



ASIST

TASK: Understanding the ASIST Program

CONDITIONS: Question and discussion based training.

STANDARDS: Understand what the ASIST program is

REFERENCE(S): AR 600-63, PARA. 4-4,
www.livingworks.net



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1. What is ASIST ?

- Applied Suicide Intervention Skills Training (ASIST) is a two day interactive workshop in suicide first aid. Participants learn to recognize when someone may be at risk of suicide, learn how to respond to ensure their safety until the individual can be linked to the proper resources required.

2. The goals and objectives of ASIST

- The ASIST program is intended to help caregivers be better prepared to reflect on their attitudes and belief about suicide and how they may impact the person at risk of suicide. The program will equip participants with the skills to ask directly about suicide and have a open discussion with a person at risk to discuss why they want to kill themselves. Participants will develop skills to stop the immediate risk of suicide, develop a safe plan and connect at risk personnel with the resources provided in the community. Participants will learn skills to help involve the person at risk in creating a plan to help the person at risk stay safe until they can be connected with the proper long term resources.



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3. The difference between intervention and prevention

Suicide prevention focuses on reducing life stressors and intervening when life crises become so overwhelming that suicide becomes a serious consideration.

Suicide intervention attempts to prevent a life crisis or mental disorder from leading to suicidal behavior, and includes managing suicidal thoughts that may arise. At its most basic level, intervention may simply include listening, showing empathy, and escorting a person to a helping agency. This is something that can be done by any one who becomes aware of the person struggling with thoughts of suicide.

4. Attending ASIST T2 training on Ft. Bliss

All newly arriving Soldiers in the rank of Private (E-1) through COL (O-6) during in-processing at the Gooding Instructional Facility (GIF). ASIST also provides classes for tenant Units to meet 100% ASIST certification for Soldiers out of the three (3) year certification tolerance. Once a participant certificate reaches the three year mark the participant can attend a four hour refresher course.