

**Free
Training**
Hosted by the
Office of Diversity and Equity



ASIST

Applied Suicide Intervention Skills Training

Learn the skills. Help save a life.

ABOUT THIS TRAINING

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone. (*14 CEs available, more information below)

Features:

- + Small group learning, including live instruction, audiovisuals and practice
- + Reliable, proven model
- + Direct talk about suicide

WHO SHOULD ATTEND?

This training is open to all community members, age 16+, in San Mateo County. The following people/professionals often find ASIST useful:

- Counselors/Therapists
- Police and Firefighters
- School employees and volunteers
- Clergy/ Youth group leaders
- Security guards
- Anyone who lends an ear to their friends, family and neighbors.
- Healthcare workers
- Peer support workers

Fall/Winter Sessions:

*(Please register to only one session
Must be able to attend both dates
for registered session)*

October 23-24, 2025

8:30 AM - 4:30 PM

College of San Mateo

December 4-5, 2025

8:30 AM - 4:30 PM

College of San Mateo

REGISTRATION INFORMATION

Pre-registration is REQUIRED and is limited to the first 30 registered participants for each session.

To access the registration page, you can either scan the QR code or visit:

<https://tinyurl.com/ASISTFY25-26>

SCAN ME



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



If you require accommodation for a disability, have any questions or concerns, or need instructions for addressing grievances, please contact the BHRS Workforce and Education Training Team
BHRS-WorkforceDev@smcgov.org

Course Objectives:

- Participants should be able to:
- 1) Identify the ways personal and societal attitudes affect views of suicide and interventions.
- 2) Apply the ASIST intervention model to conduct a suicide intervention with practice scenarios
- 3) Build a comprehensive safety plan for those with thoughts of suicide.
- 4) Distinguish when someone needs more safety support

About the Facilitators

Melissa Pirwani, LCSW, has been an ASIST trainer for the last 11 years and has trained over 1,000 Bay Area community members in suicide intervention skills. She works as a therapist in private practice and provides supervision for therapists-in-training at a local non-profit who work with youth in schools and those who need sliding-scale counseling services.

Lizette Martinez, LCSW has been an ASIST trainer for 9 years and is passionate about helping people with thoughts of suicide and those who are in the aftermath of a death by suicide. She is a survivor of suicide loss and turned to this work originally to help with healing. She now works as a therapist in Berkeley high schools and with adults and teens in private practice in San Francisco. Prior to moving to the Bay Area from her native Los Angeles, Lizette spent 5 years working at the Suicide Prevention Center Crisis Line. During her tenure, she took over 5,000 calls in English and Spanish and trained hundreds of new counselors.



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Training Agenda

Day 1

8:00 AM-8:30 AM Registration
8:30 AM-12:30 PM Training
12:30 PM -1:30 PM Lunch on your own
1:30 PM - 4:15 PM Training

Day 2

8:30 AM-12:30 Training
12:30 PM-1:30 PM Lunch on your own
1:30 PM-4:15 PM Training
4:15 PM-4:30PM Evaluations and Certificates

Breaks will be given at a time to be determined by the trainers.

Attendees spending excessive time out of the room or engaging in activities not associated with the training (as determined by the trainers) may not receive credit. No partial credit will be given.

Continuing Education Information

The Behavioral Health and Recovery Services (BHRS) of San Mateo County maintains responsibility for this program/course and its content. This course is provided free of charge. The Behavioral Health and Recovery Services (BHRS) of San Mateo County is approved to provide the following:

California Association of Marriage and Family Therapists (CAMFT Provider # 128414 for 14 CE)

to sponsor Continuing Education for LCSW, LMFT, LPCC, LEP which meets the qualifications for continuing education credit required by the **California Board of Behavioral Sciences.**

California Board of Registered Nursing: (BRN Provider # CEP1405, for 14 Contact Hours)

to sponsor Continuing Education for Registered Nurses

California Consortium of Addiction Programs and Professionals: (CCAPP Provider # 4C-06-400-1119 for 14 CEH's)

to sponsor Continuing Education Hours AOD Counselors

California Association for Alcohol/Drug Educators (CAADE Provider # CP40712AC0725 for 14 CEH)

to sponsor Continuing Education for AOD Counselors

Course Completion Requirements

For those attendees that successfully complete the course and have completed the items below provided by the trainer at the end of the training, a certificate of completion will be provided at the conclusion of the course or within 30 days via email:

- BHRS Course Evaluation (All Attendees) Course
- Post Test (For attendees seeking CCAPP/CAADE CEH)



Looking for more courses?

Check out the BHRS Training Calendar for the latest updates from the Workforce Education and Training Team!



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BHRS-Workforcedev@smcgov.org.

Training Grievance Policy

A participant has the right to seek support for a dispute or disagreement through the Workforce, Education and Training (WET) Department of Behavioral Health and Recovery Services (BHRS) of San Mateo's policies for filing complaints/grievances for visitors and employees. Participants may use available informal means to have decisions reconsidered before filing a formal complaint/grievance. No retaliation of any kind shall be taken against a participant for filing a complaint/grievance. In an effort to provide the highest quality services to participants in our trainings, you are encouraged to report immediately any concerns regarding your training to the Training Director who will provide the complaint form.

All participant complaints/grievances should be in writing to:

Dr. Andrew Tardiff | Training Director
Workforce, Education and Training (WET) Department
310 Harbor Blvd., Building E | Belmont, CA 94002

Or by email to BHRS-WorkforceDev@smcgov.org. Once a complaint or grievance has been submitted, a response can be expected no later than ten (10) business days. Upon receipt, the Training Director will conduct a formal review of the complaint/grievance and will attempt a timely resolution.

Training Cancellation Policy

There is currently no charge for trainings for eligible participants. If a course must be cancelled, the course instructor and registrants are notified via email provided on LMS no later than a week in advance. In the event that an instructor has an emergency and must cancel a course with less than a week notice, we will notify participants immediately via email and include information regarding a rescheduled date. We request email notification 48 hours in advance of training date from participants whom cannot attend a course.

The Workforce, Education and Training (WET) Department of Behavioral Health and Recovery Services (BHRS) of San Mateo County trainings are funded by the [California Mental Health Services Act](#), and provides education/training and workforce development opportunities to San Mateo County behavioral health staff, contractors, providers, clients/consumers, and family members.

Through system-wide training and workforce development initiatives, WET aims to create and sustain a diverse, culturally responsive, and clinically effective workforce that provides the best possible care for our communities. Please feel free to distribute training announcements to your BHRS Staff Member/BHRS Contracted Providers qualifying BHRS Community Based Organizations

