



who come in contact with high-risk individuals has been shown to be an effective suicide prevention intervention.

“Social workers often find themselves in positions where they are working with individuals who are struggling with thoughts of suicide but in the social work profession,” says Professor Susan Cadell, director of Renison’s School of Social Work.

“We currently do not get enough training in suicide prevention. Being prepared with awareness, knowledge, and suicide intervention skills is a critical step in equipping our future social workers with suicide prevention and post-vention skill competencies.” – Susan Cadell

Tana Nash, executive director of the Waterloo Region Suicide Prevention Council, says that Renison is leading by example.

“It is our hope that other institutions training our future social workers will take notice and follow suit – that his training can be built into the curriculum of other social work programs in the future to ensure sustainability and reduce our reliance on local fundraising efforts,” says Nash.

On January 6 and 7, 2015, two ASIST workshops of 30 students each will be facilitated by members of the Suicide Intervention Community Training Team who are comprised of a variety of local organizations and led by the Canadian Mental Health Association, Waterloo Wellington Dufferin Branch. Renison’s prospective social work graduates will learn how to identify people with thoughts of suicide and be given opportunity to learn and practice skills to equip them in delivering competent suicide interventions.

Several suicide prevention and awareness trainings are available for workplaces, community groups, or can be taken as an individual. For more information, contact workshops@cmhawwd.ca or visit <http://wwd.cmha.ca>

For further information check out:

<https://www.livingworks.net/news-and-stories/renison-university-college-leads-the-way-in-training-bsw-students-in-suicide-intervention-and-prevention/>

<http://www.therecord.com/news-story/5265717-waterloo-social-work-students-get-suicide-intervention-training/>

