

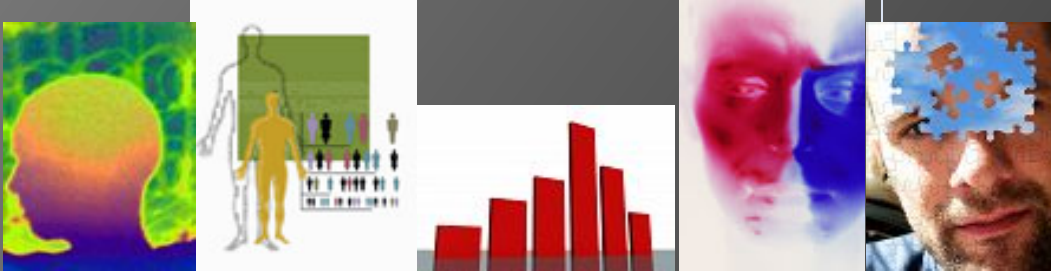
Washington National Guard

SUICIDE PREVENTION PROGRAM

Briefing for the Washington State Legislature
Joint Committee on Veterans and Military Affairs
Nov 30, 2011



U.S. STATISTICS



Fatal Outcomes (Suicides):

- Average of 1 person every 15.2 minutes
- Suicide ranks 11th as a cause of death
 - Homicide ranks 15th
- #1-Accidents

Nonfatal Outcomes (Attempts)

- 25 attempts for every death by suicide nationally
- Translates to one attempt every 38 seconds

WASHINGTON NATIONAL GUARD SUICIDE PROGRAM



The National Guard, must remain vigilant and continue to develop significant programs to mitigate this irreversible tragedy in our ranks.

Statistically, military suicide rates have climbed steadily from 2004 to present – we are not exempt...

In Calendar Year 2011 – 4 suicides



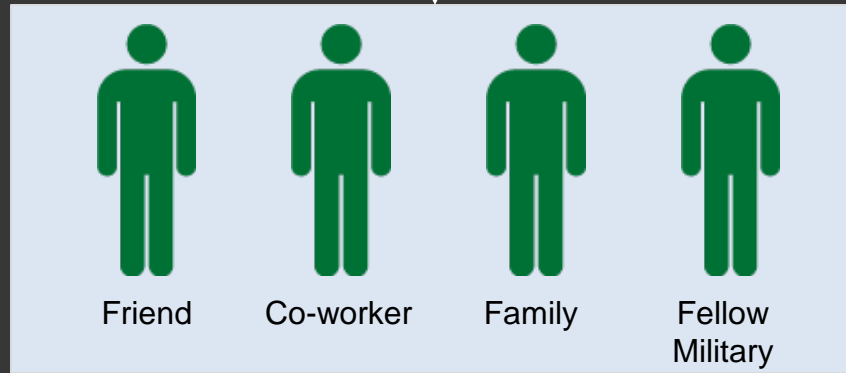
We can make a difference!

New Solutions for Old Problems



1

Get out of the box. How do we get help & resources where Members and Families live?



Support Network

2 Member Identifies Support Network



3

Use Resources to increase avenues to support Member



Resources

Existing:

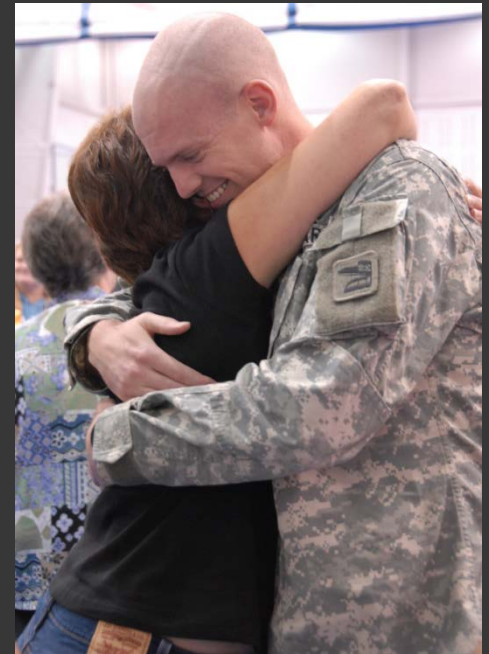
- Military OneSource
- Yellow Ribbon
- Family Readiness Groups

New:

- Website
- Push Media
- ??

