



CONVERSATIONS THAT BUILD LIFE-SUPPORTING COMMUNITIES

#LifeSupportingConversations



## safeTALK

**3-4 Hour Suicide Alertness For Everyone Training (16 yr +)**

Know how to identify someone is at risk

Know how to connect them onto someone who can keep them safe

ALERTNESS



## CHECKMATE

**3-4 Hour Workplace / Sports Team / Team Wellness and Support Training**

Identifying life-supports that increase and sustain wellness in your team

Safe approach to collegial life-supporting conversation in the team.

AWARENESS



## Suicide First Aid

**1 day Suicide First Aid Skills Training For Everyone (16 yr +)**

Understand why life-supporting conversations are important.

Learn how to use life-supporting conversations to keep people safe.

INTERVENTION



## ASIST

**2 Day Practical Suicide Intervention Skills Training For Everyone (16 yr +)**

Understand the needs of a person with thoughts to suicide

Know how to safely meet those needs through proven conversational framework

INTERVENTION



## suicide to Hope

**1 day Suicide Recovery and Growth Support Training for Support Helpers**

Learn a new kind of conversation that supports a person who has recently been at risk of suicide, towards recovery and growth.

RECOVERY



## HOPE HEROES

**3-6 hour Help-Seeking Skills Training For Students in Schools**

An interactive, multi-faceted learning approach that transfer the help-seeking skills for students in schools.

HELP-SEEKING

[WWW.A-OK.NZ](http://WWW.A-OK.NZ)



# CHECKMATE

**3-4 Hour Workplace / Sports Team / Team Wellness and Support Training**

Identifying life-supports that increase and sustain wellness in your team

Safe approach to collegial life-supporting conversation in the team.

## CHECKMATE - WORKPLACE WELLNESS AND SUPPORT

Checkmate is a workplace support training program that equip and inspire staff and management to increase life-supporting conversations and wellness in the workplace.

**Focus:** Workplace Wellness and Support

**Duration:** 3- 4 hours

**Participants:** Staff / Management & Coaches

**Trainers:** A-OK.NZ Trainers

**Developers:** 1 Degree / A-OK / National Centre For Suicide Prevention Training

**A-OK Trainers:** Our trainers have been delivering these workshops across NZ for over 10 years

### What Is Checkmate.

People spend over half their day in their workplace / professional sports teams. Most colleagues, peers, players, coaches and management want to help but often find it hard to start the conversation or know what to ask. In checkmate learn how to have life-supporting conversations

A life-supporting conversations involves:

- Recognising Signs
- Check in skills
- Listen skilfully to hear what they are trying to say
- Ask clarity questions
- Identify Safety Support Resources and Support them to Safety
- Maintaining caring professional relationships.

### Training Features Include

- Presentations and guidance from an A-OK registered trainer
  - Access to support from a local A-OK ambassador
  - Powerful audio-visual learning aids
  - The simple yet effective CHECKMATE steps
- Hands-on skills practice and development

### Learning goals and objectives

CHECKMATE participants will learn to:

- Notice and respond to situations where a colleague or staff member is in need of support
  - Explore our dilemmas as helpers and empathise with their dilemmas in reaching out for help.
  - Apply the CHECKMATE steps to bridge support.
- Caring – Collaborating – Connecting Steps**
- Identify workplace and community resources and how to connect someone for further help
  - Know how to support them to get the help.
  - How to maintain professional relationships and future check-in's
  - Explore ways to support wellness in the workplace.

### CHECKMATE For Everyone

It is important that everyone in your organisation has CHECKMATE Skills

CHECKMATE can be tailored to your specific industry or workplace



# safeTALK

**3-4 Hour Suicide Alertness For Everyone Training (16 yr +)**

Know how to identify someone is at risk

Know how to connect them onto someone who can keep them safe

## safeTALK: suicide alertness for everyone

safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps.

