



# Applied Suicide Intervention Skills Training (ASIST)

Sponsored by FailSafe for Life and Providence Community Benefits

**ASIST** is a two-day intensive, interactive, and practice-dominated course designed by LivingWorks to help caregivers recognize and review risk, and intervene to prevent the immediate risk of suicide. It is by far, the most widely used, acclaimed, and researched suicide intervention training workshop in the world.

**October 30-31, 2025**

**8:30 AM - 4:30 PM**

**John J. Hemmingson Center  
702 East Desmet Avenue  
Spokane, WA 99202**

## LEARN HOW TO:

- » Recognize invitations for help
- » Reach out and offer support
- » Review the risk of suicide
- » Apply a suicide intervention model
- » Link people with community resources

## TERMS:

- » Participation in the **full two days** is mandatory, please plan accordingly.
- » Registration requires pre-payment.
- » No refunds can be given if canceling after **October 20th, 2025**.
- » Lunch **will NOT** be provided but there are restaurants and stores nearby.

- » Morning pasteries and coffee **ARE provided**.

- » A parking pass will be provided to each registered participant prior to the event.

## COST:

- » This training is offered at **\$100.00**
- » Please note: Cost for one person to take part in ASIST Training and ASIST materials **typically costs \$295.00**. Through money raised by FailSafe for Life and Providence Community Benefits, we are able to offer this training at a reduced cost in Spokane and the surrounding community.

## REGISTRATION:

- » Space is limited. Registration is required
- » <https://www.eventbrite.com/e/applied-suicide-intervention-skills-training-asist-registration-1321774305529?aff=oddttdcreator>

## QUESTIONS:

- » Sabrina Votava
- » e: [sabrina.votava@failsafe4life.org](mailto:sabrina.votava@failsafe4life.org)

## SABRINA VOTAVA

Sabrina Votava is an educator on suicide prevention and intervention who has worked with numerous individuals and organizations around the Pacific Northwest to help them recognize the signs of suicide and to give them the tools and resources to keep a person in crisis safe. Having worked in this field for nearly two decades, Sabrina's passion is evident in her trainings. Her personal experiences, coupled with years of research, gives her the ability to connect with a wide variety of audiences from youth to adults, non-experts to professionals. Sabrina has been featured in various media outlets throughout Washington state over the years and founded the non-profit organization FailSafe for Life to serve her community. She is a Licensed Mental Health Counselor, certified as a QPR Master Trainer, ASIST trainer, and is a member of Prevent Suicide Spokane Coalition. Sabrina holds a B.S. in Public Health from the University of Washington and holds her M.A. in Social and Behavioral Health from Whitworth University.

## CHRISTINE CLOCK

Christine works at Eastern State Hospital as a Recreation Specialist and has been facilitating ASIST since March of 2014. Through her position at ESH she is able to provide patients with an avenue for hope. Formerly, Christine worked as a Residence Director at Adams State University in Alamosa, CO for three years. Her compassion for suicide intervention grew through this position as she talked with several students that were having thoughts of suicide. Christine has her bachelor's degree in Sociology with an emphasis in Social Welfare from Adams State University. She is excited about the opportunity to join the Spokane community to help in the suicide prevention efforts that already exist.

