

**Key Dates:**

ASIST training:	Saturday 19 and Sunday 20 January, 2019 9am to 5pm both days Venue: TBD
Weekly training:	Thursday nights 24 January to 7 March 2019 5.30pm to 9.30pm Venue: Wesley Church on the Mall Wollongong
Mental Health Frist Aid:	Saturday 24 and Sunday 25 March 2019 9am to 4pm both days Venue: TBD

**Phase I: Student Training**

Commencing		Topic/Contents
1	Saturday, 19 January 2019 9am - 5pm	<b>Module 1: Applied Suicide Intervention Skills Training (ASIST 11)</b> <ul style="list-style-type: none"> <li>• Attitudes toward suicide</li> <li>• Contributing factors to suicide</li> <li>• Assessing suicide risk</li> </ul>
2	Sunday, 20 January 2019 9am - 5pm	<b>Module 1: Applied Suicide Intervention Skills Training (ASIST 11) continued</b> <ul style="list-style-type: none"> <li>• Attitudes toward suicide</li> <li>• Contributing factors to suicide</li> <li>• Assessing suicide risk</li> </ul>
3	Thursday, 24 January 2019 5.30pm - 9.30pm	<b>Module 2: Introduction to Lifeline and self-awareness</b> <ul style="list-style-type: none"> <li>• Roles and responsibilities of a Telephone Crisis Supporter</li> <li>• Adult learning</li> <li>• Units of competency</li> <li>• Lifeline's expectations</li> <li>• Self-care</li> <li>• Privacy Policy</li> <li>• Telephone Crisis Supporter characteristics</li> <li>• Helping styles</li> </ul>
4	Thursday, 31 January 2019 5.30pm - 9.30pm	<b>Module 3: Practice model and micro skills</b> <ul style="list-style-type: none"> <li>• Lifeline Practice Model</li> <li>• Telephone Crisis Supporter Skills</li> <li>• Introduction to role plays</li> </ul>
5	Thursday, 7 February 2019 5.30pm - 9.30pm	<b>Module 4: Help seeker profiles 1</b> Practice Clinic
6	Thursday, 14 February 2019 5.30pm - 9.30pm	<b>Module 5: Help seeker profiles 2</b> Practice Clinic
7	Thursday, 21 February 2019	<b>Module 6: DFV</b>

	5.30pm - 9.30pm	
8	Thursday, 28 February 2019 5.30pm - 9.30pm	<b>Module 7: Diversity of help-seekers</b>
9	Thursday, 7 March 2019 5.30pm - 9.30pm	<b>Module 8: Managing contacts</b>
10	Wednesday, 13 March 2019 5.30pm - 9.30pm	<b>Practice Clinic &amp; Assessments</b> (participants to attend only one practice clinic and assessment session)
10	Thursday, 14 March 2019 5.30pm - 9.30pm	<b>Practice Clinic &amp; Assessments</b> (participants to attend only one practice clinic and assessment session)
11	Saturday, 23 March 2019 9.30am - 4.30pm	<b>Mental Health First Aid 1<sup>st</sup> Session</b>
12	Sunday, 24 March 2019 9.30am - 4.30pm	<b>Mental Health First Aid 2<sup>nd</sup> Session</b>
<b>FINAL ASSESSMENT three role plays:</b>		
<b>INVITATION: Successful students will be invited to commence Phase II</b>		

### Phase II: Student Placement:

Weekly  To be completed by 31 May 2019	<b>Student Placement</b> <ul style="list-style-type: none"> <li>• Phone room orientation</li> <li>• 16 hours of assessed shifts</li> <li>• Student workbook</li> <li>• Supervisor report</li> </ul>
<b>INVITATION: Successful students will be invited to commence Phase III</b>	

### Phase III: Probationary Period:

Weekly  April/May 2019 – April/May 2020	<b>Ongoing Telephone Crisis Support Shifts</b> <b>Accreditation activities</b> <ul style="list-style-type: none"> <li>• Minimum 160 logged in hours</li> <li>• individual supervision sessions</li> <li>• group supervision sessions</li> <li>• Professional development training           <ul style="list-style-type: none"> <li>○ NSSI e-learning</li> <li>○ Self-Care/awareness</li> <li>○ CONNECT PD</li> <li>○ Micro skills/CRED/3 tiered approach refresher</li> </ul> </li> </ul>
<b>INVITATION: Successful Probationary Telephone Crisis Supporters will be invited to become accredited Telephone Crisis Supporters</b>	

