



September 15 & 16, 2022

LOCATION:
Tuolumne County Superintendent of Schools Office
175 Fairview Lane, Sonora, CA
Room 217

8:30am - 4:30pm

Attendance on both days is required.

Free to Tuolumne County Residents

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 and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance one's ability whether a caregiver, case-manager, clinician, or family member, to help a person at-risk avoid suicide. This workshop helps people apply suicide first aid in many settings.

Registration:

Contact **Bob White** at
rwhite@atcaa.org or call
209-533-1397 x226

Goals & Objectives

ASIST participants will have the ability to:

- **Reflect on how implicit attitudes and beliefs about suicide affect an intervention role**
- **Discuss suicide with a person at risk in a direct manner**
- **Review immediate suicide risk and develop appropriate "safe plans"**
- **Demonstrate skills required to intervene with a person at-risk of suicide**
- **Identify resources available to a person at risk of suicide**

Cynthia Halman, LCSW

Cynthia Halman has a Master's Degree in Social Work and is a Licensed Clinical Social Worker. She has a Pupil Personnel Services Credential and is a retired elementary school counselor and a Hospice Social Worker. Cynthia provides care, respect, counseling and bereavement services to multi-cultural, diverse individuals and families dealing with difficult life situations. Cynthia has been a LivingWorks Education trainer for ASIST since 2010, a LivingWorks Education trainer for safeTALK since 2013, and was trained in LivingWorks Suicide to Hope in 2016. Cynthia is CoFounder of Lantern of Light, a faith-based suicide prevention ministry.

ASIST Instructors

Kim Garro

Kim Garro specializes in 12-step recovery programs such as Celebrate Recovery, Alcoholics Anonymous, Al-Anon, and Alateen. Kim coaches and mentors people who are struggling to overcome life's hurts, difficulties and addictions. She is a co-founder of Lantern of Light, a faith-based suicide prevention organization with a vision of faith communities, as part of the solution to suicide. Kim is a member of the YES Partnership and is active in supporting Tuolumne County youth and families. Kim is a LivingWorks Education trainer for safeTALK & ASIST. Kim and Cynthia are available to present to community programs about the faith-based approach to prevention.

Meets the qualifications for 14 hours of continuing education credit for LMFT's, LCSW's, LPCC's, and LEP's as required by the California Board of Behavioral Sciences— CE provider TCBH 105 Hospital Rd. Sonora, CA 95370.

For special needs, language or hearing impaired, cancellation or grievance policy, contact Michelle Carlson (209) 533-6259
mcarlson@co.tuolumne.ca.us



The Tuolumne County Behavioral Health Department is an approved provider by the CAMFT
Provider #128-030; CCAPP Provider #2N-15-232-0623; BRN Provider #CEP15313

