



**“I use ASIST in  
virtually every  
crisis situation in  
both of my roles as  
a volunteer and an  
employee. Thank  
you for this life-  
changing program.”**

– ASIST participant



# Training for Professionals and the General Public



Onsite workshops available.

## Applied Suicide Intervention Skills Training

### Applied Suicide Intervention Skills Training ASIST Edition 11 Workshop

#### 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.

#### 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.

## ASIST trainers

ASIST workshops are facilitated by a minimum of two registered trainers who have completed a five-day Training for Trainers (T4T) course. ASIST trainers come from diverse backgrounds, but they must all deliver regular workshops and participate in a rigorous quality control program to remain registered. For information about trainers in your area, email [info@livingworks.net](mailto:info@livingworks.net). A listing of upcoming workshops is available at [www.livingworks.net](http://www.livingworks.net) under “Find a Training.”

## 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.

## 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:

<b>Small-group learning</b>	To facilitate involvement, participants spend over half the workshop in a small group with one of the trainers.
<b>Audiovisual aids</b>	High-quality slides, diagrams, and videos help participants understand and memorize concepts.
<b>Training focus</b>	Some participants may have previous personal or professional experience with suicide or intervention. ASIST builds on these experiences to contribute to the overall learning goal—providing suicide first-aid.
<b>Reliable, proven model</b>	Workshop activities are structured around the ASIST intervention model and provide applicable, hands-on skills practice.
<b>Emphasis on individual needs</b>	Participants learn to adapt to the specific circumstances of a person at risk and work collaboratively to help them stay safe.
<b>Perspective matters</b>	Participants are encouraged to reflect on and share their own attitudes about suicide and suicide intervention. This helps them understand how their perspectives may affect their role in providing help to a person at risk.
<b>Direct approach</b>	By encouraging honest, open, and direct talk about suicide, ASIST helps prepare to discuss the topic with a person at risk.
<b>Adaptable components</b>	ASIST trainers can tailor certain features of the program, such as role-playing activities, to meet participants’ professional or cultural needs.



# ASIST

## Upcoming ASIST dates:

**Cost: \$200 | Student Cost: \$180**

Sessions run from 8:30 a.m. to 4:30 p.m.

### SESSION 1

AUG. 2016

25

AUG. 2016

26

SEPT. 2016

22

SEPT. 2016

23

### SESSION 3

OCT. 2016

06

OCT. 2016

07

NOV. 2016

17

NOV. 2016

18

### SESSION 5

DEC. 2016

15

DEC. 2016

16

JAN. 2017

26

JAN. 2017

27

### SESSION 7

FEB. 2017

16

FEB. 2017

17

MAR. 2017

16

MAR. 2017

17

### SESSION 8

APR. 2017

20

APR. 2017

21

# Myths & Realities of Mental Illness

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## Who should take this workshop?

Frontline staff working within the social service sector, health and mental health agencies, police, counsellors and community volunteers will benefit from this workshop.

Developed by the Canadian Mental Health Association, Ottawa Branch, this interactive workshop helps to increase the awareness and understanding of mental health, mental illness and recovery and provide tools to assist participants to respond to individual client needs in a supportive manner.

## Workshop Format

This is a one-day workshop. The training is a practical and interactive multimedia learning experience.

## What you'll learn:

- Characteristics of mental health and mental illness
- How to recognize the signs and symptoms of various mental illnesses, associated risk factors, treatment protocols and short-term client management
- The importance of maintaining stable housing
- Recovery concepts
- Community resources.

**Cost: \$135 | Student Cost: \$105**

Sessions run from 9:00 a.m. to 4:30 p.m.

## SESSION

ON DEMAND - Please contact CMHA Ottawa or visit our website at [www.ottawa.cmha.ca](http://www.ottawa.cmha.ca).

# safeTALK

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Help someone when they need it most.

It *is* possible to prevent suicide.  
We can all make a difference.

Participate in the *safeTALK* half-day program and quickly learn the four basic stages to help those at risk of suicide with resources that can save lives. The *safeTalk* program helps professionals and members of the general public help save lives. *safeTALK* is offered to everyone 15 years old and over.

Learn more and register at: [ottawa.cmha.ca](http://ottawa.cmha.ca) under Training.

**Registration fee: \$60**

Session runs from 12:00 p.m. to 4:00 p.m.

## SESSION

SEPT. 2016

**09**

## Eventbrite

Register for any workshop now!  
[www.cmhaottawa.eventbrite.com](http://www.cmhaottawa.eventbrite.com)



# Training for Healthcare and Human Services



Onsite workshops available.



**“Amazing course,  
very engaging,  
great videos,  
best facilitators  
I have ever had.  
Thank you.”**

– Integrated Treatment for Concurrent  
Disorders training Participant

# Integrated Treatment for Concurrent Disorders

This three-day training program is designed for professionals that work with people who have co-occurring mental illness and substance use. It is estimated that 40 to 65% of persons with mental illness also have a substance-use disorder. This practical workshop will help participants understand and appreciate the principles and skills needed to work effectively with people with concurrent disorders.

The goal of the Concurrent Disorders Training Program is to equip staff in the fields of mental health, homelessness and addictions with the knowledge and skills to recognize and respond effectively to issues facing individuals who are homeless and who are trying to deal with both mental health and addiction problems.

## CMHA Training

CMHA's experienced trainers offer three-day workshops on Integrated Treatment for Concurrent Disorders. These workshops are offered in English and French. This training is interactive and practice-based.

