**Key Dates:**

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| ASIST training: | Saturday 17 and Sunday 18 August 20199am to 5pm both daysVenue: TBD |
| Weekly training: | Thursday nights 22 August to 3 October 20195.30pm to 9.30pmVenue: Wesley Church on the Mall Wollongong |
| Mental Health Frist Aid: | Saturday 12 and Sunday 13 October 20199am to 4pm both daysVenue: TBD  |

**Phase I: Student Training**

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|  | Commencing | Topic/Contents |
| 1 | Saturday 17 August 20199am - 5pm | **Module 1: Applied Suicide Intervention Skills Training (ASIST 11)*** Attitudes toward suicide
* Contributing factors to suicide
* Assessing suicide risk
 |
| 2  | Sunday 18 August 20199am - 5pm | **Module 1: Applied Suicide Intervention Skills Training (ASIST 11) continued*** Attitudes toward suicide
* Contributing factors to suicide
* Assessing suicide risk
 |
| 3 | Thursday 22 August 20195.30pm - 9.30pm | **Module 2: Introduction to Lifeline and self-awareness*** Roles and responsibilities of a Telephone Crisis Supporter
* Adult learning
* Units of competency
* Lifeline’s expectations
* Self-care
* Privacy Policy
* Telephone Crisis Supporter characteristics
* Helping styles
 |
| 4 | Thursday 29 August 20195.30pm - 9.30pm | **Module 3: Practice model and micro skills*** Lifeline Practice Model
* Telephone Crisis Supporter Skills
* Introduction to role plays
 |
| 5 | Thursday 5 September 20195.30pm - 9.30pm | **Module 4: Help seeker profiles 1**Practice Clinic |
| 6 | Thursday 12 September 20195.30pm - 9.30pm | **Module 5: Help seeker profiles 2**Practice Clinic |
| 7 | Thursday 19 September 20195.30pm - 9.30pm | **Module 6: DFV** |
| 8 | Thursday 26 September 20195.30pm - 9.30pm | **Module 7: Diversity of help-seekers** |
| 9 | Thursday 3 October 20195.30pm - 9.30pm | **Module 8: Managing contacts** |
| 10 | Wednesday 9 October 20195.30pm - 9.30pm | **Practice Clinic & Assessments**(participants to attend only one practice clinic and assessment session)  |
| 10 | Thursday 10 October 20195.30pm -9.30pm | **Practice Clinic & Assessments**(participants to attend only one practice clinic and assessment session) |
| 11 | Saturday 12 October 20199.30am - 4.30pm | **Mental Health First Aid 1st Session** |
| 12 | Sunday 13 October 20199.30am - 4.30pm | **Mental Health First Aid 2nd Session** |
| **FINAL ASSESSMENT three role plays:**  |
| **INVITATION: Successful students will be invited to commence Phase II** |

**Phase II: Student Placement:**

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| --- | --- |
| WeeklyTo be completed by 16 Dec 2019 | **Student Placement*** Phone room orientation
* 16 hours of assessed shifts
* Student workbook
* Supervisor report
 |
| **INVITATION: Successful students will be invited to commence Phase III** |

**Phase III: Probationary Period:**

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| --- | --- |
| WeeklyNov/Dec 2019 – Nov/Dec 2020 | **Ongoing Telephone Crisis Support Shifts****Accreditation activities*** Minimum 160 logged in hours
* individual supervision sessions
* group supervision sessions
* Professional development training
* NSSI e-learning
* Self-Care/awareness
* CONNECT PD
* Micro skills/CRED/3 tiered approach refresher
 |
| **INVITATION: Successful Probationary Telephone Crisis Supporters will be invited to become accredited Telephone Crisis Supporters** |