



U.S. Department
of Veterans Affairs

MENTAL HEALTH SUMMIT 2016



Veteran Suicide Prevention & Crisis Intervention

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MILITARY & VETERAN SUICIDE DATA



Department of Defense Suicide Event Report CY2014

Component	Count	% of Total
Air Force	60	13.7
Army	122	27.9
Marine Corps	34	7.8
Navy	53	12.1
All Reserve	80	18.3
All National Guard	89	20.3

438 total



Indiana National Guard (INNG)

- 13,232 Soldiers in INNG
- Average per year
 - 110 suicidal ideations
 - 25 suicide attempts
 - 5 suicide completions



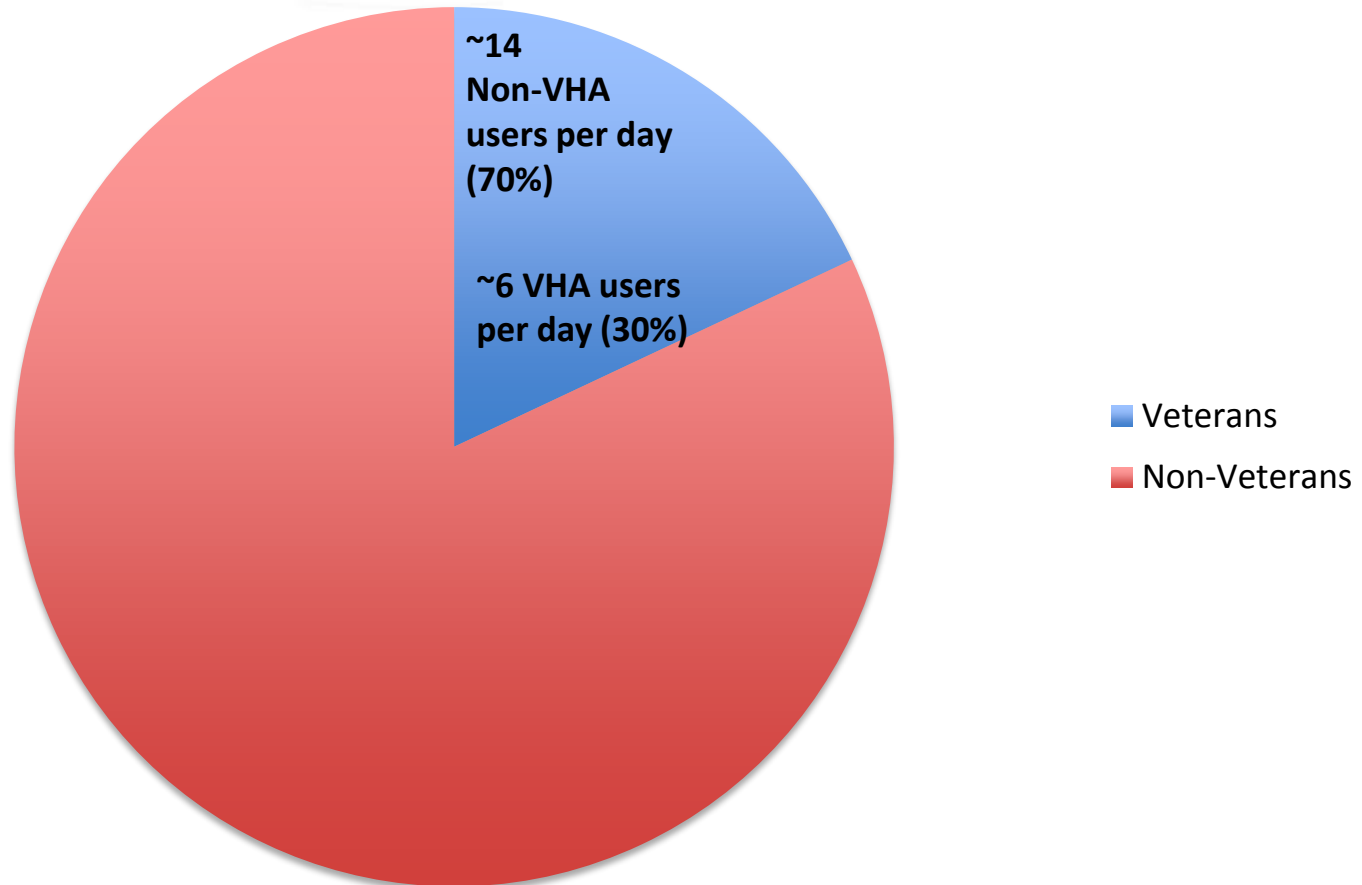
Veteran Suicide Statistics, 2014

- ~20 Veterans died from suicide each day = 18% of all U.S. adult suicides (decreased from 22% in 2010)
- 6 of the 20 were users of VA services
- ~66% involved a firearm
- ~65% were aged 50 years or older
- Risk of suicide was 21% higher among Veterans compared to U.S civilian adults
 - 18% higher among male Veterans
 - 2.4 times higher among females Veterans

(slide adapted from Department of Veterans Affairs, News Release, "VA Conducts Nation's Largest Analysis of Veteran Suicide," July 7, 2016)



