



Training,  
Processes &  
Strategies

# Resilient Families- Resilient Children

This two hour workshop addresses the following questions...

- ♦ What is resilience?
- ♦ How can we foster resilience in families?
- ♦ How can we enable resilience in children?

It is designed for parents and interested members of the community and will provide some strategies to promote and enhance resilience in family groups and children.

RICO  
Training, Processes & Strategies

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## The workshop:

*ASIST* is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide.

*ASIST* has five learning sections:

1. *Preparing*  
sets the tone, norms, and expectations of the learning experience.
2. *Connecting*  
sensitises participants to their own attitudes towards suicide.  
Creates an understanding of the impact which attitudes have on the intervention process.
3. *Understanding*  
overviews the intervention needs of a person at risk. It focuses on providing participants with the knowledge and skills to recognize risk and develop safeplans to reduce the risk of suicide.
4. *Assisting*  
presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation experiences in large and small groups.
5. *Networking*  
generates information about resources in the local community.  
Promotes a commitment by participants to transform local resources into helping networks.

## Who is it for?

The workshop is for *all caregivers* and *any person in a position of trust and/or leadership*. This includes professionals, paraprofessionals and lay people. It is suitable for mental health professionals, nurses, physicians, teachers, counsellors, youth workers, police and correctional staff, school support staff, clergy, and community volunteers.

## Outcomes:

As a result of participating in an *ASIST* workshop , you will learn how to:

- recognise opportunities for helping
- reach out and offer support
- apply a model for suicide intervention.
- keep a person who is thinking of suicide safe and link them to community resources

## Cost:

\$ 3,000.00 and \$ 60.00 per participant. A minimum of 10 and a maximum of 24 participants per training.