

Maine National Guard



SUICIDE PROGRAMS

PREVENTION - INTERVENTION - POSTVENTION

Team Members



Suicide Prevention Program Manager: 1LT Jasmine Cain

Resiliency Coordinator: CPT Tara Young

Master Resilience Trainer: MAJ Grant Delaware

JFHQ Chaplain & Deployment Cycle Support: COL (CH) Andrew Gibson

Fulltime Support Chaplain: CPT (CH) Earl Weigelt

Director of Psychological Health: Hahna Patterson

Medical Cmd Behavioral Health Officer: CPT Edith Gagnon

Behavioral Health Case Manager: Kris Richards

Prevention Treatment Outreach: SFC Roger Brawn

Military Family Life Consultants: L. Rhoades & S. Doughty

Survivor Outreach Services: Rachel Bosse

Military Suicide Statistics

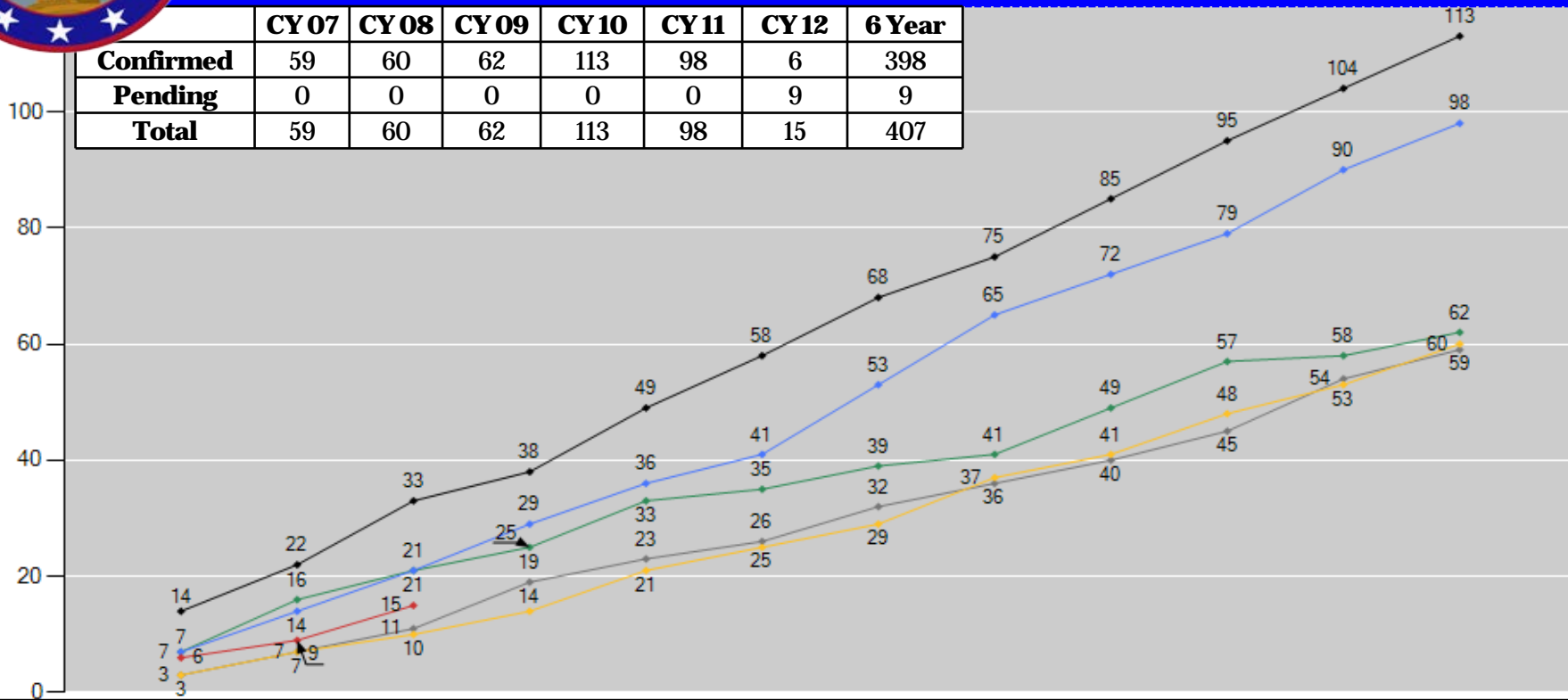


- US Army reported highest suicide rate on record; 20.2 per 100K.
- More soldiers lost to suicide than to combat in either Iraq or Afghanistan in '09.
- Military suicide rate has increased over the past 6 years, from below the national average to almost double.
- From 2005 to 2010, service members took their own lives at a rate of approximately one every 36 hours.
- 31 % of Army suicides are associated with factors from the years prior to entering the Army.
- The VA estimates that a veteran dies by suicide every 80 minutes.
- Suicide among veterans accounts for 1 in 5 suicides in the U.S.
- Army National Guard 2007-2012: 407 Suicides
- Maine Army National Guard 2007-2012: 4 Suicides

