



MEMO

From the office of the...

Vice President Administration

TO: Members of the Executive Board
FROM: Giuliana Guarna
SUBJECT: PSL ASIST Training
DATE: November 10, 2015

Dear Executive Board,

The Peer Support Line would like to request \$4800.00 towards the training budget for the 2015/2016 school year. This would be used to provide at least 30 of the volunteers with Applied Suicide Intervention Skills Training (ASIST). ASIST is a two-day standardized suicide intervention training developed in Canada by LivingWorks Education. This would be a significant improvement from SafeTalk, the current crisis intervention training, which is a 3 three day awareness workshop. They feel that this is especially necessary as the number of calls/chats received has increased this year, of which 14% involved discussions of suicide. Additionally, similar services such as the Ottawa Distress Centre and the Acadia University peer support line provide this training. This would therefore bring their qualifications up to par to those of other similar services.

With 30 of their current 55 volunteers trained, they would be able to ensure that there is at least one ASIST trained volunteer on shift at all times. They would select volunteers to be trained based on their current level of commitment to the service as well as the likelihood of them returning to PSL next year.

So far PSL have spent approximately half of their \$3000 training budget. This covered one full training weekend and one weekend with two half-days. For the weekend which included full-days, they provided food for the volunteers to compensate for the high time commitment required. They would like to provide refresher training at the beginning of the winter semester to add new material and ensure that the volunteers' skills are up-to-date. For this, they anticipate that the cost will be similar to that of the full training weekend from September. They may also make use of more printed materials. This January training would therefore account for the rest of the training budget. For this reason, the cost of training volunteers in ASIST cannot be compensated by the current training budget.

More information about ASIST can be found here:
<https://www.livingworks.net/programs/asist/>

Cost estimates are taken from existing workshops which are usually offered at a student rate of \$160 on the LivingWorks website.

Thank you,
Giuliana
Vice President Administration