



ASIST TuneUP

Applied Suicide Intervention Skills Training

Focus

ASIST TuneUP is a half day refresher for participants who have completed the two day ASIST workshop

The programme consolidates and refines the learning from ASIST and examines how it is applied in the real world. Participants will also have an opportunity to share what they have learnt from using ASIST.

Goals and objectives

By completing the TuneUp, participants can reconfirm their ability to be:

A willing caregiver who

- appreciates that their attitudes can affect what they do in an intervention
- values life
- wants to understand a person at risk's reasons for dying

A ready caregiver who

- understands that the person at risk likely has reasons for living
- understands that intervention focuses upon the immediate situation and a commitment to avoid suicide for an agreed amount of time
- understands that there are several possible risk alerts and that each needs to be addressed in the safeplan
- knows local resources and how to access them

An able caregiver who

- explores the meaning of things they see, hear, sense or find out about to see if they are connected to thoughts of suicide
- talks openly, honestly and directly about suicide
- tries to understand the reasons for dying before searching for the reasons for living
- reviews risk and creates safeplan counterparts to the risk alerts found in that review
- involves a person at risk in as much decision-making about their safety as is possible
- follows up on safeplan commitments

ASIST trainers

TuneUp trainers are experienced registered LivingWorks trainers who present the ASIST workshop.

ASIST participants

Participants usually have three general motivations for coming to a TuneUp:

To review or complete learning from the ASIST workshop

To test, examine, or review how ASIST is applied to the real world or to share what they have learned from applying their skills, and

To recapture the feeling of being part of a caring community which they experienced during the ASIST workshop.

The programme invites participants to revisit elements that are familiar and provides an opportunity to review what they have learned from ASIST. Participants' experiences will also provide the opportunity to explore elements that are new.