*“Very well presented with lots of great information and tools. I really enjoyed this training.”*

*– Integrated Treatment for Concurrent Disorders training participant*

## Eventbrite

Register for any workshop now!  
[www.cmhaottawa.eventbrite.com](http://www.cmhaottawa.eventbrite.com)

# Upcoming dates for Integrated Treatment for Concurrent Disorders:

Cost: \$375

Sessions run from 9:00 a.m. to 4:00 p.m.

### SESSION 1

NOV. 2016	NOV. 2016	NOV. 2016
2	3	4

### SESSION 2

APR. 2017	APR. 2017	APR. 2017
26	27	28



# Motivational Interviewing

Motivational Interviewing (MI) is a collaborative conversation style for strengthening a person's own motivation and commitment to change. Discover the power of Motivational Interviewing in a review of its basic principles and underlying spirit. Review and practice your skills in:

- Asking open-ended questions
- Affirming client strengths
- Providing simple or complex reflections as needed
- Sharing effective summaries.

Discover how to provide information and guidance in an MI-consistent manner as you elicit and reinforce your client's movement toward change.

## CMHA Training

CMHA's experienced trainers offer introductory one-day as well as two-day and more advanced four-day workshops. They also offer advanced practice sessions. This training is interactive and practice-based.

<b>TWO DAY</b>	Introduction to Motivational Interviewing with opportunity to practice skills and understand how to use MI in practice	COST \$250
<b>FOUR DAY</b>	4 one-day sessions over a four-month period; explore MI in greater depth, practice skills, including audio recording and coding for MI adherence. Prerequisite: One or Two Day MI at CMHA or equivalent training	COST \$495

## Eventbrite

Register for any workshop now!  
[www.cmhaottawa.eventbrite.com](http://www.cmhaottawa.eventbrite.com)

# Upcoming dates for Motivational Interviewing:

**Two Day: \$250 | Four Day: \$495**

Sessions run from 9:00 a.m. to 4:00 p.m.

### 2 DAY

#### SESSION 1

SEP. 2016

**15**

SEP. 2016

**16**

#### SESSION 2

DEC. 2016

**1**

DEC. 2016

**2**

#### SESSION 3

JAN. 2017

**19**

JAN. 2017

**20**

#### SESSION 4

MAR. 2017

**23**

MAR. 2017

**24**

#### SESSION 5

MAY. 2017

**25**

MAY. 2017

**26**

### 4 DAY

#### SESSION 1

OCT. 2016

**4**

OCT. 2016

**28**

NOV. 2016

**10**

DEC. 2016

**9**

#### SESSION 2

MAR. 2017

**10**

APR. 2017

**7**

MAY. 2017

**5**

JUN. 2017

**2**



## We Make Mental Health Work.

Full day, half day, and one hour workshops and presentations. In person and by live webinar.

Build mental health awareness, learn skills for responding to challenging situations, and collaborate in ensuring a psychologically healthy and safe workplace.

What if someone at work is struggling?



### 1st Gear: Intentional Noticing

Have you noticed changes? What are they? Identify the specific behaviours and performance issues.



### 2nd Gear: Active Listening

Ask open-ended, non-judgmental questions. Help the person to feel safe so you can learn more.



### 3rd Gear: Working Together

Explore, implement, and monitor solutions that you are both willing to try in order to encourage success.

### SESSION

ON DEMAND - Please contact CMHA Ottawa or visit our website at [www.ottawa.cmha.ca](http://www.ottawa.cmha.ca).



# Training for Workplace Mental Health



These workshops can be delivered on-demand at your location.  
Please contact CMHA Ottawa for details and pricing information.

# Living Life to the Full

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12 hours that can change your life.

Want to know how to feel better, right now?

Sleep better, feel happier, have more energy, gain confidence, get out more, enjoy better relationships, help others — learn all this in eight, enjoyable 90-minute sessions!

Visit [www.llttf.ca](http://www.llttf.ca) to find out more!

## SESSION

ON DEMAND - Please contact CMHA Ottawa or visit our website at [www.ottawa.cmha.ca](http://www.ottawa.cmha.ca).



Association canadienne  
pour la santé mentale  
Colombie-Britannique  
*La santé mentale pour tous*

*The Canadian Mental Health Association, BC Division holds the exclusive Canadian licence to Living Life to the Full.*



## Our Location

1355 Bank Street, south of Riverside Drive, opposite Billings Bridge Plaza. All training is being held in Suite 402.

## Parking

Limited meter parking is available for a maximum of \$8 per day, payable by coin or credit card.

## Registration

You must register online at [cmhaottawa.eventbrite.com](http://cmhaottawa.eventbrite.com). For more information on all our training workshops please visit [www.ottawa.cmha.ca](http://www.ottawa.cmha.ca). If you have any issues registering online, call our office for assistance at **613-737-7791**. Please note that registration must be received one week prior to the workshop dates.

## Cancellations and refunds

Full refunds, less a \$10 administration fee, will be given when a written request is received two weeks prior to the date of the workshop. Registration may be transferred to another person. There will be a \$20 charge on all returned cheques.

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Canadian Mental Health Association  
Ottawa Branch  
1355 Bank Street, Suite 402  
Ottawa, ON, K1H 8K7  
Tel: 613-737-7791 Fax: 613-737-7644  
[www.ottawa.cmha.ca](http://www.ottawa.cmha.ca)