Veterans accounted for 18% of U.S. Adult Suicides in 2014 = ~20 per day



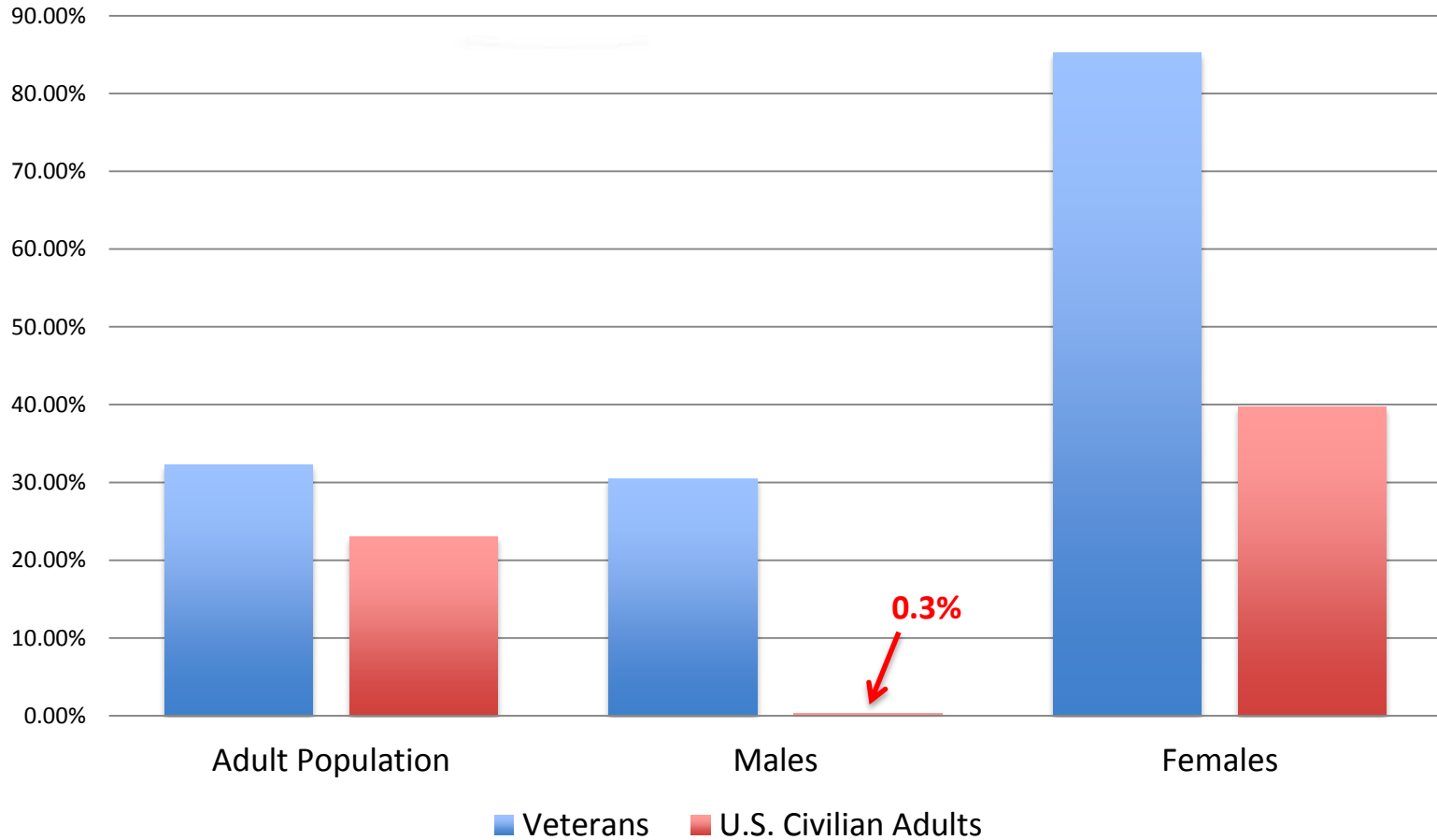


Suicide Data, 2001-2014

- Since 2001, suicide rate increased by **23%** for U.S. civilian adults and **32.2%** for Veterans
 - Increased by **0.3%** for **U.S. civilian males**
 - Increased by **30.5%** for **Veteran males**
 - Increased **39.7%** for **U.S. civilian females**
 - Increased **85.2%** for **Veteran females**



