

Applied Suicide Intervention and Skills Training (ASIST)

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Introduction

- Leading factors of suicidal idealization include history of mental health disorders, history of alcohol and substance abuse, and barriers to accessing mental health treatment (CDC, 2017).
- Major depression, substance abuse disorder, psychotic disorders, and alcohol abuse disorder are all in Jackson county's top ten medical conditions (Blue Cross Blue Shield, 2018).
- Jackson County has been labeled as a county where the entire population has been identified as having a shortage of mental health providers (Rural Health Information Hub, n.d.).
- **The Event**
 - Who/Targeted Audience: Seymour Police Department and Seymour Fire Department
 - 8 Participants
 - 1 Participant from Seymour Fire Department
 - 6 Participant from Seymour Police Department
 - 1 Participant from the National Guard
 - What: Training provided over a two day period
 - When: November 12th and 13th, 2018
 - Where: Seymour Police Department Conference Room
 - Stakeholders: ASIST Trainers, First Responders, Jackson County Residents
 - The direct approach of ASIST is "encouraging honest, open, and direct talk about suicide, ASIST helps prepare to discuss the topic with a person at risk" (ASIST, 2018).
 - Two-day classroom style course
 - Education about suicide and how to help keep those affected safe for now
 - Education on methods to create safety plans for patients to help keep them safe for later
 - **Anticipated Outcomes**
 - Suicide education to alleviate a large deficit in health care in Jackson County
 - Mental Health Support via First Responders
 - 75% of involved responders are more confident after the training in handling these types of situations

Methods

- Comparative Study
- Pre-Survey
- Post-Survey
- Qualitative and quantitative

ASIST PRE-TRAINING SURVEY

This survey is for research and is voluntary; refusal to participate does not result in penalty. The purpose is to measure preparedness of suicide intervention/first-aid. It will last no longer than 15 minutes. Fill in the blanks appropriately or circle appropriate answer. There is minimal risk in filling out this survey. Psychological adverse effects are possible including reliving negative memories, acute depression, and anxiety. Benefits of taking this survey include helping out fellow nursing students. Confidentiality will be maintained during entire research project. There is no cost and participants can withdrawal at any time. If you have any questions, please contact one of the organizing students.

(1-5) 1 being not comfortable to 5 being very comfortable

Do you know anyone who has committed suicide?

YES NO

Have you ever been involved in a suicide management scenario in your professional or personal life?

YES NO

How comfortable would you be having a conversation about suicide with a person you know?

1 2 3 4 5

How comfortable would you be having a conversation about suicide with a person you DO NOT know?

1 2 3 4 5

Have you had previous training concerning suicide first-aid?

YES NO

ASIST POST-TRAINING SURVEY

This survey is for research and is voluntary; refusal to participate does not result in penalty. The purpose is to measure preparedness of suicide intervention/first-aid. It will last no longer than 15 minutes. Fill in the blanks appropriately or circle appropriate answer. There is minimal risk in filling out this survey. Psychological adverse effects are possible including reliving negative memories, acute depression, and anxiety. Benefits of taking this survey include helping out fellow nursing students. Confidentiality will be maintained during the entire research project. There is no cost and participants can withdrawal at any time. If you have any questions, please contact one of the organizing students.

(1-5) 1 being not comfortable to 5 being very comfortable

Do you feel that this training was beneficial?

YES NO

Have you ever been involved in a suicide management scenario in your professional or personal life?

YES NO

How comfortable would you be having a conversation about suicide with a person you know?

1 2 3 4 5

How comfortable would you be having a conversation about suicide with a person you DO NOT know?