YTD Suicides Cumulative: 2007 - 2012



	CY07	CY08	CY09	CY10	CY11	CY12	6 Year
Confirmed	59	60	62	113	98	6	398
Pending	0	0	0	0	0	9	9
Total	59	60	62	113	98	15	407



CY	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2007	3	4	4	8	4	3	6	4	4	5	9	5	59
2008	3	4	3	4	7	4	4	8	4	7	5	7	60
2009	7	9	5	4	8	2	4	2	8	8	1	4	62
2010	14	8	11	5	11	9	10	7	10	10	9	9	113
2011	7	7	7	8	7	5	12	12	7	7	11	8	98
2012	6	3	6	0	0	0	0	0	0	0	0	0	15

Rank	Additions	State	Rank	Deletions	Reason	State

ARNG Suicides by State 2007–2012



Maine National Guard Goals



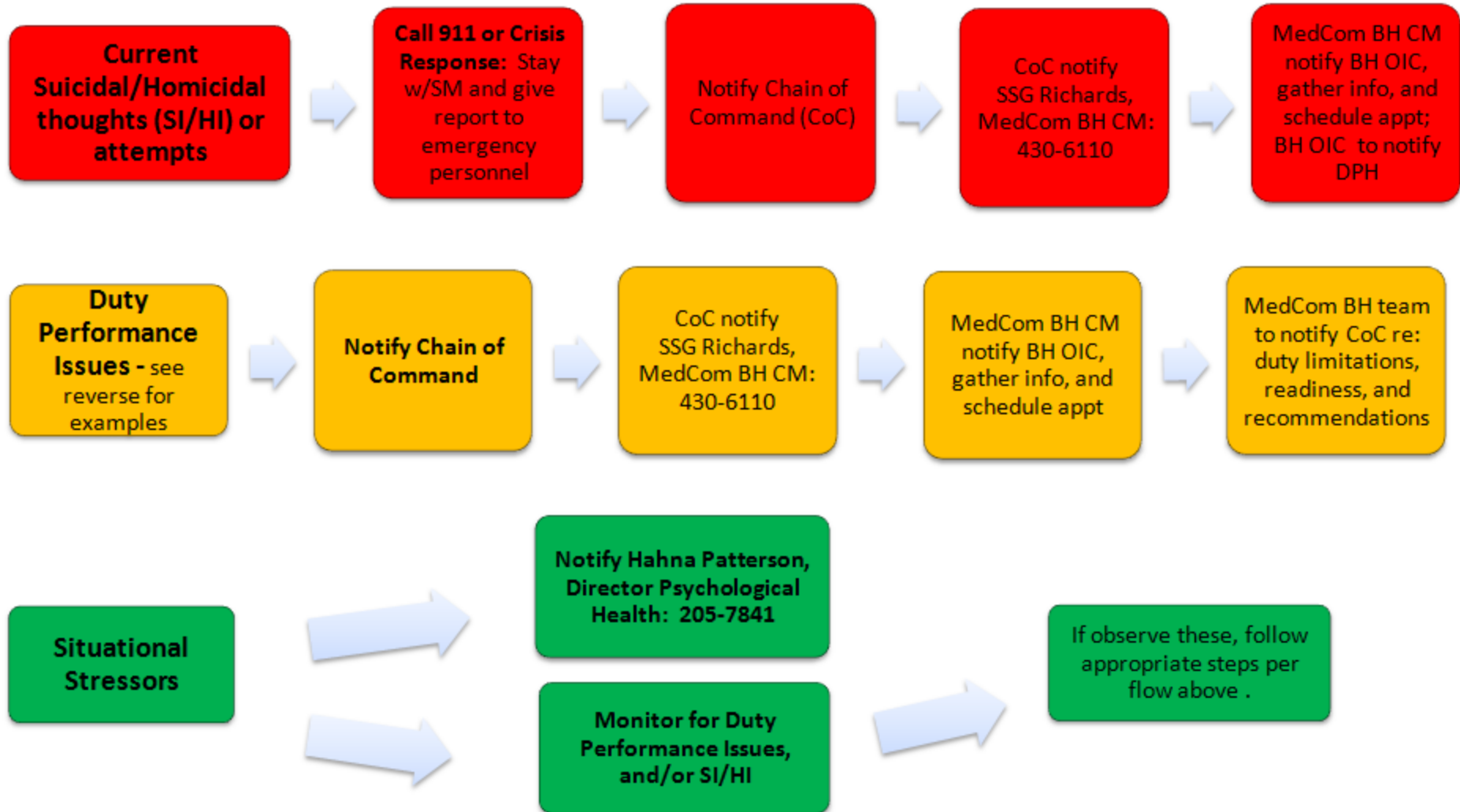
- **Eliminated death by Suicide and Suicide Attempts.**
- **Increase chain of command, battle buddy and self referrals for behavioral/mental health concerns.**
- **Reduce stigma associated with seeking help.**
- **Educate Soldiers & families on risk factors, protective factors, warning signs and intervention.**

