



## PRESS RELEASE

### FOR IMMEDIATE RELEASE

Friday, January 11, 2013

Contact: Sara Dimla, DMHSA Prevention & Training Branch  
Tel. No.: 671-477-2301  
Email Address: [sara.dimla@mail.dmhsa.guam.gov](mailto:sara.dimla@mail.dmhsa.guam.gov)  
Website URL: [www.peaceguam.org](http://www.peaceguam.org)

790 Gov. Carlos G. Camacho  
Rd. Tamuning, Guam 96913  
Phone: 671-647-5330/5448  
Fax: 671-647-5402

EDDIE BAZA CALVO  
Governor

RAY TENORIO  
Lieutenant Governor

REY M. VEGA  
Acting Director

### **Suicide-First Aid Training Scheduled for 2013; Jan. 24-25 Training Open for Registration**

**Hagåtña, Guam** – The Department of Mental Health and Substance Abuse (DMHSA) will be hosting at least one Applied Suicide Intervention Skills Training (ASIST) every month beginning January 24<sup>th</sup>-25<sup>th</sup>. Trainings for FY 2013 will be available for the community through September of this year.

This two-day training has been a successful way for community members and professionals to strengthen their awareness on suicide, available resources, and learn skills to intervene with someone at-risk. Debbie Duenas, an ASIST trainer from DMHSA shares: “Suicide prevention is a responsibility that each person on our Island holds. We need to believe that we can stop suicide from happening. Attendance at skills training such as ASIST can help make this possible”. Training participants can expect to learn warning signs of suicide while also being readily equipped to aid in suicide intervention. Although ideal for those who are first responders by profession, such as teachers, counselors, firefighters, police and hospital employees, the training is designed for everyone. “We invite and encourage everyone in our community to take advantage of these trainings – be it in your role as a guidance counselor or a parent. Much like first aid and CPR, we never know when we encounter someone in need of help. ASIST gives us the tools to be willing, ready and able to help”, adds Helene Paulino, also an ASIST trainer from DMHSA.

Duenas and Paulino recently trained nineteen (19) UOG Senior Nursing students and faculty and one (1) UOG Social Work student on December 13 and 14, 2012. The trainers along with the staff of DMHSA Prevention and Training branch are looking forward to upcoming ASIST trainings in 2013 that will increase our island’s capacity to prevent suicide.

ASIST is open to individuals age 16 years or older. Registration for the two-day training is free, but commitment to attending both days is required for certification.

For information on available ASIST training dates, registration and other local suicide prevention and intervention efforts, contact the DMHSA Prevention and Training Branch (PEACE Office) at 671-477-9079~83, visit [www.peaceguam.org](http://www.peaceguam.org), or like “Focus on Life Guam” on Facebook.



*Twenty (20) University of Guam senior students and faculty from the Schools of Nursing and Social Work were certified as suicide caregivers through the Applied Suicide Intervention Skills Training (ASIST) on Dec. 13 and 14, 2012.*

###