1 2 3 4 5

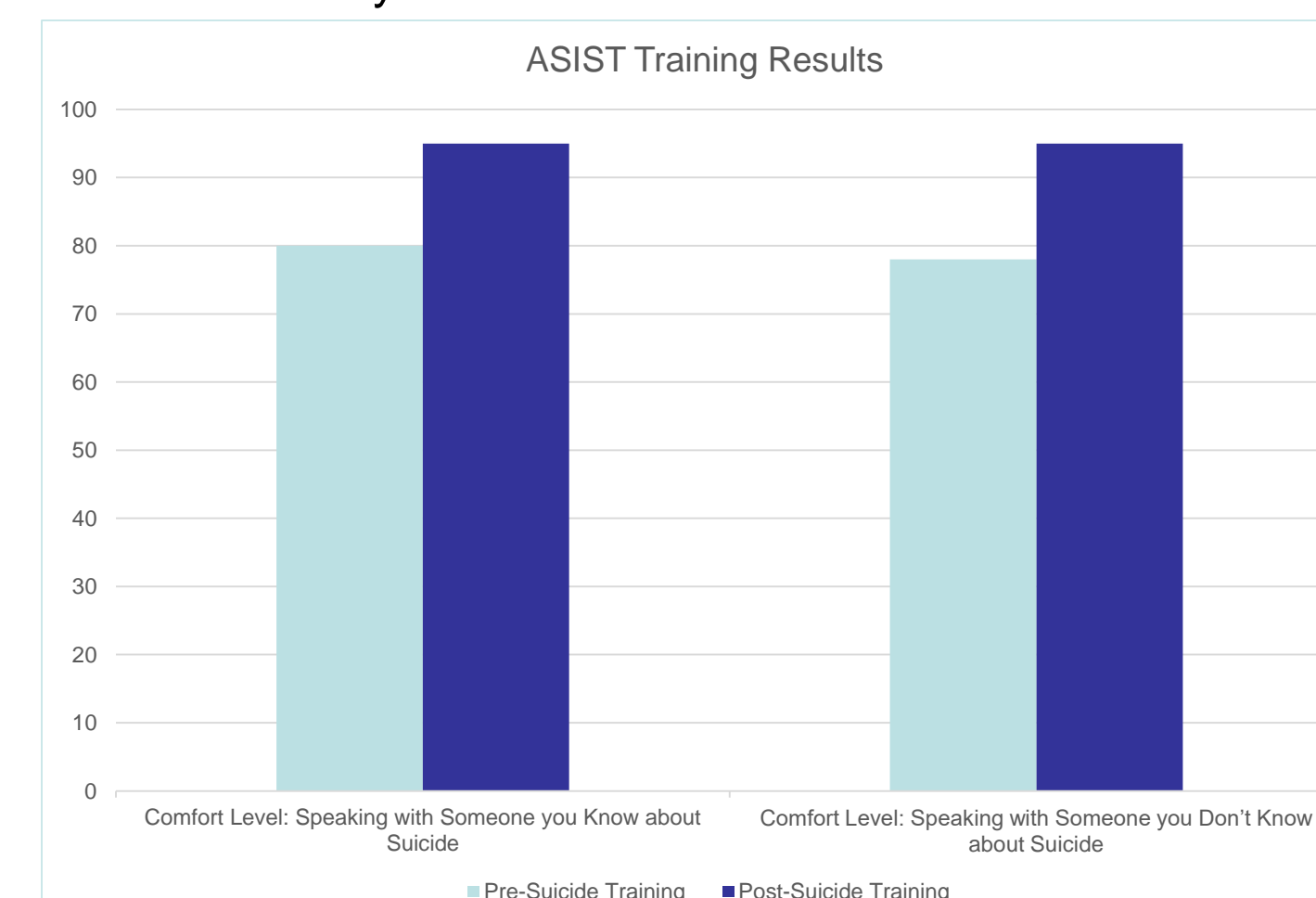
Thank you for your participation!

Summary of Event

- **Day 1**
 - Discussed the Suicide River
 - Prevention, intervention, and postvention
 - Explored Invitations
 - Actions, words, physical, and feelings
 - Discussed Turning Points
 - Rejects suicide, hopes for something, uncertain about choices, or at least willing to try
- **Day 2**
 - Discussed Pathway for Assisting Life (PAL) Model
 - Connecting with suicide by exploring invitations and asking questions
 - Understanding choices by hearing their story and supporting their turning point
 - Assisting life by developing a safety plan
 - Implemented PAL model
 - Role playing/scenarios

Results

- 100% of participants knew someone who had committed suicide
- 88% of participants had been involved in a suicide management scenario
- 100% of participants found this training beneficial
- 63% of participants had previous training in suicide first aid
- Shown Below:
 - "How comfortable would you be having a conversation about suicide with a person you know?"
 - Increased by 15%
 - "How comfortable would you be having a conversation about suicide with a person you DO NOT know?"
 - Increased by 17%



Conclusions

- This training was found beneficial to the first responders who participated.
- Participants felt more comfortable intervening with suicidal ideation.
- At the end of Day 2, we asked an open-ended question see what the participants felt was most beneficial and what they learned.
- The following are some answers we received:
 - "Easy to follow and understand"
 - "The diagrams and checklists give me a well-rounded base"
 - "Group role play was beneficial"
 - "The PAL diagram was helpful"
 - "Keeping things open-ended in conversations and not trying to fix things immediately"
 - "I feel like this training helped me see which steps I should take and in which order to help someone who is suicidal"
 - "Provides a guide to open the door for people in crisis"



References

- Applied Suicide Intervention Skills Training (ASIST). (2018). Living Works Education, Inc. Retrieved from <https://www.livingworks.net/programs/asist/>.
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