

LIVINGWORKS 
I-ASIST

*Indigenous Applied Suicide
Intervention Skills
Training*

Training to learn the skills to help keep mob safe from suicide

LivingWorks I-ASIST and LivingWorks safeYARN Information Pack



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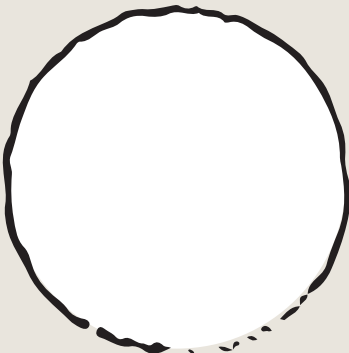




Tegan Scheffe, LivingWorks National Indigenous Training Manager

“Suicide hits the heart different to any other loss of life. We get left with putting the pieces together after they’re gone. Everyone that comes to the training room has a story to tell of how suicide has affected them. When they leave, they feel much more confident to help someone, whether it be at home or at work. If every person that comes to a safeYARN or I-ASIST workshop can help at least one person, they are contributing to reduce suicides”.

I am Tegan, a proud Bidjara and Kamilaroi woman and National Indigenous Training & Delivery Manager at LivingWorks. My expertise is in Program Management with a focus on Indigenous-led approaches to project development.



Eli Toombs, LivingWorks Indigenous Trainer



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Professor Maree Toombs, Professor of Public Health (University of Sydney) and co-creator of LivingWorks Indigenous ASIST

“We need to be able to do a suicide intervention with one of our young ones at 2 in the morning. We can’t rely on services. As one woman who’d lost two children told me, our kids dont kill themselves between 9-5”

I’m Maree, proud Euralie and Kooma woman and co-creator of LivingWorks Indigenous ASIST. My expertise is in Indigenous mixed methods and RCT research with a focus on models of care to reduce the rates of suicide and trauma.





LivingWorks Indigenous ASIST and safeYARN are mob-led training programs to learn the skills to help keep one another safe from suicide.



We know suicide impacts Aboriginal and Torres Strait Islander communities at a much higher rate than non-Indigenous Australians. That's why everyone can learn the skills to help keep their kin safe from suicide.





What is LivingWorks safeYARN?

In this half-day workshop, participants learn how to identify and connect to someone having thoughts of suicide, and how to help them keep safe, access support and find hope.

-  Half day in-person workshop
-  Culturally safe content and learning space, delivered by Indigenous Trainers
-  Suitable for anyone aged 16+
-  In your local community

What is LivingWorks Indigenous ASIST (I-ASIST)?

Meaning Indigenous Applied Suicide Intervention Skills Training, I-ASIST provides a culturally relevant framework for participants to learn how to use a unique 6-task model to provide a suicide first-aid intervention, work with someone to develop a personalised safety plan to keep safe-for-now and connect with further help. This offers a more in-depth skillset in comparison to the shorter safeYARN workshop.

-  2.5 day in-person course
-  Culturally safe content and learning space, delivered by Indigenous Trainers
-  Suitable for anyone aged 16+
-  In your local community

See over the page for the Cultural Protocol followed for LivingWorks I-ASIST Training.

Want to read more about LivingWorks I-ASIST and safeYARN, including our evidence base?

Scan to visit our website or enter in your browser
<https://livingworks.com.au/i-asist>





COMMUNITY ENGAGEMENT

2-3 months before I-ASIST workshop

Every community is different, and everyone within a community may have direct or indirect experiences with suicide. LivingWorks I-ASIST trainers engage, listen and collaborate with community. Elders and service providers are engaged prior to a workshop, to understand the common concerns and needs of community in order to shape the training experience for that community.

I-ASIST

2.5 Days

COMMUNITY CONNECTION ~ 3 hours

This session occurs prior to the skills training and includes the trainers, participants and community leaders. This session enables participants of the training to develop connections, acknowledge any community perspectives and cultural considerations (e.g., sorry business) and establish an understanding of the following two days of training.

SKILLS TRAINING, 2 DAYS

Day 1

- Preparing and connecting with suicide and helping
- Our experiences as helpers
- Understanding the needs of people with thoughts of suicide
- Pathway for Assisting Life

Day 2

- Skills in practice
- Simulation-based learning
- Assisting and safety planning
- Working together to keep people safe from suicide

ONGOING SUPPORT

After completion of I-ASIST all participants are provided with on going support. This includes connections with a network of I-ASIST participants, supporting life-saving skills to build community capacity and engagement.



Underpinning LivingWorks Indigenous Training is a strategy framework to ensure communities are equipped and empowered to lead suicide prevention skills building.

See below xxxxx



How to contact us

Please reach out at any time to LivingWorks National Indigenous Training Manager, Tegan Scheffe on Tegan.scheffe@livingworks.com.au or 1300 738 382.



For crisis support if you or someone you know need to speak with someone immediately, please reach out to 13YARN on 13 92 76, Brother to Brother crisis line 1800 435 799 or Kids Helpline 1800 55 1800.



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