Veteran vs. U.S. Civilian Adult Suicide Rate Increases since 2001



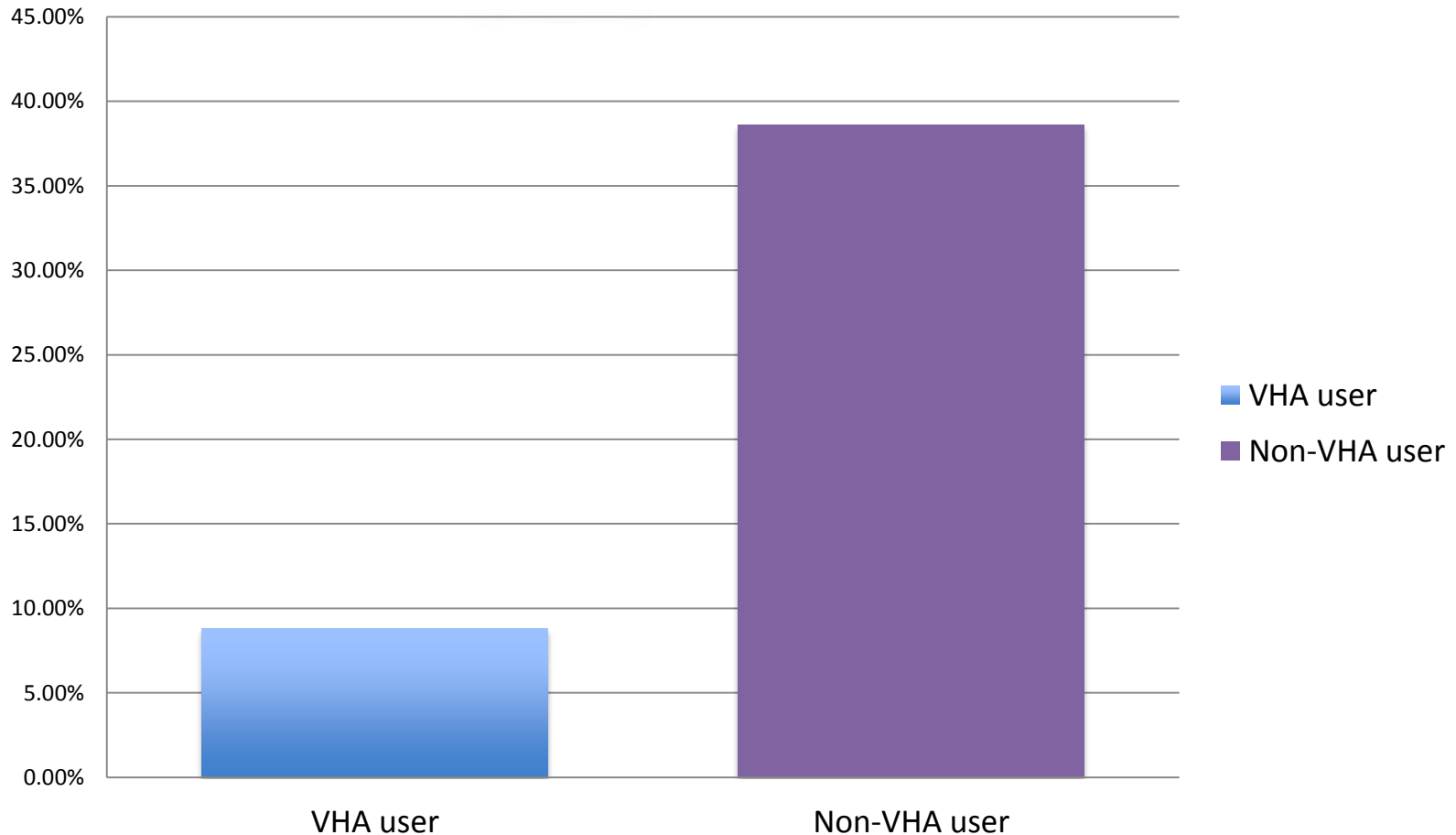


Both Concerning & Promising Findings...

- Since 2001, the rate of suicide among US Veterans **who use VA** services increased by **8.8%**, while the rate of suicide among Veterans **who do not use VA** services increased by **38.6%**.
- In the same time period, the rate of suicide among male Veterans **who use VA** services increased **11%**, while the rate of suicide increased **35%** among male Veterans **who do not use VA** services.
- In the same time period, the rate of suicide among female Veterans **who use VA** services increased **4.6%**, while the rate of suicide increased **98%** among female Veterans **who do not use VA** services. (VA Suicide Data Report, July 2016)

