



**AUGSBURG  
COLLEGE**

Register for ASIST  
online at  
[www.crisis.org](http://www.crisis.org),

e-mail  
[office@crisis.org](mailto:office@crisis.org),

or call 612-852-2224

For questions regarding  
logistics or registration, contact  
Fran Lyon-Dugin at 612-852-  
2224 or

[fran.lyon-dugin@crisis.org](mailto:fran.lyon-dugin@crisis.org)

For questions regarding training  
content, contact Gretchen  
Domek at 612-852-2217 or  
[Gretchen@crisis.org](mailto:Gretchen@crisis.org)

**Questions? Contact  
Crisis Connection  
612-852-2200**

**Directions to  
Augsburg College  
2211 Riverside Avenue South  
Minneapolis, MN 55454  
[Link to Map](#)**

**Metro Transit**

Learn more about traveling to Augsburg  
using the Metro Transit system by visiting  
[www.metrotransit.org](http://www.metrotransit.org).

**I-35W From the North**

Take the Washington Avenue exit. Turn left  
onto Washington Avenue, merge right onto  
Cedar Avenue, turn left at Riverside  
Avenue, and then turn right at 22nd Avenue  
South.

**I-94 from Minneapolis**

Take 25th Avenue exit, turn left at 25th  
Avenue, turn left at Riverside Avenue, turn  
left at 22nd Avenue South.

**I-94 West from St. Paul**

Take Riverside exit, turn right at Riverside  
Avenue, turn left at 22nd Avenue South.

**35W from the South**

Follow the I-94 St. Paul signs (move to right  
lane after each of two merges). Take 25th  
Avenue exit and turn left at Riverside  
Avenue, turn left at 22nd Avenue South.

**A parking pass will be e-mailed  
to registrants prior to the  
training.**

## **Applied Suicide Intervention Skills Training (ASIST)**

Friday, April 23, 2010

8:30 am – 4:30 pm

and

Saturday, April 24, 2010

8:30 am – 4:40 pm

***(Note: Participants must  
attend both days IN FULL  
to receive a completion  
certificate!)***

***Conducted by Crisis  
Connection***

***In partnership with***

***Augsburg College***

***and the***

***Center for Counseling &***

***Health Promotion***

## ASIST

Two day ASIST is designed for members of all care giving groups to improve their abilities to intervene with a person at risk of suicide until either the immediate danger of suicide is reduced or additional assistance or resources can be accessed.

### Objectives

Upon completion of this training, participants should be able to:

- recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide;
- discuss suicide with a person at risk in a direct manner;
- identify risk alerts and develop safeplans related to them;
- demonstrate the skills required to intervene with a person at risk of suicide;
- list the types of resources available to a person at risk of suicide, including themselves;
- make a commitment to improving community resources; and,
- recognize that suicide prevention is broader than suicide first aid and includes life promotion and self-care for caregivers.

### Date/Location

Fri, Apr 23 and Sat, Apr 24, 2010  
**MUST ATTEND BOTH DAYS IN FULL TO RECEIVE CERTIFICATE!**

Augsburg College  
Oren Gateway Center  
Room OGC 100  
2211 Riverside Ave S.,  
Minneapolis, MN 55454

### Agenda

(Breaks and refreshments included throughout the day)

#### Friday, April 23, 2010

- Registration/continental breakfast
- Introduction and Overview
- Connecting Phase
- Small Group Discussion
- Lunch
- Understanding Phase
- Small Group—Reviewing Risk
- Small Group—Contracting Safeplan

#### Saturday, April 24, 2010

- Reassembly/Continental Breakfast
- Assisting Phase Structure of Intervention
- Process of Intervention
- Simulations
- Lunch
- Simulations

Registration is available online at [www.crisis.org](http://www.crisis.org) beginning March 1, 2010. Payment available online or by check made payable to Crisis Connection (PO Box 23090, Richfield, MN 55423).

Registration fees include all materials, continental breakfast, lunch and snacks.

Regular Registration: \$195  
Early Bird Registration (Apr 1, 2010 deadline): \$145  
Student Registration: \$95

Three or more participants from same organization registering together: 10% discount

**Continuing Education Units:**  
Minnesota Board of Marriage and Family Therapy: 15  
Minnesota Board of Psychology: 13  
Minnesota Board of Social Work: 14  
Minnesota Board of Behavioral Health and Therapy: *pending*

Instructors are trained and registered for ASIST through LivingWorks. Training is valued by LivingWorks at \$275 and Crisis Connection appreciates the support of Augsburg College and the Center for Counseling & Health Promotion for its support in defraying some of the cost for participants. **Cancellation:** More than 10 days prior, class fee minus \$50 cancellation fee. Within 10 days, no refunds. Substitutions permitted at any time up to start date.