**Focus:** Suicide alertness training for everyone

**Duration:** 3- 4 hours

**Participants:** Anyone 15 years or older

**Trainers:** A-OK.NZ Trainers

**Developers:** Livingworks

[www.livingworks.net](http://www.livingworks.net)

**A-OK Trainers:** Our trainers have been delivering these workshops across NZ for over 10 years

### How Safetalk Works

Most people with thoughts of suicide don't want to die—instead, they are looking for a way to work through the pain in their lives. Through their words and actions, they usually invite others to help them in making a choice for life. safeTALK teaches participants to recognize these invitations, engage with the person with thoughts of suicide, and connect them with resources to help them be safer from suicide. These resources could include health care professionals, first responders, or crisis line workers—among many others who have suicide intervention training.

### Training Process

safeTALK features both presentations and interactive elements. Trainers will facilitate participants' involvement through:

- Trainer presentations
- Diverse selection of audiovisuals
- Interactive discussion and questions
- TALK steps practice
- TALK wallet card

### Goals and Objectives

safeTALK helps participants become alert to suicide. Suicide-alert people are better prepared to connect persons with thoughts of suicide with life-affirming help. Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts may be present,
- Recognize that invitations for help are often overlooked,
- Move beyond the common tendency to miss, dismiss, and avoid suicide,
- Apply the TALK steps: Tell, Ask, Listen, KeepSafe, and
- Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help

### Who should Take SafeTALK

safeTALK is designed for anyone age 15 or older, including many in more formal helping roles. The steps learned in safeTALK have helped participants from all walks of life be alert to situations where suicide thoughts may be present.

safeTALK

CHECKMATE

Suicide First Aid

ASIST

suicide to Hope

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# Suicide First Aid

INTERVENTION

**1 day Suicide First Aid Skills Training For Everyone (16 yr +)**

Understand why life-supporting conversations are important.

Learn how to use life-supporting conversations to keep people safe.

## SUICIDE FIRST AID

SFA is a one-day interactive workshop in suicide first-aid. SFA offer an opportunity to understand how suicidal thoughts and actions come about. It also gives a suicide safety guide on how to recognise when someone is at risk, how to respond and how to keep them safe from suicide. Participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone.

**Focus:** Suicide First Aid Intervention

**Duration:** 1 Day ( 8 hours )

**Participants:** Anyone 15 years or older

**Facilitators:** A-OK.NZ Trainers

**Developers:** National Centre for Suicide Prevention Training

### DESIGNED FOR ANYONE

This course is suitable for anyone (regardless of prior training or experience) and is tailored to meet your groups specific requirements.

### OPEN SAFE CONVERSATIONS HELP

Most people thinking of suicide never get an opportunity to have an open conversation, and often make the biggest decision of their life without first talking through what their intentions are.

### 1 DAY TRAINING

Give just one day of your time to attend our SFA: Suicide First Aidworkshop, and learn a step-by-step guide to help someone who is having suicidal thoughts to consider their options and stay safe.

### WHAT WILL I LEARN?

- The value of personal and professional experience
- What prevents people seeking help
- What prevents us from offering help
- Understanding suicidal thoughts and actions
- The signs of suicide
- The Suicide-Safety Guide
- Partnership working
- Debriefing and self-care

### WHY THIS COURSE?

- Evidenced-based and independently evaluated
- Flexibility, sensitivity and safety considered a learning priority throughout
- Includes latest research and news
- Interactive and practical adult learning: facilitated discussions, case studies, short films, and time to practice
- Passionate qualified trainers with hands-on suicide intervention experience
- Offer annual refreshers / online support

### SUICIDE SPECTRUM

In the suicide first aid training, you will be learn how suicidal thoughts and behaviours can occur. An interactive learning opportunity to explore what supports the person with thoughts of suicide needs to keep them safe.





# ASIST

INTERVENTION

**2 Day Practical Suicide Intervention Skills Training For Everyone (16 yr +)**

Understand the needs of a person with thoughts to suicide

Know how to safely meet those needs through proven conversational framework

## Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone.

### ASIST makes a difference

As the world's leading suicide intervention workshop, LivingWorks' ASIST program is supported by numerous evaluations including independent and peer-reviewed studies. Results demonstrate that ASIST helps participants become more willing, ready, and able to intervene with someone at risk of suicide.