<https://uwaterloo.ca/student-success/blog/post/lets-talk-about-it>

<https://twitter.com/TalkAboutIT2014>

www.wrspc.ca

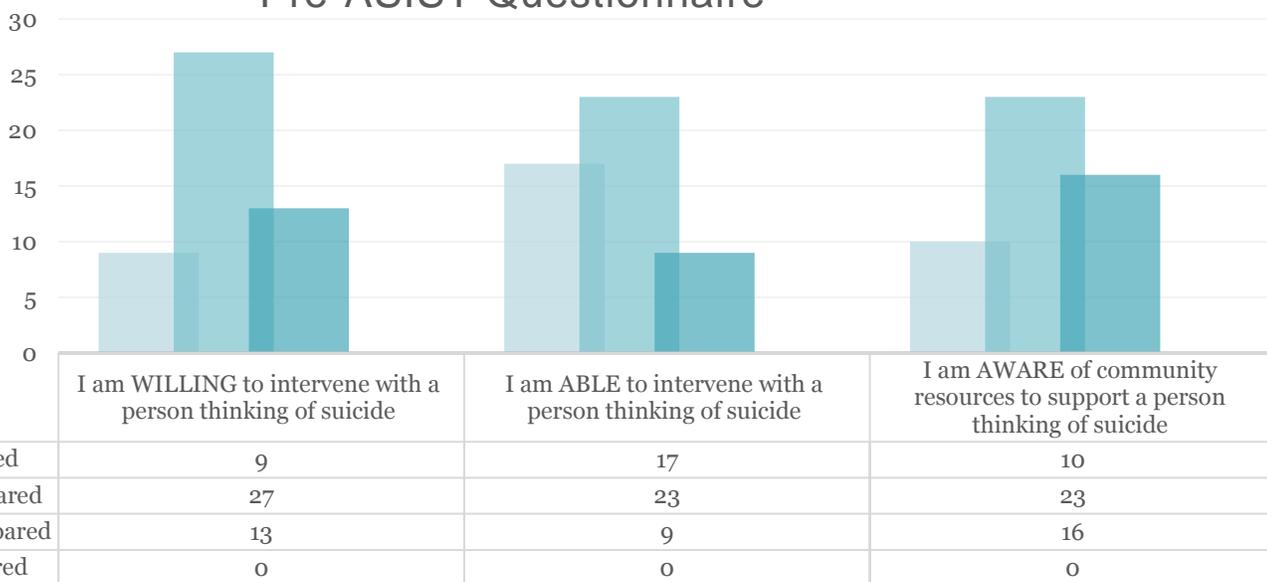




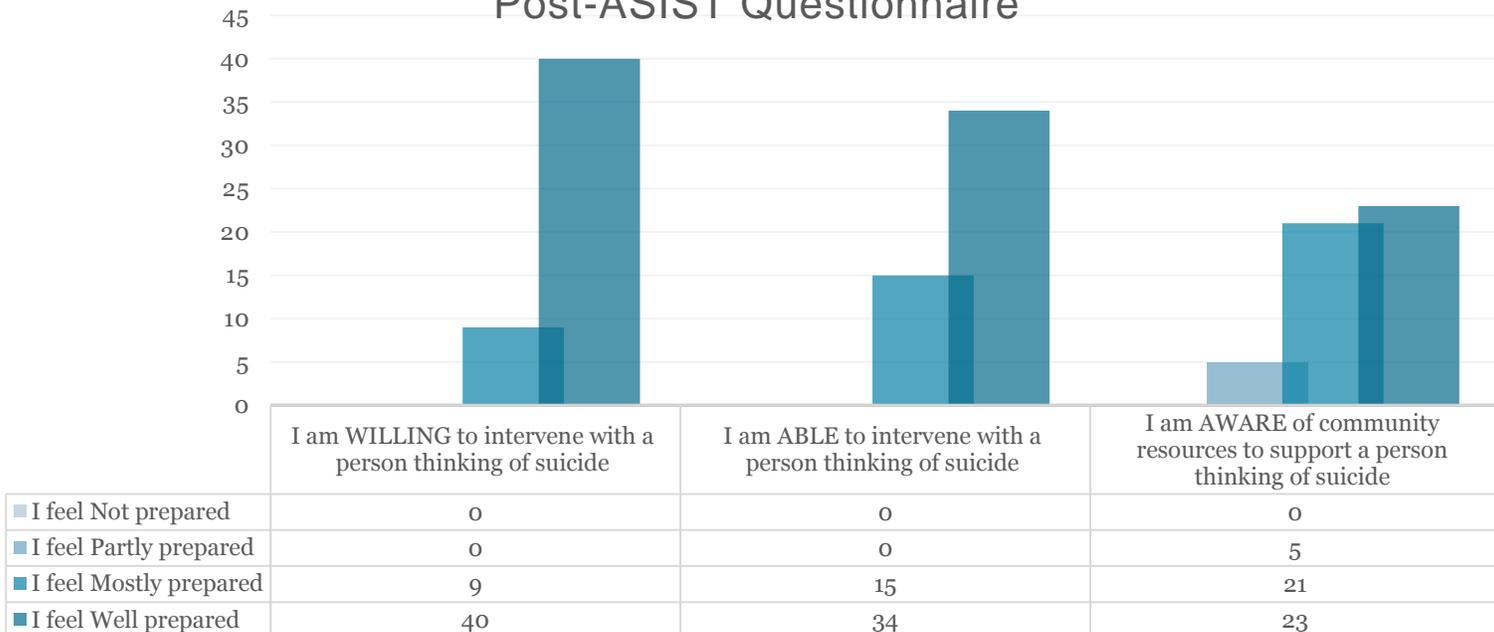
Pre and Post Questionnaires – Results

The workshop was well received, indicated by feedback showing increases in participant willingness and ability to intervene with a person thinking of suicide. Data was taken from 49 respondents, with 7 surveys excluded due to lack of completion. There were 3 pre-post items in which participants responded to statements indicating whether they felt willing and able to intervene with a person thinking of suicide, and if they were prepared with an awareness of community resources to support a person thinking of suicide. All three measures indicated a minimum **73% positive change** from not/partly prepared to feeling mostly/well prepared in terms of willingness and ability to intervene, and awareness of resources to support a person thinking of suicide. Results show a **100% positive increase** in participant willingness to intervene, acknowledging that learners have not only been taught the skills but also feel confident to use them.

