

PCOA Older Adult  
Suicide Prevention  
Program

PRESENTS

Trainings in  
Suicide Awareness  
Suicide Alertness  
Suicide Intervention Skills

*imagine...*  
a suicide-safer community



More than 30,000 people in the United States commit suicide each year.

Suicide rates increase with age, making this a serious health concern for older adults.

All people with thoughts of suicide should be taken seriously.

The challenge is  
one of prevention.

There is a compelling community need for willing, ready and able caregivers who are trained to recognize and intervene when there is an immediate risk of suicide.

Now, there is a trusted community resource for everyone who wants to help – PCOA's Older Adult Suicide Prevention Program:

Awareness - Alertness - Intervention



**suicideTALK®**

## An exploration in suicide awareness

suicideTALK is a 90-minute to half-day presentation that invites interested community members to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses on the question “Should we talk about suicide?”

**As a suicideTALK-informed participant, you will be better able to:**

- Understand how personal and community beliefs about suicide affect suicide stigma and safety
- Appreciate how the steps taught in safeTalk can be used to help prevent suicide
- Choose among ways to help protect, preserve and promote life in a suicide-safer community



**safeTALK®**

## Suicide alertness for everyone

safeTALK is a half-day (2.5 to 3.5 hour) or full-day (7 hour) training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. Learn steps that contribute to saving lives.

**As a safeTALK-trained suicide alert helper, you will be better able to:**

- Move beyond common tendencies to miss, dismiss or avoid an individual with thoughts of suicide
- Identify people who have thoughts of suicide
- Apply TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers



**ASIST®**

## Applied Suicide Intervention Skills Training

ASIST is a two-day (7 hours per day) skills-building workshop that prepares caregivers to provide suicide first aid interventions.

Professionals, volunteers and informal caregivers or helpers all need to know how to help persons with thoughts of suicide in ways that increase their suicide safety.

### As an ASIST-trained first aid intervention caregiver, you will be better able to:

- Identify people who have thoughts of suicide
- Understand how your beliefs and attitudes can affect suicide interventions
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living

- Review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time
- Follow up on all safety commitments, accessing further help as needed

### During this two-day workshop, you will:

Enjoy small group discussions and skills practice that are based upon adult learning principles.

Feel challenged and safe.

Learn suicide first aid.

**Participation on both days is required.**

## PCOA Older Adult Suicide Prevention Program Trainings

PCOA will provide suicide awareness, alertness and intervention skills trainings, utilizing evidence-based training models that have been recognized, worldwide, as best practices in the field of suicide prevention.

Through these training programs, the Older Adult Suicide Prevention Program will:

- Increase community awareness of suicide as a serious community health problem
- Increase community capacity to recognize and intervene with potentially suicidal individuals
- Increase knowledge of wellness and coping strategies

### Who should attend?

Anyone, age 15 years or older, who interacts with older adults on a regular basis will benefit from full participation in the program, including family members, and formal and informal caregivers of older adults.

## Imagine...a suicide-safer community

Pima Council on Aging (PCOA) is the Area Agency on Aging for Pima County's older adults and has been helping adults and their caregivers since 1967.

PCOA is the trusted provider of coordinated home-and-community-based aging services.



Program sponsorship is provided by Community Partnership of Southern Arizona (CPSA), the Regional Behavioral Health Authority for Pima County and Southern Arizona.



LivingWorks developed these evidence-based training programs using Rothman's Social R&D Model to prepare community helpers to intervene and prevent suicide.

