Department of Defense Service Updates

Suicide Prevention Program

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Veterans Health Administration
Employee Education System

Introductions

- Defense Suicide Prevention Office
  - Ms. Jacqueline Garrick
- Suicide Prevention Program Managers
  - US Army … Mr. Walter Morales
  - USMC …... LCDR Andrew Martin
  - USN …….. CDR Bonnie Chavez
  - USAF ……. Maj Michael McCarthy
  - USCG ……Ms. Lisa Teems
- National Guard DPH
  - CAPT Joan Hunter

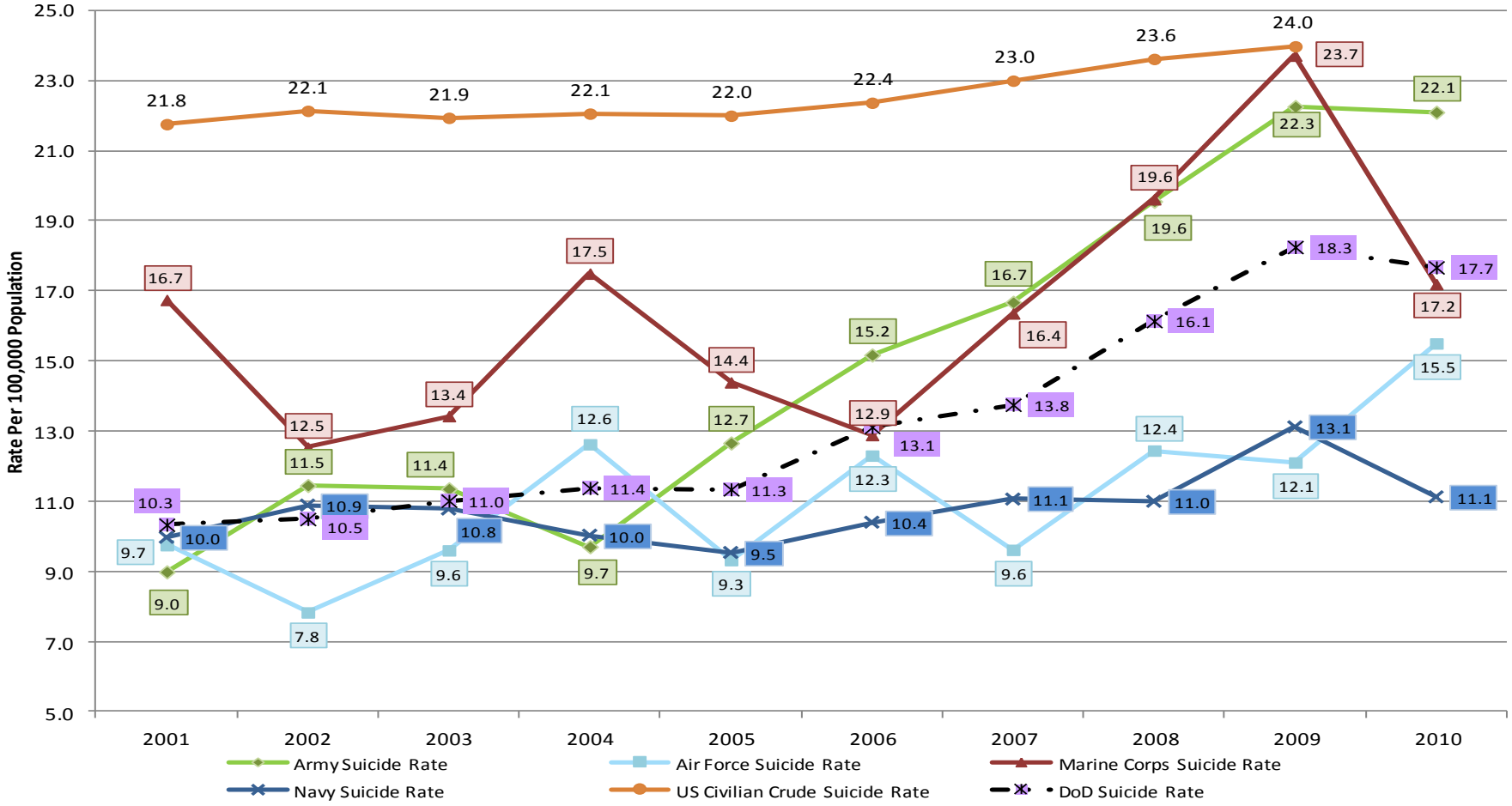
Suicide Prevention in the DoD

- Suicide is a national public health concern
- The Department of Defense (DoD) is affected by this issue as well
  - Suicide rates continued to rise over the past decade
- The DoD is engaged from the Secretary of Defense on down
- The Defense Suicide Prevention Office (DSPO) was formed to facilitate and enable Service efforts