Pre-ASIST Questionnaire



Post-ASIST Questionnaire




PRE DATA FAST FACTS:

27%

Participants who indicated they feel mostly or well prepared and **willing** to intervene with a person thinking of suicide

18%

Participants who indicated they feel mostly or well prepared to be **able** to intervene with a person thinking of suicide

(Pre-test data - 49)	I feel Not prepared	I feel Partly prepared	I feel Mostly prepared	I feel Well prepared
I am willing to intervene with a person thinking of suicide	18% 9	55% 27	27% 13	0
I am able to intervene with a person thinking of suicide	35% 17	47% 23	18% 9	0
I am aware of community resources to support a person thinking of suicide	20% 10	46% 23	33% 16	0

POST DATA FAST FACTS:

100%

Participants who indicated they feel mostly or well prepared to be **willing** to intervene with a person thinking about suicide

100%

Participants who indicated they felt mostly or well prepared to be **able** to intervene with a person thinking about suicide

(Post-test data - 49)	I feel Not prepared	I feel Partly prepared	I feel Mostly prepared	I feel Well prepared
I am willing to intervene with a person thinking of suicide	0	0	18% 9	82% 40
I am able to intervene with a person thinking of suicide	0	0	31% 15	69% 34
I am aware of community resources to support a person thinking of suicide	0	10% 5	43% 21	47% 23



How could you see ASIST integrating with your practice?

“It was helpful to apply to personal and professional life”

“I work with a full spectrum of individuals who could experience mental health struggles at any time. I think the skill set could be used in all practicum settings”

“I can see ASIST being very helpful in the future because it will allow me to be better able to identify people who are thinking of suicide and I am now better equipped to help keep them safe for now”

“Being a future social worker, the information and training is very relevant to the population”

“The model is so helpful even if it is not a suicide intervention but it also gives skills that we cannot get in class”

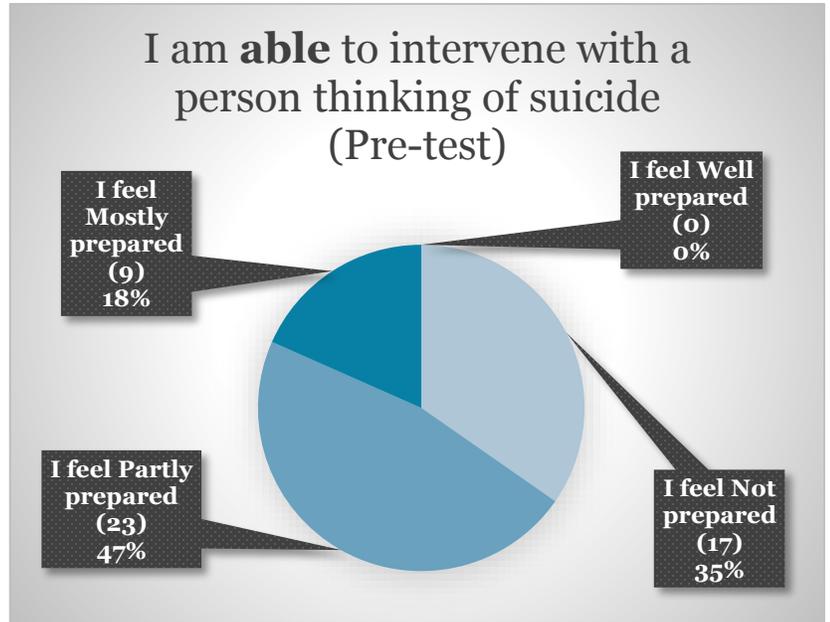
“ASIST can be very beneficial with my practice of social work. It will be a very useful tool to use within the field”

“Increased my level of comfort talking about suicide. Will make me more aware when talking to clients”

“I feel that this will make me more able to identify those who are at risk and I feel so much more confident and comfortable with the idea of helping someone”

“Working with individuals, I will encounter suicide at some point. As a counselor, I will be prepared”

“It is going to really help with my placement, for me it will help with my confidence”



“Working with individuals with addictions, the topic of suicide comes up often. Its important to know how to handle this when it happens”

“Working with at risk youth, this is a common occurrence. This will help me be more useful and efficient in my practice”

“I am now able to provide people with more than just resources if they know someone who is suicidal. I can help them through it. I’ve gained helping tools”

“ASIST provided a tool to use with people at risk, as opposed to just listening and referring people elsewhere. It also provided education to become better listeners – things to look for, language to use, etc.”

“Daily”