ASIST is also proven to reduce suicidality for those at risk. A 2013 study that monitored over 1,500 suicidal callers to crisis lines found that callers who spoke with ASIST-trained counselors were 74% less likely to be suicidal after the call, compared to callers who spoke with counselors trained in methods other than ASIST. Callers were also less overwhelmed, less depressed, and more hopeful after speaking with ASIST-trained counselors.

**Focus:** Suicide intervention training

**Duration:** Two days (15 hours)

**Participants:** Anyone 16 or older

**Trainers:** A-OK.NZ Trainers X 2

**Developers:** Livingworks [www.livingworks.net](http://www.livingworks.net)

**A-OK Trainers:** Our trainers have been delivering these workshops across NZ for over 10 years

### Goals and Objectives

In the course of the two-day workshop, ASIST participants learn to:

- Understand the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

### Workshop Process

ASIST is based on adult learning principles. Valuing participants' contributions and experiences, it encourages them to take an active role in the learning process. ASIST's key features include:

- Small-group learning** - safe learning environment
- Audiovisual aid** - High quality slides, diagrams and videos
- Training focus** - Safely builds on participant experiences
- Reliable, proven model** - provide hands-on practice
- Emphasis on individual needs** - Adapting to their needs
- Perspective matters** - Self reflections are encouraged
- Direct approach** - Encourage honest, open and direct talk
- Adaptable components** - can tailor to suit participants

### ASIST participants

ASIST is a resource for the whole community. It helps people apply suicide first-aid in many settings: with family, friends, co-workers, and teammates, as well as formal caregiving roles. Many organizations have incorporated ASIST into professional development for their employees. Its widespread use in various communities creates a common language to understand suicide safety issues and communicate across different organizational backgrounds.

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# suicide to Hope

RECOVERY

## 1 day Suicide Recovery and Growth Support Training for Support Helpers

Learn a new kind of conversation that supports a person who has recently been at risk of suicide, towards recovery and growth.

### suicide to Hope: A Recovery and Growth Workshop

suicide to Hope: A Recovery and Growth Workshop is a one-day workshop primarily designed for clinicians and other professional caregivers who work with persons recently at risk of and currently safe from suicide. It provides tools to help these caregivers and persons with experiences of suicide work together to develop achievable and significant recovery and growth goals.

**Focus:** Recovery and growth for persons recently at risk of and currently safe from suicide

**Participants:** Clinicians and other professional caregivers who work with persons recently at risk of and currently safe from suicide

**Developers:** Livingworks [www.livingworks.net](http://www.livingworks.net)

**A-OK Facilitator:** Our trainers have been delivering these workshops across NZ for over 10 years

**Duration:** One day (8 hours)

#### Why recovery and growth?

Recovery and growth approaches have demonstrated significant positive impacts in mental health, substance abuse, and trauma but have not been developed for use with those recovering from suicide. To meet this need, LivingWorks has developed suicide to Hope: A Recovery and Growth Workshop that will provide clinicians and other professional caregivers with skills to help persons recently at risk identify opportunities for recovery and growth arising out of their experiences with suicide.

#### Overall Mission, Learning Goal and Participant Objectives

**Mission.** To strengthen hope by increasing the ability of helpers to hear, understand and work with the wants and needs of persons recovering from and growing through suicide.

**Goal.** To encourage and enable participants to apply a recovery and growth oriented approach to working with persons previously at risk and currently safe from suicide.

**Objectives.** As a result of participation in this workshop, participants will be able to:

1. Describe how suicide experiences provide an opportunity for recovery and growth work;

2. Recognize how their helping qualities might impact recovery and growth work;
3. Understand a schematic of common issues and related recovery and growth opportunities;
4. Apply a model for setting recovery and growth goals; and, a framework for monitoring and coordinating recovery and growth work.

#### Workshop process

During suicide to Hope, participants will reflect upon their qualities as a caregiver—the beliefs, values, and attitudes they bring to the relationship. They will also learn about various meanings of suicide experiences and discover the opportunities for recovery and growth they present. More specifically, suicide to Hope is structured around a three-phase “Pathway to Hope” model.

