

STRIVING FOR ZERO EXCELLENCE AWARDS

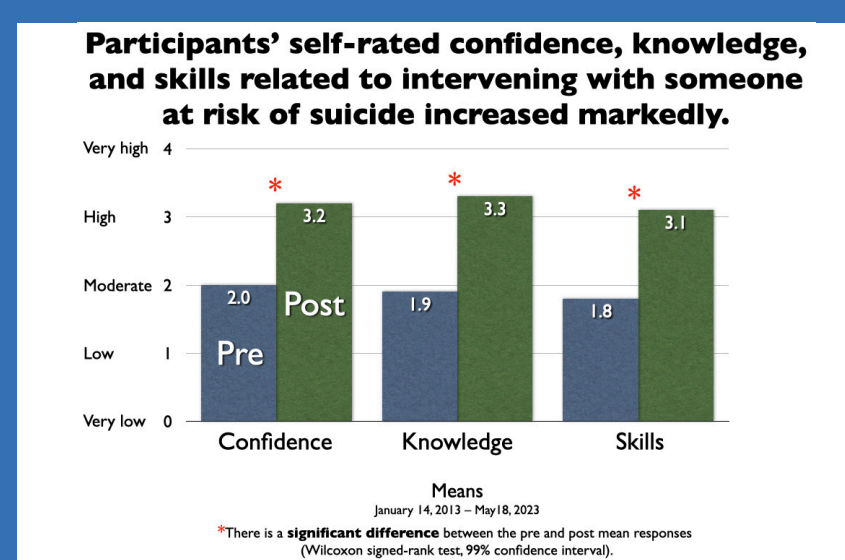
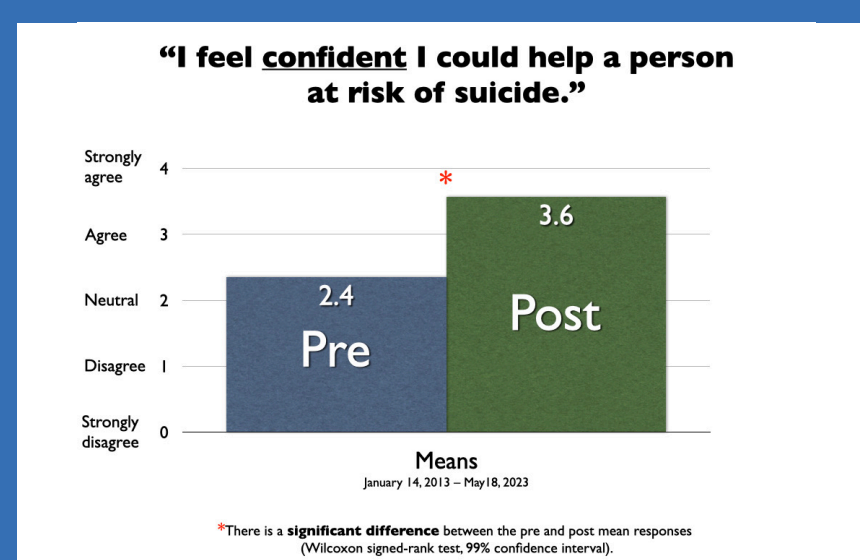
