Presenters

• Joshua Brown, Chief, Social Work Service, VA Southern Nevada Healthcare System
Webinar Format

- Webinar will last approximately 1.5 hours
- Participants’ phone connections are “muted” due to the high number of callers
- Questions can also be submitted anytime to SSVF@va.gov
Submit questions and comments via the Questions panel
Veterans today

Slide 2

Race & Ethnicity

Between 2001 and 2014, the age-adjusted rates of suicide in the U.S. civilian population have increased.

- CIVILIAN ADULTS: 23.9%
- ADULT MALES: 2.6%
- ADULT FEMALES: 40.1%
VA’s largest analysis of suicide data informs prevention strategies for high-risk Veterans.

Between 2001 and 2014, the age-adjusted rates of suicide have increased.

- U.S. VETERANS: 31.1%
- VETERAN MALES: 29.7%
- VETERAN FEMALES: 62.4%
Veteran Suicide Statistics for 2010-2014

Decrease in average number of Veteran suicides per day

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>22</td>
</tr>
<tr>
<td>2014</td>
<td>20</td>
</tr>
</tbody>
</table>

Decrease in number of Veteran suicides as a percentage of all suicides among U.S. adults

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>20.1%</td>
</tr>
<tr>
<td>2014</td>
<td>18%</td>
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Veteran Suicide Statistics for 2014

65% of Veteran suicides are among people age 50 or older

67% of Veteran suicides are a result of firearm injury
Veteran suicide rates were lower among those who used Veterans Health Administration care.

Percentage changes in age-adjusted rates of suicide in Veterans from 2001-2014:

<table>
<thead>
<tr>
<th></th>
<th>USED VA Services</th>
<th>DID NOT USE VA Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. VETERANS</td>
<td>5.4%</td>
<td>38.4%</td>
</tr>
<tr>
<td>VETERAN MALES</td>
<td>8%</td>
<td>35.5%</td>
</tr>
<tr>
<td>VETERAN FEMALES</td>
<td>2.6%</td>
<td>81.6%</td>
</tr>
</tbody>
</table>
The percentage of VHA users diagnosed with a mental health or substance use disorder has increased substantially since 2001.
Risk for suicide among users of VHA services has decreased since 2001 for both males and females.
VA is leading the way to improve programs and expand the Veteran network of support

- Meet urgent mental health needs with same-day evaluations.
- Leverage partnerships to raise awareness of life-saving resources, particularly with DoD to support the transition to life after service.
- Implement a data-driven approach to identify Veterans at high risk for suicide.
Suicide prevention is everyone’s responsibility and a top VA priority.
Free, confidential support 24/7/365

- Veterans
- Family members
- Friends
- Service members
Veterans Crisis Line: 10 years of saving lives

- National Veterans Suicide Prevention Hotline: 2007
- Online chat: 2009
- Veterans Crisis Line: 2010
- Text to 838255: 2011
- Increased number of responders: 2012
- Mobile site: 2013
- Opened second call center; Increased staff: 2016

Nearly 2.8 million calls
Over 332,000 chats
Over 67,000 texts
Nearly 454,000 referrals to VA Suicide Prevention Coordinators

74,000 dispatches of emergency services as of February 2017
Trained responders are standing by

Trained mental health professionals

24/7/365

Many are Veterans or family members of Veterans

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

Confidential chat at VeteransCrisisLine.net or text to 838255
Suicide Prevention Coordinators

More than 300 SPCs nationwide
Chaplains in Suicide Prevention

• “Suicide Prevention is Everyone’s Business”—What roles do Chaplains play?

• Collaboration between Suicide Prevention and Chaplains—
  Formalizing and standardizing communication and collaboration among VHA chaplains and suicide prevention coordinators (SPCs) at each VA Medical Center
  – Create educational materials to increase understanding about the roles SPCs and Chaplains
  – Provide training opportunities for chaplains to acquire evidence-based skills in recognizing and responding to suicide risk
  – Building relationships between SPCs and Chaplains at the facility level to better identify and serve Veterans at high risk for suicide.
Role of Chaplains in Suicide Prevention

• Bereavement for families
• Support for patients in psychiatric inpatient units, and following suicide attempts
• Raising awareness about spirituality’s role in suicide prevention, especially for Veterans who have experienced moral injury
• Identification of Veterans at elevated risk for suicide
Connecting with Veterans and their families through outreach
Raising community awareness through public service advertising

- "Perspectives" - March 2011 - August 2011
- "Waking Up" - September 2011 - February 2012
- "Common Journey" - June 2012 - November 2012
- "Side by Side" - November 2012 - May 2013
- "Stand by Them" - March 2013 - September 2013
- "These Hands" - June 2013 - November 2013
- "Talking About It Matters" - September 2013 - March 2014
- "Commitments" - April 2014 - October 2014
- "The Power of 1" - September 2014 - February 2015
- "Lost: The Power of One Connection" - March 2015 - September 2015
- "1 Act" - August 2015 - February 2016
- "I'm Good. But are you ready to listen?" - April 2016 - September 2016
- "Be There" - September 2016 - Present
Operation SAVE: Teaching communities how to help Veterans at risk of suicide

Operation S.A.V.E. will help you act with care and compassion if you encounter a Veteran who is in suicidal crisis.

- **Signs** of suicidal thinking should be recognized
- **Ask** the most important question of all
- **Validate** the Veteran’s experience
- **Encourage** treatment and ** Expedite** getting help
Those in crisis often display warning signs:

Learn to recognize these warning signs:

- Hopelessness, feeling like there’s no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of the following signs requires immediate attention:

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.
The REACH-VET program will enhance Veteran care

- Uses data to identify Veterans at high risk for suicide.
- Notifies VA providers of the risk assessment.
- Allows providers to reevaluate and enhance the Veteran’s care.

