Army Health Promotion Risk Reduction (HPRR)

Army Suicide Prevention Programs and Emerging Initiatives

Mr. Walter O. Morales
Chief, Army Suicide Prevention Program
Army Programs and Emerging Initiatives

*A Healthy Force Is a Ready Force*

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 key elements of the Army's approach are:

1. Ensuring that all Soldiers have prompt access to quality behavioral health care;
2. Increased screening and documentation of mild traumatic brain injuries; and
3. Improved leader awareness of high-risk behavior.

This approach emphasizes leadership involvement and includes a broad assortment of complimentary policies, programs, and training.
PREVENTION

HPRR policies and programs implemented to improve *health promotion* include:

- Increased Behavioral Health Care Services
- Implemented Mild Traumatic Brain Injury (mTBI) screening
- Implemented Pain Management Campaign
- Launched Confidential Alcohol Treatment and Education Pilot (CATEP)
- Expanded Family Support Programs (i.e. Strong Bonds, Survivor Outreach Services, Military Family Life Consultants and Total Army Sponsorship Program)
PREVENTION

HPRR policies and programs implemented to decrease *risky behavior* include:

- Initiated suicide prevention and substance abuse training at battalion and brigade pre-command courses
- Improved communication between law enforcement and unit during investigations
- Launched myPRIME, a virtual Alcohol and Drug Abuse Prevention Training (ADAPT) self-assessment tool for dispersed Soldiers
- Expanded military drug testing of commonly abused prescription drugs
Army Health Promotion Risk Reduction (HPRR)

PREVENTION

Improved Suicide Prevention Efforts

- Expanded Ask, Care, Escort (ACE) – Suicide Intervention (SI) training
- Promotes the use of Veterans Crisis Line, 1-800-273-TALK (8255), press ‘1’ for veterans
- Ensured Soldiers subject to investigative or legal actions are monitored for indicators of high-risk behavior or self-harm
INTERVENTION

Interventions to identify potential at-risk personnel, promote suicide prevention and provide outreach services include:

- Ask, Care, Escort-Suicide Intervention (ACE-SI) Program
- Applied Suicide Intervention Skills Training (ASIST) Program
POSTVENTION

The Army has convened various working groups from the Army Staff down to the installation level to reflect its multi-disciplinary, holistic approach to health promotion, risk reduction and suicide prevention:

- Suicide Senior Review Group (SSRG)
- HPRR Council
- Community Health Promotion Council (CHPC)
- Confidential Counseling Services (i.e., Military OneSource)
- Survivor Outreach Services – (SOS)
- The Army Gold Book
- Specialized Suicide Augmentation Response Team/Staff Assistance Team (SSART/SAT) Visits
Emerging/Sustaining Initiatives

The Army continues to develop and implement policies, programs and services to support and improve its health promotion, risk reduction and suicide prevention.

- Study to Assess Risk and Resilience in Service members (STARRS)
- DoD “Joining Forces” Initiative
- Training Strategy
- Company Commanders / First Sergeants Course
- Suicide Prevention Program Manager (SPPM) Training Course
Emerging Initiatives

The Army is developing a comprehensive Army Stigma Reduction Campaign Plan and Stigma Reduction Communications Campaign to combat stigma across the Force.

The Stigma Reduction Campaign will impact military culture and positively change attitudes through:

1) Education and outreach programs;

2) Continuous review and change to policies, programs and procedures to remove barriers and promote awareness; and

3) Accountability and leadership support across the Army.
Training and Educational Material

Numerous aids have been published whose purpose is to promote a healthy force, reduce risk and prevent suicide:

- ACE cards
- Suicide Prevention Training Tip cards
- Leaders’ Guides
- Two interactive videos: “Beyond the Front” and “Home Front”
- The “Shoulder-to-Shoulder” video series:
  - “No Soldier Stands Alone”
  - “I Will Never Quit on Life”
  - “Finding Strength and Hope Together.”

Many of these and other resources may be accessed on the Army G-1, Suicide Prevention website at: www.preventsuicide.army.mil.
## Programs and Services

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<th>Program</th>
<th>Level of Care</th>
<th>Confidential</th>
<th>DoD or Army</th>
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<tbody>
<tr>
<td>Chaplain / Family Life Chaplain</td>
<td>Counseling</td>
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<td>RESPECT-MIL (BH @ Primary Care)</td>
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<td>National Suicide prevention Lifeline</td>
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<td>inTransition Mental Health Coaching &amp; Support</td>
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<td>Information / Counseling</td>
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QUESTIONS

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DISCUSSION
BACK-UP SLIDES
Programs and Services

- Army Community Services (ACS) geographically-dispersed outreach
- Yellow Ribbon Reintegration Program
- Army Strong Community Centers
- The Army Reserve Fort Family hotline
- Army Family Team Building Training, virtual and real world Family Readiness Groups
- Army Reserve Child and Youth Services
- Employer Partnership Program
- Transition Assistance Management Program
- Army National Guard Vet4Warriors Program