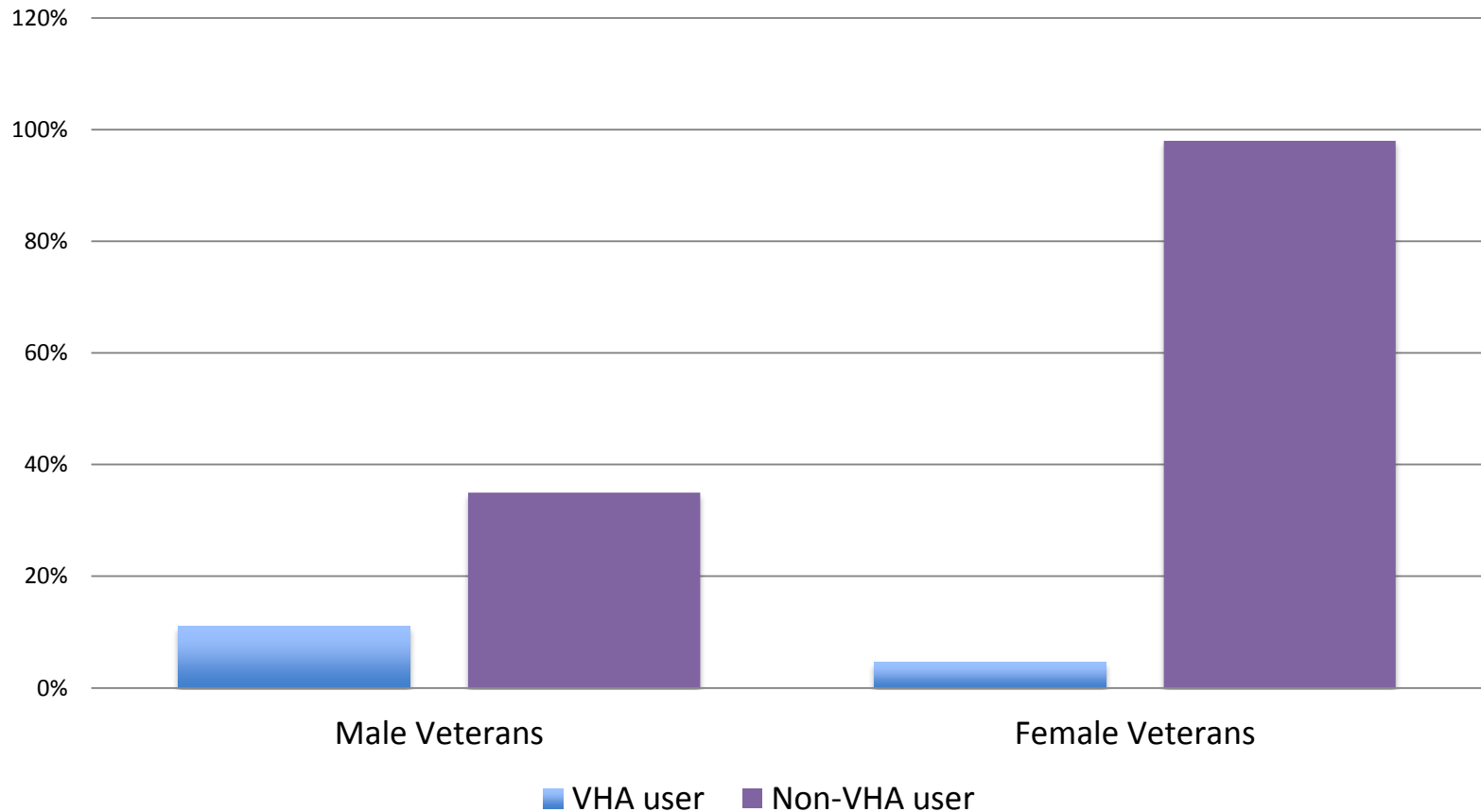


VHA users vs. Non-VHA users Suicide Rate Increases since 2001





Male & Female **VHA** users vs. **Non-VHA** users Suicide Rate Increases since 2001





Promising Findings...

- Decreased suicide rates in Veterans aged 18-29 who are VHA users....This decrease in rates translates to approximately **250 lives** per year. *(National Violent Death Reporting System and VA Serious Mental Illness Treatment Resource and Evaluation Center)*
- Among women veterans, those who use VA care have suicide rates as much as 75% lower than those who do not. *(Changes in Suicide Mortality for Veterans and Nonveterans by Gender and History of VHA Service Use, 2000-2010 . January 22, 2015)*



SUICIDE RISK FACTORS



Risk Factors/Precipitants

- Psychological Factors
 - Suicide of relative, someone famous, or a peer
 - Loss of a loved one (grief)/relationship (divorce)
 - Loss of status/respect/rank
- Social Factors
 - Acute experiences
 - Break ups, being fired, arrested, evicted, assaulted
 - Chronic Stressors (Ongoing difficulties)
 - Unemployment
 - Unstable housing, homeless
 - Excessive debt, poor finances
 - Legal problems
 - Lack of social support
 - Poor interpersonal relationships
 - Geographic isolation from support
 - Barriers to accessing mental health care

(VA/DoD Clinical Practice Guideline for Assessment and Management of Patients at Risk for Suicide)



Risk Factors/Precipitants (cont.)

- Mental Disorders
 - Mood or affective disorder (major depression, bi-polar)
 - Anxiety (PTSD, Panic)
 - Substance Use Disorder (alcohol, illicit drugs)
 - Trauma (psychological)
- Medical Conditions
 - Hx of Traumatic Brain Injury (TBI)
 - Terminal disease
 - Worsening of chronic illness
 - Physical Symptoms
 - Chronic Pain
 - Insomnia
 - Function limitation

(VA/DoD Clinical Practice Guideline for Assessment and Management of Patients at Risk for Suicide)



Combat Veteran Specific Risk Factors

- Although stressful, deployment itself is not an identified suicide risk factor
 - Types of experience while deployed may be (exposure to death and killing)
 - Combat exposure can function as a long term risk factor
- Frequent Deployments
- Deployments to hostile environments
- Exposure to extreme stress
- Physical/sexual assault (MST)
- Length of deployment
- Service-related injury