Starts nationwide in fall 2016.
VCL gun safety video: Simple actions help keep individuals and families safe

No one can un-fire a firearm.

For someone in crisis, a locked firearm can mean the difference between a tragic outcome and a life saved.

Watch an informational video and learn more at VeteransCrisisLine.net

Confidential chat at VeteransCrisisLine.net or text to 838255

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

- Brochures and Posters
- Wallet Card
- Coaster
- Magnet
- Key Chain
- Tote Bags
- Beverage Holders
- Phone Sticker
- Pillbox
- Bracelet
- Kickstand Pads
VeteransCrisisLine.net Partner Outreach Hub

Be There for someone in your life.

September is Suicide Prevention Month
Connect fellow Veterans and Service members in crisis with support.

Partner Outreach Hub: Veterans Crisis Line Shareable Materials

Show your support for our Nation’s Veterans and their families by raising awareness of the Veterans Crisis Line. View and download ready-to-use materials and share them to help spread the word about this toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs (VA) responders.

Social Media Toolkit
Materials
- Video
- Radio

Outreach Updates
Join the VA Suicide Prevention Outreach Programs efforts to prevent Veteran suicide.

#BeThere

Preventing suicide starts with a simple act of support. This September, encourage your community to be there for Veterans and Service members who may be in crisis.

Get the toolkit
Sign up for the Thunderclap

Latest Announcements

August 2016

June 2016

March 2016

Social Media Toolkit

Watch & Share the “I’m Good” Video

Share on Social Media

Create a Message of Hope

Download Social Media
Content and Graphics

July Social Media Content
August Social Media Content
VeteransCrisisLine.net/ResourceLocator

**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.

**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.

**Choose Location**

Search by Zip Code

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

Monsebroten, Tammy
Fargo, ND 58102
P: 701-239-3700 x93556
F: 701-237-2642
tammy.monsebroten@va.gov;
raneb.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]
MAKE THE CONNECTION

www.MakeTheConnection.net

• Is relevant to all Veterans and their families, regardless of eligibility for VA care or the range of mental health issues they may be experiencing

• Informs Veterans, their families and friends, and members of their communities about resources designed to help Veterans live well

• Reaches Veterans where they are—online and through trusted media and influencers—when they need support

• Features true stories from real Veterans, which serve as a powerful tool in breaking down barriers and can help Veterans realize they are not alone
Make the Connection

Listen to 400+ video testimonials from Veterans and their family members

Learn, in plain language, about topics and solutions relevant to their experiences

Locate resources, programs, and services near them
Understanding our Veterans

To better understand the challenges facing some Veterans, police and other public safety leaders can view content at MakeTheConnection.net about:

- Life events and experiences
  - Transitioning from service
  - Financial and legal issues
  - Family and relationships
- Common signs and symptoms
  - Alcohol and drug problems
  - Flashbacks
  - Anger and irritability
  - Feeling on edge
- Mental and physical health
  - PTSD
  - TBI (traumatic brain injury)
  - MST (military sexual trauma)
  - Depression
  - Suicide

...And much more.
Resources

- **Mental Health**
  - 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 a person with mental health problems to live a meaningful life in their community and achieve full potential.
  - For more information on VA Mental Health Services visit [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov).

- **Vet Centers**
  - Vet Centers are VA community based centers that provide a range of counseling, outreach and referral services.
  - For more information about Vet Centers and to find the closest Vet Center to you visit [www.vetcenter.va.gov](http://www.vetcenter.va.gov).

- **Coaching Into Care**
  - A free, confidential “coaching” service provided by VA that helps Veterans’ family and friends to recognize when their Veteran needs support and connect them with local resources.
  - Call 888-823-7458 to reach a coach. To learn more about Coaching Into Care please visit [http://www.mirecc.va.gov/coaching/services.asp](http://www.mirecc.va.gov/coaching/services.asp).

- **Community Provider Toolkit**
  - 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, training clinicians to treat those patients, and educational handouts.
  - To access the Mini-Clinics and the useful resources they contain, visit [http://www.mentalhealth.va.gov/communityproviders/miniclinics.asp](http://www.mentalhealth.va.gov/communityproviders/miniclinics.asp).
Resources

• PTSD
  – Each VA Medical Centers has PTSD specialists who provide treatment for Veterans with PTSD. For more information about PTSD and to locate the VA PTSD program nearest you visit www ptsd va gov.
  – PTSD Coach App: The PTSD Coach application allows phone users to manage their symptoms, links them with local sources of support and provides information on post-traumatic stress disorder (PTSD). Visit www ptsd va gov/public/pages/PTSDCoach.asp.

• Wounded Warrior Project
  – An organization dedicated to well-being and adjustment of wounded warriors in America, focused on raising awareness, helping injured Service members, and empowering a generation of Veterans.
  – To learn more about the Wounded Warrior project please visit http://www woundedwarriorproject org/.

• National Alliance on Mental Illness (NAMI)
  – A grassroots mental health advocacy group with extensive educational materials, programs, and support for individuals and families affected by mental illness.
  – To learn more about NAMI or to find local support for a Veteran you are working with, please visit http://www nami org/.
Additional information and materials available at VeteransCrisisLine.net

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U.S. Department of Veterans Affairs
Currently Detailed to the Office of Mental Health and Suicide Prevention
Chief, Social Work Service
VA Southern Nevada Healthcare System
Joshua.Brown@va.gov
Supportive Services for Veteran Families

Thank you

Powerpoint Presentation will be posted on http://www.va.gov/homeless/ssvfuniversity.asp

Questions?
Go To: http://www.va.gov/homeless/ssvf.asp
Email: SSVF@va.gov