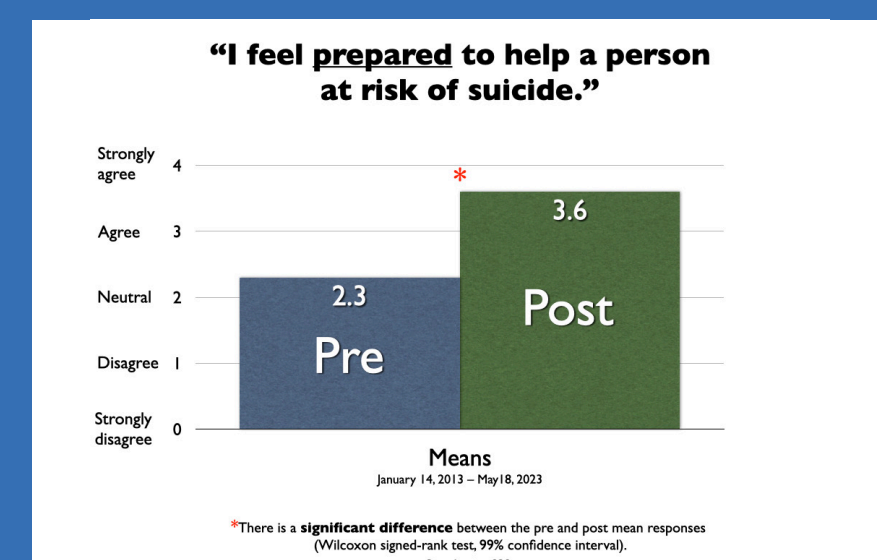
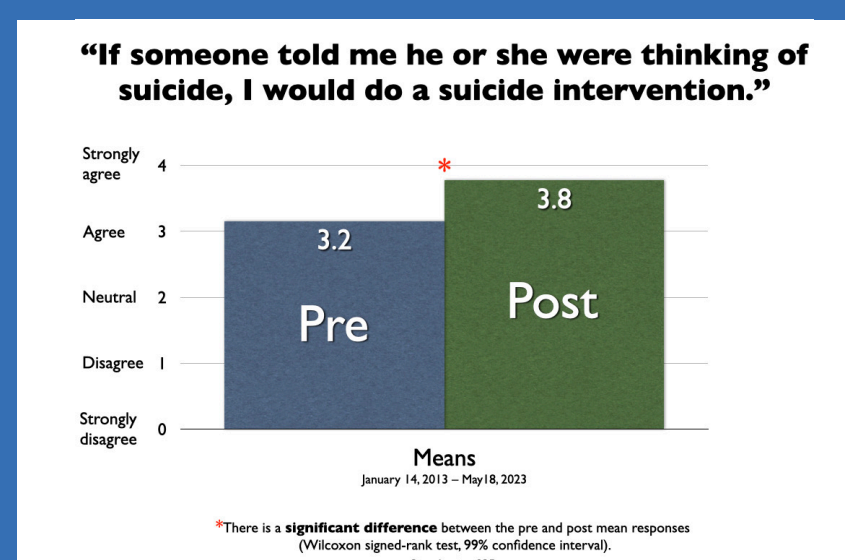
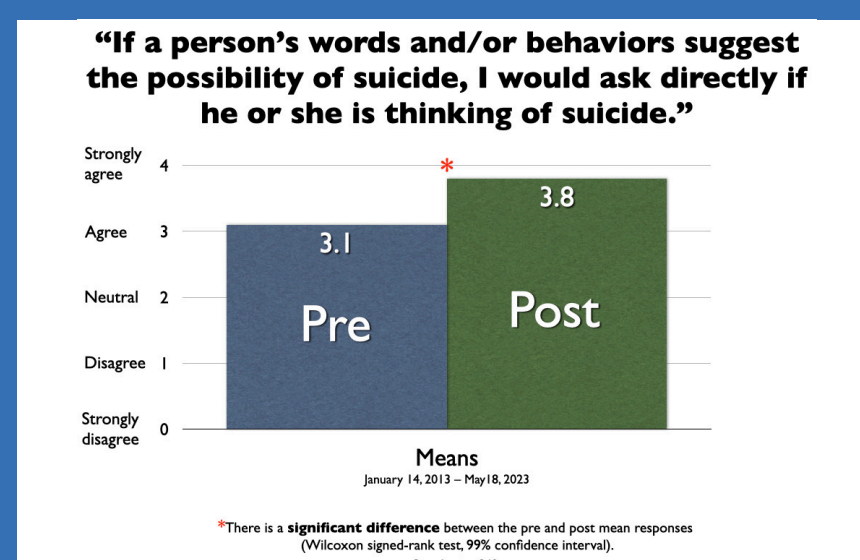
Striving
for
Zero