**VETERAN
SUICIDE PREVENTION PROGRAM
&
CRISIS INTERVENTION**



Veterans Crisis Line



1-800-273-8255
PRESS 1

- Veterans
- Service members
- Family members
- Friends

• • • Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255** • • •



NATIONAL

SUICIDE

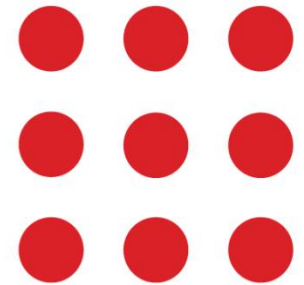
PREVENTION

LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Veterans Crisis Line



1-800-273-8255

PRESS 1



VeteransCrisisLine.net

SuicidePreventionLifeLine.org | Get Help | Materials | Get Involved | Crisis Centers | Newsroom | About

Veterans Crisis Line
1-800-273-8255 **PRESS 1**

Dial 1-800-273-8255 **PRESS 1** | Text to 838255 | Confidential Veterans Chat | Support for Deaf and Hard of Hearing

I am **Veteran** | I am **Active Duty/Reserve and Guard** | I am **Family/Friend**

Confidential Help for Veterans and Their Families | **The Power of 1** | Signs of Crisis | Resources | Get Help | About

JOIN #ThePowerOf1 MOVEMENT

SHOW YOUR SUPPORT

Welcome to the Veterans Crisis Line Website

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

More about the Veterans Crisis Line

Are You a Veteran or Concerned About One?

Act Now

Dial 1-800-273-8255 **PRESS 1** to talk to someone NOW

- Confidential Veterans Chat
- Text to 838255 to Get Help NOW
- Take a Self-Check Quiz
- Confidential Homeless Veterans Chat
- Support for Deaf and Hard of Hearing

Learn Now

- Identify the Warning Signs
- Concerned About a Veteran? You Can Help
- Suicide and Crisis Resources
- About the Veterans Crisis Line

I'm Good. But are you ready to listen? [More Videos](#)

I'm Good. But are you ready t...

Resource Locator

If you or a Veteran you know is in crisis, find a facility near you.

Spread the Word

Download logos, web ads, and materials and help get the word out.



Resource Locator

Resource Locator

Locate Information and Resources

No matter what you are experiencing, there is support for getting your life on a better track. To find the Veteran resources most helpful for you, fill in your ZIP code or state below and check the boxes of the programs or topics you are interested in. You can also select the National Resource Directory or the SAMHSA Behavioral Health tab to find additional services.



U.S. Department of Veterans Affairs Resources



National Resource Directory Resources



SAMHSA Behavioral Health Treatment Services Locator

1 Select a Resource

- Suicide Prevention Coordinators**
Specially trained Suicide Prevention Coordinators or teams are available at all VA Medical Centers across the country.
- Crisis Centers**
Search for community-based crisis centers in your area.
- VA Medical Centers**
VA Medical Centers offer a range of acute care and community-based outpatient services, including mental health care, diagnostics, homeless and alcohol/drug abuse programs, nursing home and respite care.
- Outpatient Clinics**
Community Based Outpatient Clinics (CBOCs) are local VA locations that provide primary care, counseling, laboratory analysis, prescriptions and radiology services.
- Veterans Benefits Administration Offices**
Veterans Benefits Administration Offices provide services to Veterans seeking benefits related to compensation, pension, vocational rehabilitation, home loans, death benefits, employment, and disability.
- Vet Centers**
Vet Centers provide readjustment counseling and outreach services to all Veterans who have served in any combat zone, as well as their family members.
- All**
See all VA and community-based services in your area.

