



Applied Suicide Intervention Skills Training (ASIST)

Sponsored by FailSafe for Life and Multicare Community Partnership

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.

March 9-10, 2023
8:30 AM - 4:30 PM
NE Washington Educational Service District 101
4202 South Regal Street
Spokane, WA 99223

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**
- » No refunds will be given if canceling after **March 3, 2023**
- » Lunch will be provided. Please let us know of dietary restrictions via email by **March 3, 2023**

COST:

- » This training is offered for **free**.
- » Please note: Cost for one person to take part in ASIST Training and ASIST materials **typically costs \$395.00**. Through money raised by FailSafe for Life and the American Academy of Pediatrics, we are able to offer this training at **no cost** in Spokane and the surrounding community.

REGISTRATION:

- » This training is for youth and youth serving adults. Priority registration will be given to those in the Airway Heights community. Space is limited, registration is required.
- » <https://www.eventbrite.com/e/applied-suicide-intervention-skills-training-asist-registration-519294713467>

QUESTIONS:

- » Sabrina Votava
- » e: sabrina.votava@failsafeforlife.org
- » **No masks required.**

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 give 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.

MELODY YOUKER

Melody Youker is a case manager for Martin Hall Juvenile Detention facility, where she has worked for more than 22 years. She also spent six years as a correctional counselor for Second Chance. Melody holds a bachelor's degree in Sociology with an emphasis in Criminal Justice from Montana State University. Currently, she is a member of the Prevent Suicide Spokane Coalition and a part of the Crisis Response Improvement Strategy Committee.