DSPO Suicide Prevention Goals

- Goal 1: Provide policy guidance that fosters a command climate which emphasizes and encourages help-seeking behavior, reduces stigma, and builds resiliency.
- Goal 2: Promote Total Force Fitness elements by identifying effective suicide prevention training strategies.
- Goal 3: Facilitate access to quality care and supportive services to strengthen resilience and readiness and assist survivors and families.
- Goal 4: Establish, monitor, and analyze the results of research and surveillance activities to identify risk factors and inform effective programs and policies.
- Goal 5: Foster cooperation to develop suicide prevention information and resources among stakeholders from federal agencies; public, private, and international entities; and institutions of higher education.

Comparative Rates



Note: US Civilian suicide rate for males ages 17-60. US Civilian suicide rate source: CDC Wisqars through 2009 (latest year available).

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Air Force Suicide Prevention Program

- The Air Force Suicide Prevention Program (AFSPP) recognized by SAMHSA as evidenced-based practice for suicide prevention
- 11 Elements in the program

•Leadership Involvement
•Addressing thru Professional Military Education
•Guidelines for Commanders
•Unit-Based Prevention
•Wingman Culture
•Investigative Interview Policy
•Post Suicide Response (Postvention)
•CAIB/IDS
•Limited Privilege Suicide Prevention Program (LPSP)
•Commander Consultation Tools
•Suicide Event Tracking and Analysis

- AFSPP uses a tiered/targeted approach
- AF Community Action Information Board Chair (AF/CV) has ultimate responsibility for AFSPP

Air Force Suicide Prevention Program

- Focused Supervisor Training for at risk career fields
- RAND social media study
- Univ of Rochester cluster analysis
- AF Virtual Wingman www.airforcevirtualwingman.com
- Major Revision of Guidance
  - AFI 90-505: *Suicide Prevention Program*
  - AF Public Affairs Guidance
  - Leader's Post-Suicide Checklist
  - Memorial Service Guidance
  - AF Guide for Managing Suicidal Behavior
  - Airman's Guide for Assisting Personnel in Distress

Army Suicide Prevention Program

The Army continues to institute a multi-disciplinary, holistic approach to health promotion, risk reduction, and suicide prevention that accounts for the many challenges our Soldiers, Families and Army Civilians face. The Army's approach emphasizes leadership involvement and includes a broad assortment of complimentary policies, programs, and training.

- Vice Chief of Staff of the Army Monthly Suicide Senior Review Group (SSRG)
  - VCSA provides guidance to all Army Commands through the SSRG
  - Identification of Lessons Learned, Themes, and Trends
  - Rapid dissemination of "Lessons Learned"
- The Health Promotion Risk Reduction (HPRR) Council
  - Senior HQDA-level advisory body to the SecArmy/Army senior leadership on HPRR and Suicide Prevention governance, policies, structure, processes and programs
  - Tracks and implements HPRR solutions
- "Joining Forces" Initiative
  - Provide support to Services' Stigma Reduction Campaign

Army Suicide Prevention Program

Programs and Initiatives

Ensuring the health and readiness of the Army Family remains top priority. Measures being taken to ensure the Army Family has access to the treatment, services and training/resources needed to stay resilient include:

- Behavioral Health Care Services
- Mild Traumatic Brain (mTBI) Injury screening
- Ask, Care, Escort – Suicide Intervention (ACE-SI) Training
- Applied Suicide Intervention Skills Training (ASIST) Program
- Confidential Alcohol Treatment and Education Pilot (CATEP)
- myPRIME
- Family Programs – (i.e., SOS and Strong Bonds)
- New Shoulder to Shoulder Suicide Prevention training video titled "Finding Strength and Hope Together"

Emerging Initiatives

Included in the Army's emerging initiatives to improve health, reduce risky behavior and improve suicide prevention are:

- The Army Stigma Reduction Campaign Plan and Stigma Reduction Communications Campaign
- Study to Assess Risk and Resilience in Service members (STARRS)
- Specialized Suicide Augmentation Response Team/Staff Assistance Team (SSART/SAT) Visits
- Health Promotion, Risk Reduction, and Suicide Prevention Training Strategy

Navy Suicide Prevention Program

- Aim: a healthy, adaptive and resilient, mission-ready Navy, whose members live their lives fully.
- Navy takes an All Hands, All of the Time approach to suicide prevention.
- General training, targeted skills training, strategic communications, leadership engagement and policy empower local action - one life at a time.