2 Choose Location

Search by Zip Code Search OR Search by state



2 Choose Location

Search by Zip Code Search OR North Dakota

Results for **Suicide Prevention Coordinators** in state **ND**

Monsebroten, Tammy

Fargo, ND 58102
P: 701-239-3700x93556
F: 701-237-2642
tammy.monsebroten@va.gov;
ranae.bickett@va.gov

Results for **Crisis Centers** in state **ND**

FirstLink HotLine

Fargo, ND 58103
P: 701-293-6462
F: 701-235-2476
visit website

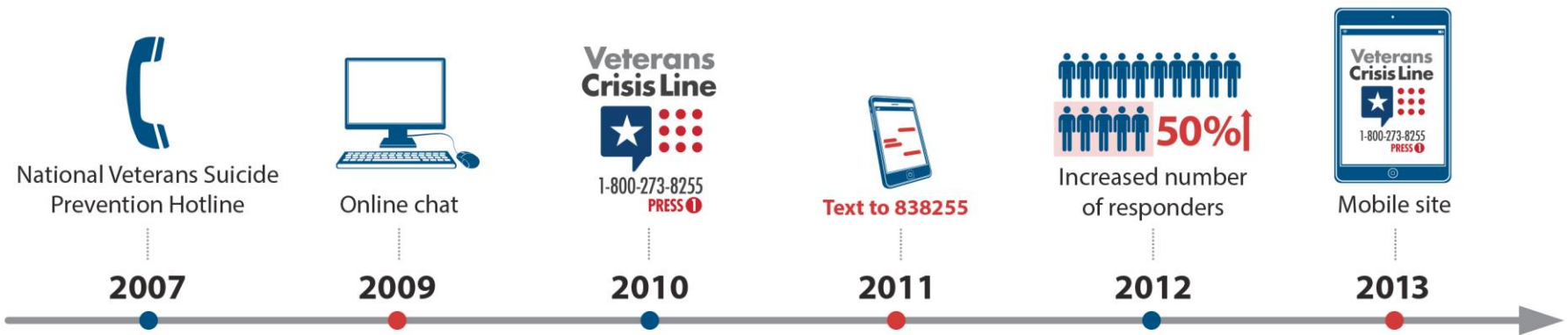
--Standing Rock Line--





Fargo, ND 58103

Results for **VA Medical Centers** in state **ND**

Fargo VA Health Care System

2101 Elm Street N.
Fargo, ND 58102
P: 701-232-3241 Or 701-232-3241
visit website



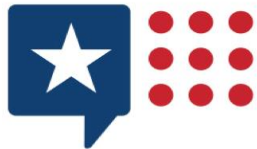
 **More than 2.2 million calls**
 **More than 280,000 chats**
 **More than 51,000 texts**
 **More than 360,000 referrals**
to VA Suicide Prevention Coordinators

FYTD Cumulative Average Daily Calls Answered by the VCL: 1,322.8
 FYTD Percent Calls Answered by the VCL at Canandaigua VAMC: 70%
 FYTD Percent Calls Answered by the Back-Up Center Network: 30%

More than 58,000 dispatches of emergency services
as of March 2016



Veterans Crisis Line



1-800-273-8255
PRESS 1

Immediate 24/7/365
crisis response at
Canandaigua, NY

Local Suicide
Prevention
Coordinator (SPC)
follow-up outreach
(if referred)

Local VA

Link to Mental
Health services



VA Medical Center Suicide Prevention Team

- Provide Enhanced Care following “high risk” suicidal behavior
- Maintain a “high risk” list
- Assign Suicide Prevention Case Manager for 90 days
 - Maintain regular contacts
 - Consult with providers
 - Suicide Risk Assessment and Safety Planning
 - Tracking appointments
 - Follow up with missed appointments
 - Individualized strategies for treatment and means reduction
 - Coordinating referrals & services
- Suicide Prevention Education & Community Outreach



Indianapolis VA Medical Center Suicide Prevention Team

- Travis Field, LCSW – Suicide Prevention Coordinator
Office phone: 317-988-3213
- Bob Brown, LCSW – SP Case Manager
Office phone: 317-988-3365
- Ashley Maynard, LSW – SP Case Manager
Office phone: 317-988-4327



National Guard Crisis Intervention Team

- Indiana National Guard (INNG) Crisis Team operates two 24-Hour Crisis Lines for INNG Soldiers:
 - **INNG Crisis Intervention Team: 317-247-3114**
(CPT Bolin, SSG Brinson)
 - **INNG Behavioral Health Access Line: 317-247-3155**
(MAJ Edwards, Becca Huttzell, Randy Ballinger)
- www.in.ng.mil



COMMUNITY OUTREACH & GETTING INVOLVED



Campaign Materials

Brochures and Posters

Kickstand Pads



Phone Sticker



Wallet Card

Magnet



Key Chain



Pillbox



Coaster



Tote Bags



Bracelet





Spreading the Word About Gun Safety

A suite of online and print materials is being created for supporters to share with their networks.