COMMUNICATING DATA AND MEASURING OUTCOMES

Applied Suicide Intervention Skills Training (ASIST) in Tulare County Tulare County

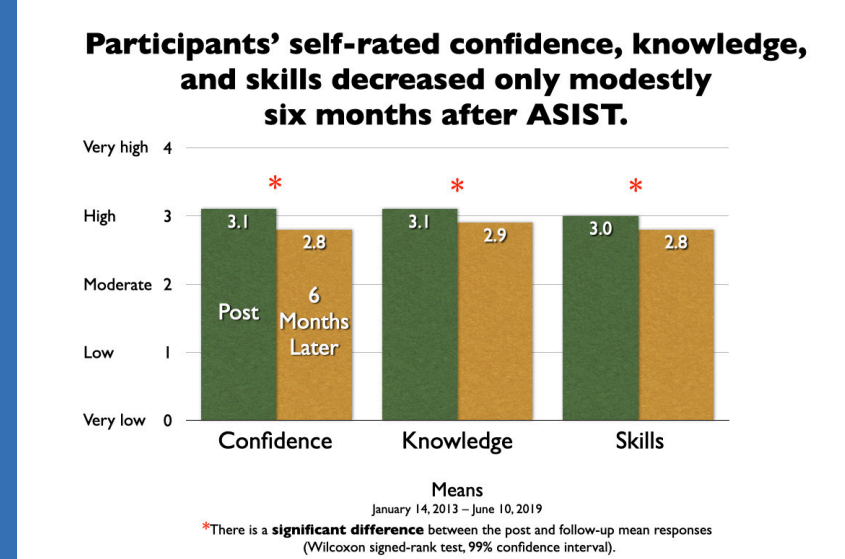
ASIST, created by LivingWorks, is a two-day suicide intervention skills training program for individuals who want to feel more comfortable, confident, and competent in helping to prevent the immediate risk of suicide. Participants are given an introduction to suicide, become familiar with a unique suicide intervention model, and learn how to implement the model in real-life situations, by connecting with the individual at risk of suicide, understanding his or her situation mindset, and assisting him or her to get immediate help. The workshop includes videos and active roleplaying of scenarios for all participants.

The Tulare County Suicide Prevention Task Force (prior to 2017 the Tulare & Kings Counties Suicide Prevention Task Force) has been providing ASIST since 2013. More than 900 people who live or work in Tulare County have completed the training. The outcomes have been strongly positive.



"How did this course help you?"

- "It helped me help a friend who actually attempted suicide this week. I applied everything that I learned, and I appreciate how I actually was able to get through to her."
- "This course gave tangible tools and a model to follow, which is helpful when in the high-stress/pressure situation of intervening with a person at risk of suicide. Everything I've learned before has been more abstract and did not follow a model. This training gives you something to reference and tools to use."
- "ASIST did a very good job in preparing me to handle a suicide specific encounter in which I may have not been adequately trained to prepare for. This training is definitely worthwhile...."
- "I learned many things such as an invitation, the high-risk concerns and tasks of caregivers. I did not know the signs of suicide when my son took his life. If I can help at least one person then it has been worth it."



The graphs in the top row and above show that there were statistically significant increases from just before to just after ASIST in participants' willingness to ask directly about suicidal ideation, willingness to intervene, and feelings of preparedness and confidence to help someone at risk of suicide.

The graphs to the right show that from just before to just after ASIST, participants' self-reported confidence, knowledge, and skills related to intervening with someone at risk rose significantly. Moreover, their self-assessments decreased only modestly six months after they completed ASIST.

We wish to thank Dawn Griesbach, who generously granted us permission to use questions from the participant survey employed in the 2008 evaluation she co-authored, "The Use and Impact of Applied Suicide Intervention Skills Training (ASIST) in Scotland: An Evaluation." It was funded by the Scottish Government.