Navy Suicide Prevention Program

- Since last conference
  - Mobile Training Teams
  - Navy-wide command program needs assessment
  - Command Stress Assessment with the DEOCS
  - Cross Disciplinary Case Review (2010 suicides)
  - 1000+ mental health and related providers Assessment and Management of Suicide Risk (AMSR) trained
  - Alert Interventions tailored training for
    - Navy Judge Advocate General (JAG)
    - Transient Personnel Unit (TPU) leadership
- Coming Soon
  - Public Service Announcement (PSA) contest
  - Primary Care Provider training

Marine Corps Suicide Prevention Program

- **Mission**: Save lives by developing policy that **minimizes suicide behavior** and **enhances individual, unit** and **family readiness**.
- **Strategy**: Suicide is prevented through **leadership**. Leaders foster **total fitness**, and create an environment in which Marines will **engage helping services early**, when problems are most manageable.
- **Suicide Prevention is a Priority**
  - Commandant's Special Interest item on IG inspections
  - Every suspected suicide briefed to ACMC by first GO in chain
  - Programs required at each Battalion/Squadron size command
    - Suicide Prevention Program collateral duty officer

Marine Corps Suicide Prevention Program

- **Promising Practices**
  - Never Leave a Marine Behind
    - Required annual training
    - Separate modules target separate ranks
    - Evocative, engaging training
  - Force Preservation Councils
  - Deployed Unit Cohesion Staffing
  - Program evaluation
    - NLMB Jr. Marine training evaluation
    - RACE evaluation
    - Impact of suicide on family members
  - Expanded Operational Stress Control and Readiness Program
  - DSTRESS Line expansion

Coast Guard Force Suicide Prevention Program

- The Coast Guard views suicide as a health, wellness, leadership, and spiritual issue.
- Therefore, prevention requires an integrated approach involving work/life, medical, chaplains, and leaders at all levels.
- The CG infrastructure for dealing with suicide events and prevention is the focus now.

Coast Guard Force Suicide Prevention Program

- CG is reorganizing its medical and work/life operations to become better integrated. As part of this reorganization, a new shared reporting and record-keeping system is being implemented.
- The system will allow for communication across all health, safety and work/life components. We will become more nimble about reporting, identifying and tracking suicidal behavior.
- CG SUPRT was launched on 01 May.
- Creating some programs to address the reason why people contemplate suicide: financial and relationship issues.

National Guard Force Suicide Prevention Program (ARNG)

Army National Guard Mitigation Programs:

- Vets4Warriors National Peer Support Outreach Program is a peer support line to provide all National Guard and Reserve Component Service Members, regardless of status, with 24/7 access to comprehensive non-clinical peer counseling and support services with web-chat capability
- The ARNG works hand-in-hand with the States to develop best practices and participates in Senior Review Group video teleconferences with State Adjutants General to review each suicide and lessons learned.
- Teaming with the Army Center for Substance Abuse Program to address substance abuse prevention, outreach, and treatment for ARNG Soldiers and Families.
- Teaming with Army Medical Command to create web-based phone applications to provide support options to ARNG Soldiers during non-drill status.

National Guard Force Suicide Prevention Program (ANG)

- On-going Suicide IPT to examine and implement suicide prevention initiatives in ANG
- Working implementation of Community Action and Information Board (CAIB) and Integrated Delivery System (IDS) at ANG MAJCOM level and for ANG Wings
- Contextualizing all on-going initiatives within Air Force Eleven Core Elements of Suicide Prevention

•Leadership Involvement
•Addressing thru Professional Military Education
•Guidelines for Commanders
•Unit-Based Prevention
•Wingman Culture
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Suicide Prevention in the DoD

Questions?