



THE AMERICAN INSTITUTE FOR THE ADVANCEMENT OF FORENSIC STUDIES (AIAFS) *presents*

Suicide Alertness for Everyone (safeTALK): A Certification Training Course

Presenter: Brittany Miskowiec, PhD, MSW, LICSW

Date: Friday, April 12, 2019

Time: 8:30am - 4:00pm

Upon completion of this training, participants receive a 6-hour CEU certificate as well as a safeTALK certification.

Training Description

This full-day training is suitable for everyone who wants to help prevent suicide and are prepared to become suicide aware and alert. The day will start with a discussion regarding the public health issue of suicide and its impact on our world. Participants will learn about the interdisciplinary field of suicidology and the common terminology used in the field. The morning will conclude with a brief review of the latest research in suicidology.

The remainder of the day will consist of an interactive suicide alertness training called safeTALK. This training is internationally recognized and listed in the Suicide Prevention Resource Center's Best Practice Registry. safeTALK teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. safeTALK stresses safety while challenging taboos that inhibit open talk about suicide. The safeTALK learning process is highly structured, providing graduated exposure to practice actions. The program is designed to help participants to monitor the effect of false societal beliefs that can cause otherwise caring and helpful people to miss, dismiss, or avoid suicide alerts and to practice the TALK steps to move past these three barriers. Six 60-90 second video scenarios, each with non-alert and alert clips, are selected from a library of scenarios and strategically used through the training to provide experiential referents for the participants. Participants will leave the training as a certified suicide alert helper with the following tools to assist them in their suicide prevention work: TALK wallet card, "You can TALK to Me" stickers, information about a downloadable TALK app, and a resource book.

Benefits of safeTALK certification:

- Suicide is preventable. Organizations and communities benefit from implementing policies and programs that promote mental wellness and prevent suicide.
- Informal helpers play a vital gatekeeper role in building suicide-safer communities.
- Individuals will know how to engage with people at risk and connect them with resources who can carry out an intervention.

Training Objectives

1. Understand the prevalence of suicide
2. Understand the field of suicidology and its terminology
3. Debunk common myths associated with suicide
4. Discuss the latest suicide research
5. Notice and respond to situations where suicide thoughts may be present
6. Recognize that invitations for help are often overlooked
7. Move beyond the common tendency to miss, dismiss, and avoid suicide
8. Apply the TALK steps: Tell, Ask, Listen, KeepSafe
9. Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help

Presenter Biography

Dr. Miskowiec is a Director on the Board of Directors for the Strub Caulkins Center for Suicide Research. She has worked as a licensed independent clinical social worker in the fields of social work and suicidology for nearly ten years. Her education includes a PhD in Leadership and Human Resource Development with a concentration in Adult Education, Master of Social Work, Bachelor of Science in Psychology, and a certification in interdisciplinary trauma studies. As a clinical social worker, Dr. Miskowiec has worked with a variety of populations and settings including medical social work, community clinic social work, and school-based social work. She also has extensive experience working with the military and continues to focus on her work with law enforcement, fire, and EMS.

In her work with each of these populations and settings, Dr. Miskowiec has focused on suicide prevention, intervention, and postvention. As the former Director of Psychological Health for the Minnesota Army National Guard and a contracted suicidologist for Wounded Warrior Project, Dr. Miskowiec was instrumental in developing suicide prevention policies for the organizations. In her work as a suicidologist, Dr. Miskowiec has been the PI on multiple research projects, published articles, and presented at conferences. She is a trainer for internationally recognized Living Works programs such as suicideTALK, safeTALK, and ASIST. She has served as the Director of the Local Outreach to Suicide Survivors team, an active postvention team of individuals who function as first responders to suicide scenes, facilitated survivors of suicide support groups, and children's bereavement groups. She is also certified as one of the twenty-three Psychological Autopsy Investigators by the American Association of Suicidology. Dr. Miskowiec has taught in higher education for eight years. She currently teaches in the social work program at the University of Wisconsin-Stout.

LOCATION: Mall of America, Parkview Meeting and Event Center, 5204 Center Court Bloomington, MN 55425

COST: \$149.00 (Only 40 spots available for this training!)

REGISTRATION: Online at www.aiafs.com/trainings or use the registration form

For additional info, contact Darian Buel @ 612-250-5432 - or - Email: aiafsassoc@gmail.com

Continuing Education Approval - Application for continuing education credits will be made with the following boards:

The Minnesota Board of Social Work

The Minnesota Board of Behavioral Health

The Minnesota POST Board

The Minnesota Board of Psychology

The Minnesota Board of Marriage and Family Therapy

The Minnesota Board of Continuing Legal Education

The American Institute for the Advancement of Forensic Studies (AIAFS)

Course Registration

Seminar Title: Suicide Alertness for Everyone (safeTALK): A Certification Training Course

Seminar Date: 4/12/2019

Time: 8:30am-4:00pm

Cost: \$149.00

6.0 CEUs

Mailing Address: The American Institute for the Advancement of Forensic Studies (AIAFS)
PO Box 5085
St. Paul, MN 55101

Register online today!
www.aiafs.com/trainings

Additional Information: Call Darian Buel @ 612-250-5432 or Email: aiafsassoc@gmail.com

Location: Parkview Meeting and Event Center (first floor-inside Nickelodeon Universe), 5204 Center Court Bloomington, MN 55425. Open to the public at 7am. Enter WEST Parking Ramp, accessible from Killebrew Drive. Park on Street Level 1. Enter main mall entrance, proceed straight ahead into Nickelodeon Universe, past the Ninja Turtles Ride and towards the Hard Rock Café. Parkview Meeting and Event Center is located between Flyover America and Hard Rock Café in the southwest corner of Nickelodeon Universe.

Training Schedule:

7:45am-8:30am – Sign in/Registration	1:00pm-2:15pm – Training (safeTALK)
8:30am-10:00am – Training (General/Intro)	2:15pm-2:30pm – Break
10:00am-10:15am – Break	2:30pm-3:45pm – Training (safeTALK)
10:15am-12:00pm – Training (safeTALK)	3:45pm-4:00pm – Questions/Post-Test
12:00pm-1:00pm – Lunch (On Your Own)	4:00pm – Adjourn

Attendee Contact Information **safeTALK certification** **4/12/2019** **8:30am-4:00pm** **Cost: \$149.00**

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Please register online at www.aiafs.com/trainings or by phone at 612-250-5432!
No registration by mail for this training. If you would like to submit a Purchase Order or check, contact Darian (612-250-5432)

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If you are unable to attend an event for which you have already registered and paid, please contact AIAFS a minimum of one week before the event. A complimentary credit transfer equal to the amount paid at registration will be applied toward any upcoming training event. Requests made after seven days before the training event will be handled on a case by case basis.

AIAFS will process the credit transfer for you. Please email us at aiafsassoc@gmail.com and include "Training Credit Transfer" in the subject line.