

# The 'ASK' Workshop™ v.3

## Overview

This one-day workshop challenges commonly held notions about childrens' capacity to consider suicide. It facilitates awareness of the signs that a young child may be at risk and what is needed to help. Case studies and simulations provide opportunities to apply what is learned. A brief screening tool guides helpers to determine risk and make appropriate referral connections. A helper tool teaches how to organize and summarize the available information about a given child in a form that can be used by someone, perhaps the participants themselves, in safety planning. Common challenges in working with parents and possible solutions are addressed through guided simulations and discussion. Participants are typically helpers who routinely come into contact with children age 5-14.

## Learning objectives

The desired learning outcomes of The "ASK" Workshop™ are that participants will:

- recognize how a child's understandings of death and suicide may be implicated in risk;
- become aware of the ways children at risk of suicide communicate their need for help;
- recognize factors that may increase suicide risk and those that may mitigate it;
- know how to work with both in order to formulate the basis of a plan for safety;
- recognize the need to enlist the support of others to develop a plan for safety;
- understand and be able to meet common challenges in working with parents to facilitate safety.

Participants of The "ASK" Workshop™ leave better equipped to reduce the risk of suicide and enlist help for young children.

## Workshop process

The "ASK" Workshop™ successfully blends a variety of teaching and learning modalities including mini-lecture, Socratic dialogue, video, small group work, guided simulations, and case studies. Led by one facilitator, from 12 to 36 participants can comfortably work through the material together. Participants receive a colour workbook, pocket reference, risk assessment worksheet that can be re-ordered at no cost, and certificate of completion.

## Facilitators of The "ASK" Workshop™

Facilitators become licensed after successfully completing a three-day Training for Facilitators (T4F). Training materials are standardized and the active engagement of participants ensures that content and examples reflect local context. Currently available in English with mainstream, Inuit, and First Nations cases; French language translation planned. Information about the T4F and a listing of licensed facilitators can be found at [www.lifelineworkshops.com](http://www.lifelineworkshops.com)