MENG Suicide Call Protocol



- **Level 1: Person is considering an attempt (ideation)**
- **Level 2: Person is in the process of executing an attempt (attempt)**
- **Level 3: Person has attempted suicide and has not completed it (attempt)**
- **Level 4: Service member has completed Suicide (completed)**

Proposed MEARNG BEHAVIORAL HEALTH FLOW CHART



Chaplains remain a potential resource at any level

Prevention - Intervention – Postvention



Prevention.

These activities focus on preventing normal life “stressors” from turning into life crises and keeping a service member from having suicidal thoughts.

Intervention.

These activities focus on handling a service member who has thought of suicide and/or is attempting to commit suicide.

Postvention.

These activities focus on supporting service members who have attempted to carry out suicide & support families of completed suicides .

- Prevention Training - Comprehensive Soldier Fitness



(Strong Minds – Strong Bodies)

CSF is a holistic program that strives to build balanced, healthy, self-confident Soldiers & families whose resilience & total fitness enables them to thrive in an era of high operational tempo & persistent conflict.

5 Dimensions

Physical, Social, Emotional, Spiritual and Family

Components

The Global Assessment Tool

Master Resilience Trainer Course (MRT)

Resilience Trainer Assistants (RTA)

Comprehensive Resilience Modules

Institutional Resilience Training

- Intervention Training – ASIST



Applied Suicide Intervention Skills Training (ASIST)

- Developed by LivingWorks over 30 years ago, extensively researched and continually updated; Army standard since 2000.
- Active Duty Army goal is 10% of all Soldiers trained in ASIST.
- 16 hour training taught in Maine 3-4 times annually to designated Suicide Prevention Officers/ NCOs at each unit, leadership, gatekeepers and others interested Soldiers.
- Over 200 have been trained in the Maine National Guard since 2003.
- Training includes slides, videos and many practical exercises.

ASIST Model

- Connect: Explore invitations. Ask about suicide.
- Understand: Listen to reasons for dying and living. Review risk.
- Assist: Develop a safeplan. Follow-up on commitments.

- Intervention Training - ACE



Ask, Care, Escort Model

- Army-approved suicide prevention and awareness training model since 2008; evaluated and listed in the Suicide Prevention Resource Center and American Foundation Best Practice Registry for Suicide Prevention.
- 2-4 hr training block, annually mandatory for all members of the Army & Airforce and teaches suicide awareness, warning signs, risk factors and intervention skills .
- Training includes slides, video messages, role-playing exercises and wallet cards.

Contains five lessons:

- 1) Attitude Awareness
- 2) Protective factors/resiliency
- 3) ACE concepts
- 4) Role play exercise
- 5) Resource development

Provides Soldiers with awareness, knowledge and skills to intervene with those at risk for suicide.

Postvention



Attempts & Completed Suicides

- **Maine National Guard Policy, Reporting and Protocols**
- **New Army Leader/Unit Risk Reduction Tool**
- **Casualty Notification & Assistance**
- **Survivor Outreach Services**
- **Incident Response Teams**
- **15-6 Investigations & Line of Duty Investigations**

Many elements of MENG Suicide Prevention



- **Sponsorship Program for new Soldiers**
- **Rear Detachments for deployed units**
- **Stabilization Policy**
- **Yellow Ribbon, Family Assistance & Readiness Programs**
- **Surveys - PHA, GAT, URI, Command Climate**
- **Working Groups - Wellbeing Council, Case Management, CSF, Substance Abuse**
- **Medical Evaluation Boards & Case Management**
- **Life & Financial Consultants**
- **Fulltime LCSWs & Chaplains**
- **Networking & Referral Process – MMCON, VA, Vet Centers, NAMI, many others**
- **Substance Abuse, Sexual Assault, Equal Opportunity, Domestic Violence and IG Programs**
- **Mandatory Training & Additional Duty Assignments**
- **Information & Resource Campaigns - handouts, newsletters, pamphlets, cards, directory, flyers, emails, internet sites, sponsored training events.**
- **Suicide Awareness Month observed each September**



QUESTIONS

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