morning and Afternoon of Day 2

Time required: 2 hours and 55 minutes

Format: Workgroup

Lay out participant workbooks for pickup

1200: Workgroup; chairs in circle focused upon two chairs face to face

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

1230: 1-hour lunch break

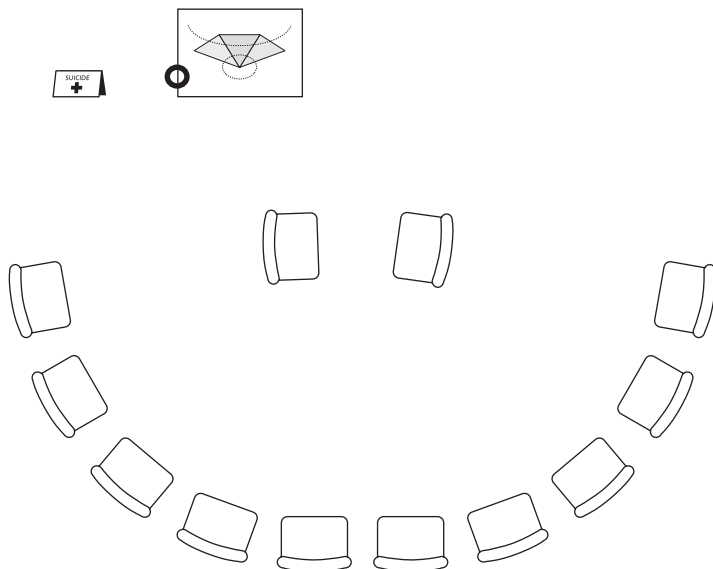
130 min. **4.9** Continuation of simulations and conclusion of workgroup activities

15 min. Refreshment break during afternoon

1555: Move to large group for Networking section

Materials and equipment required

- *Suicide Intervention Model (SIM)* poster*
- Masking tape



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End of Day 2

Time required: 30 minutes

Format: Whole group

1600: Whole group; theatre style

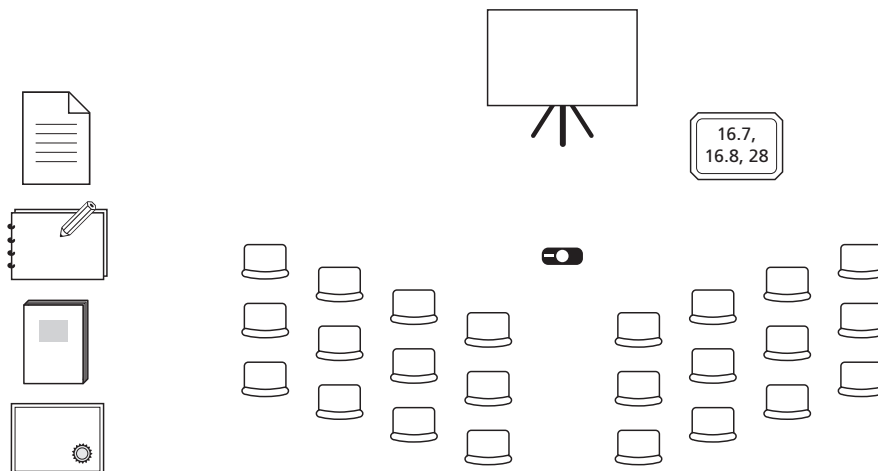
- 10 min. **5.1** Resource and self-care ideas
- 15 min. **5.2** Re-examining and sharing hopes, decide on one hope for the future
- 5 min. **5.3** Closing and feedback; distribution of certificates, participants list and the *Suicide Intervention Handbook*

1630: Formal end of workshop

Many participants will take longer to finish feedback and say goodbyes

Materials and Equipment Required

- Trainer slides (PowerPoint) 16.7, 16.8, 28*
- Participant feedback form*
- Copies of participant names and contact information
- Participant certificates*
- *Suicide Intervention Handbook**
- ASIST suicide first aid sticker*



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