

TESTIMONIALS

What participants have to say:

- Instructor was knowledgeable and had a good sense of humour,. He kept my attention which made for an excellent course.
- I found this course to be beneficial as well as informative for crisis intervention. Instructor was confident and was a great teacher! Thanks!
- Good presentation offered in a non-judgmental environment.
- This course will help me in ways that will make my job easier and my work more professional.
- Awesome! Great course.
- You did an awesome job! I really enjoyed the course & my experience.

Please contact us for more information on other courses such as:

- DAV – De-escalating Aggression & Violence in your Workplace
- Team Building
- Cultural Diversity Training
- Understanding Self Harm
- Principles of Success at Work and Life.

**Unique, Interactive, Intelligent,
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TRAINING FOR

the beginner, intermediate or advanced practitioner...

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Social Workers
Human Services Field
Recovery Centre Staff
Homeless Shelter Workers
Daycare Workers
Customer Service & Administration
Nursing Home Staff
And all concerned citizens!

...anyone who may deal with potentially violent individuals!

DAV COURSE TAUGHT BY

**Ripple
Effect
Training**

www.rippleeffecttraining.com

Certified Trainer
Shawn Hubert



FIRST RESPONSE

Suicide & Self Harm Intervention Training



Why First Response?

- This crisis intervention course teaches a clear understanding of how to respond to a crisis individual suffering with either suicide ideation or self harming behaviours.
- Course focus is early intervention and effective interpersonal skills for developing a client led safe plan to minimize future risks.
- This course provides a easy approach to assessing and reducing the risk level of the a crisis individual.

COURSE OBJECTIVES

This course is a Suicide & Self-Harm Intervention workshop focuses on developing a helpful first response for either critical situation. Looking at three vital areas of study; attitudes & perception components, a knowledge base component, and practical response skills including risk assessments and intervention techniques.

Learn to respond to an initial awareness of the crisis situation in an effective way for either suicide ideation or self-harming behavior. Proper techniques and understanding will lead to relationship development with the crisis individual rather than communication breakdown.

With any intervention course it is important that the process is easy to remember and comes naturally to those who use the material. This course will introduce a simple model called S.A.F.E

- **S** Seek to understand
- **A** Ask the hard question
- **F** Find the reasons
- **E** Engage a Safe Plan

Individuals will learn:

1. To identify what are some of the signs, characteristics, and triggers for suicide ideation and self harm behaviours.
2. To assess the risk level of the person at risk, in order to empower the individual to seek out additional resources with referrals to the proper professional help needed.
3. To guide a crisis individual through effective communication techniques to discover a safeplan that will be effective at minimizing future risks.
4. To react in a professional and appropriate way to suicide ideation and self harm behaviours. This "First Response" will go a long way to building stronger relationships, and protecting the lives of the crisis individuals.

FIRST RESPONSE COURSE OVERVIEW

Attitudes & Beliefs – Learn:

- Understanding of how your own perspectives will affect your ability to help others in crisis;
- how to increase your relationship building skills;
- how to listen for hope in hopeless situations;
- how to empower people to make positive choices;



Similarities & Difference between Suicide & Self Harm - Learn:

- Common characteristics, signs, and triggers of those who self harm
- Common characteristics, signs, and triggers of those who are thinking about suicide.
- What are some risks and protective factors that apply to both suicide ideation and self harm behaviours

First Response Model - learn

- Learn to ask good questions to open up a conversation for an intervention.
- Learn listening skills to gain understanding of the crisis individual's beliefs and behaviors.
- How to guide a "First Response" crisis intervention for the most effective results.

**First Response:
Was designed by certified ASIST trainers,
and is approved and accepted by CAC
standards**



To register for or book a First Response course for your organization please contact:



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Ripple Effect Crisis Intervention Training lives up to its slogan,

**“We Hope for the Best,
But We Prepare for the Worst.”**

Training may be **customized and tailored** to meet your needs. Other courses dealing crisis situations and staff development are available on our website.