The first phase, understanding, focuses on exploring and describing barriers to recovery and growth. The second phase, planning, focuses on formulating recovery and growth goals and plans. The third phase, implementing, focuses on monitoring progress and reviewing the process. Clinicians and professional caregivers who attend a suicide to Hope workshop learn how to use this model collaboratively with those they serve. The workshop is highly interactive with a mix of large group and small group discussion and simulations.

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# suicide to Hope

RECOVERY

**1 day Suicide Recovery and Growth Support Training for Support Helpers**

Learn a new kind of conversation that supports a person who has recently been at risk of suicide, towards recovery and growth.

## Who should participate?

suicide to Hope is primarily designed for clinicians and other professional caregivers and assumes that participants already have some familiarity with suicide prevention and intervention techniques. The skills learned in the suicide to Hope workshop are designed to complement existing knowledge and experience, and are applicable to caregivers in a wide variety of professional disciplines. They are intended to support clinicians and other professional caregivers who provide help to persons recently at risk of and currently safe from suicide on a long-term basis beyond the first-aid emergency situation. LivingWorks' two-day ASIST workshop is not a prerequisite for attendance, but is recommended as one way to learn the suicide intervention skills that are necessary for using suicide to Hope's tools.

## Design and development

In designing and testing programs, LivingWorks uses the social research and development model created by Jack Rothman. Major features of this model include an analysis of relevant research to inform program creation, expert feedback, pilot studies, field trials, selection of diffusion method, development of user-ready materials, and dissemination. Each phase provides opportunities to evaluate and refine the program with information collected from a variety of stakeholders and end-users. While this process requires time and significant resources, its use ensures that LivingWorks' programs are well conceived, practical, and effective.

suicide to Hope went through the program creation to user materials phases in 2013-14. As of the beginning of 2015, the workshop is now available to the public. The diffusion method (Training for Facilitators—T4F) testing is underway with the plan to make the suicide to Hope T4F available to the public in late 2015 / early 2016.

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## HOPE HEROES

3-6 hour Help-Seeking Skills Training For Students in Schools

An interactive, multi-faceted learning approach that transfer the help-seeking skills for students in schools.

HELP-SEEKING

### HOPE HEROES - HELP-SEEKING SKILLS FOR STUDENTS IN SCHOOLS

HOPE HEROES HAS A 3 HOUR AND 6 HOUR FORMAT TO SUIT STUDENT LEARNING OUTCOMES BY AGE AND ALSO SCHOOL SCHEDULES. DESIGNED TO EQUIP STUDENTS WITH SKILLS TO SEEK HELP FOR THEMSELVES AND ON BEHALF OF THEIR PEERS

**Focus:** Help-seeking skills

**Duration:** 3 hour format and 6 hour format

**Participants:** Primary, Intermediate, College, Tertiary

**Trainers:** MADD messenger

**Developers:** 1 Degree Workshops

**MADD messenger:** International Speaker, uses music, art drama and dynamic communications to deliver safe and inspiring messages of hope.

#### Focus Topics

1. MADD Messenger presentation on self-acceptance
2. UTALK
3. Emotional expressions
4. Whats in your Bag?
5. Connections
6. Be a help hero!!!

#### Training Process

- MADD messenger – incorporation of music, art, drama and dynamic story telling techniques that engage our young audiences.
- Interactive learning
- Use of various mediums such as tactile learning, music, art, drama and dance.
- Experienced facilitators to deliver these sessions to students.
- Fun, engaging, hightened learning
- Experienced, registered and specialised trained staff to ensure student safety.

#### Goals and Objectives

This workshop develops student resilience to effectively get through 'tough times'.  
The workshop objectives:

1. Self-acceptance - Students realise how important they are to their communities and how valuable their contributions are.
2. The importance of protecting themselves and having strategies to be able to manage overwhelming, life threatening events such as depression, suicide, self-harm, abuse, rape etc.
3. Identify self-talk that is destructive and ascertain strategies to cope with destructive self-talk.
4. An awareness of events that could impact on them adversely and being aware of their own signs or cries for help
5. Identify who they can connect within their community, whanau, peers, school to be able to access help.
6. As a peer, being alert to someone's cry for help and know how to connect them to someone who can help in the school, community, sports, church etc



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