Online toolkit includes:

- Video
- Social media content
- Fact sheet
- Brochure

Materials are available for download at: VeteransCrisisLine.net/SpreadTheWord

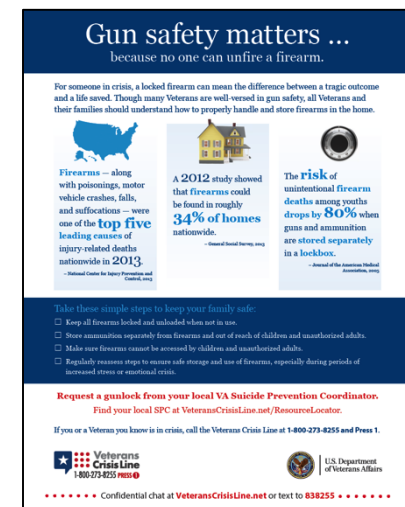
Video



Brochure



Fact Sheet





Free Gunlocks at VA Medical Centers



Suicide Prevention
Coordinators at VA Medical
Centers can provide gun locks
to secure firearms in the home.

No questions asked.



MAKE THE
CONNECTION

www.MakeTheConnection.net

SHARED EXPERIENCES AND SUPPORT FOR VETERANS



Give an Hour: The Campaign to Change Direction



www.changedirection.org

www.giveanhour.org



So how do we change our culture? Create a common language

They know the Five Signs
Do you?



know the
five signs



not feeling like u?



r u withdrawn?



feeling hopeless?



feeling agitated?



caring 4 yourself?

changedirection.org



Additional Resources

- www.starproviders.org
- www.militaryonesource.com
- <https://couragebeyond.org/>
- <http://www.vet2vetindiana.org/>



VA Resources

- **Mental Health** – www.mentalhealth.va.gov – VHA provides specialty inpatient and outpatient mental health services at its medical centers and community-based outpatient clinics. All mental health care provided by VHA supports recovery, striving to enable people with mental health problems to live a meaningful life in their community and achieve their full potential.
- **Vet Centers** – www.vetcenter.va.gov – Vet Centers are VA community-based centers that provide a range of counseling, outreach, and referral services.
- **Coaching Into Care** – <http://www.mirecc.va.gov/coaching/services.asp> or call 888-823-7458 to reach a coach. A free, confidential “coaching” service provided by VA that helps Veterans’ family members and friends to recognize when a Veteran needs support and to connect them with local resources.
- **Community Provider Toolkit** – <http://www.mentalhealth.va.gov/communityproviders/miniclinics.asp> – VA’s Community Provider Toolkit offers Mini-Clinics, an online resource that enables clinicians to easily access information and tools for treating Veteran patients with various mental health conditions. These online “clinics” contain tools for assessing patients for these conditions and training clinicians to treat those patients, as well as educational handouts.
- **PTSD** – www.ptsd.va.gov – Each VA Medical Center has specialists who provide treatment for Veterans with posttraumatic stress disorder. The PTSD Coach application allows phone users to manage their symptoms, links them with local sources of support, and provides information on PTSD.
www.ptsd.va.gov/public/pages/PTSDCoach.asp.



What You Can Do

- Educate yourself and support staff about the various resources
- Download, print, and distribute materials to Veterans and stakeholders
- Download and play public service announcements and other videos on monitors in your facility's waiting areas
- Share outreach materials such as newsletter articles and social media content with your networks

**Veterans
Crisis Line**



1-800-273-8255

PRESS 1

**MAKE THE
CONNECTION**

www.MakeTheConnection.net

 the campaign to
changedirection



References

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