



# ASIST® TuneUp

*Applied Suicide Intervention Skills Training*

## Focus

ASIST TuneUp is a half day refresher for participants who completed the two day ASIST workshop.

The program 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 recognises:

- attitudes affect intervention;
- intervention meets the needs of a person at risk;
- the value of life.

### A ready caregiver who understands:

- there are likely reasons for living;
- focus is upon the immediate safety;
- all risk alerts need to be addressed.

### An able caregiver who:

- explore invitations;
- talks openly, honestly and directly about suicide;
- listens to the reasons for dying before reasons for living;
- reviews risk and creates a safeplan;
- involves a person at risk in decision making;
- knows local resources and how to access them;
- follow up on safeplan commitments.

## TuneUp participants

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

1. to review or complete learning from the ASIST
2. to test, examine or review how ASIST is applied to the real world or to share what their have learned from applying the skills and;
3. to recapture the feeling of being part of a caring community which they experienced during the ASIST workshop.

## TuneUp trainers

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

## Presentation process

The program 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.



LivingWorks

suicide safer communities

*saving lives*

for tomorrow



Lifeline

LivingWorks Office P.O Box 316, Blackburn, VIC 3130.

info@livingworks.org.au ~ www.livingworks.org.au ~ P: (03) 9894 1833 ~ F: (03) 9894 4354

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