Policy & Procedures

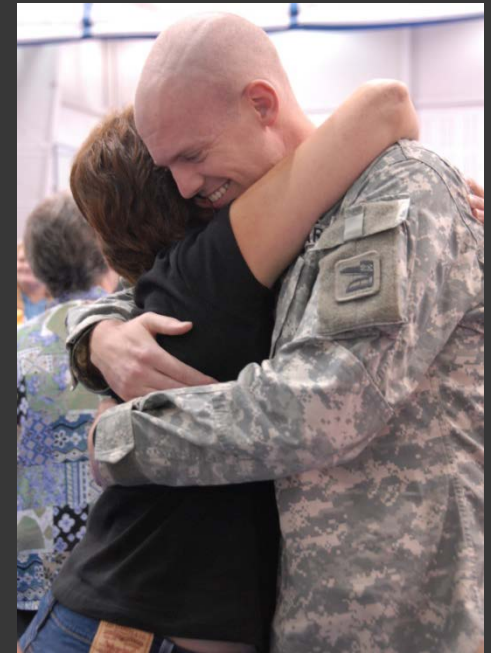
- Appoint State Suicide Prevention Program Manager (SSPPM)
- Appoint one officer or one enlisted Soldier E6 or above per company as Suicide Intervention Officer (SIO)
- Provide annual Suicide Prevention Training to all members of the ARNG.
- Develop additional strategies based on State and local resources that address:



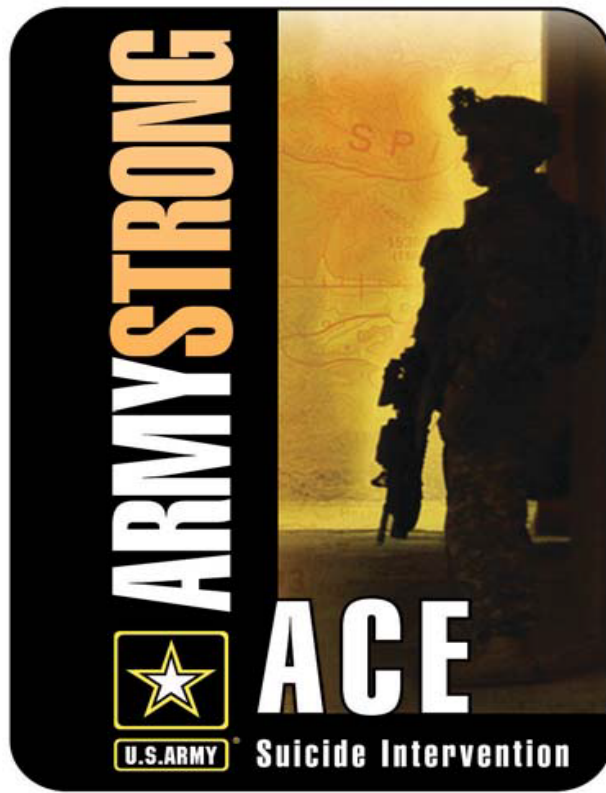
Strategy

- Identify people at high risk, including screening for mental health problems
- Eliminate actual or perceived barriers to quality behavioral health care
- Provide high-quality mental health treatment and specific interventions focused on suicide when needed
- Monitor prescribed potentially lethal medications
- Respond appropriately when suicides occur.

Raise awareness and promote self-care through targeted training



Basic Training - A.C.E (4 hrs)



Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g., Are you thinking of killing yourself?

Care for your buddy

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

Escort your buddy

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider

USACHPPM <http://chppm-www.apgea.army.mil/>

GTA 12-01-003 May 2008



Leader Training – A.S.I.S.T. (16 hrs)

Applied Suicide Intervention Skills Training:

- Deal effectively with personal and societal attitudes about suicide
- Discuss suicide with an at-risk person in a direct and helpful manner
- Identify an at-risk person and make a plan to help
- List the resources available to help a person at risk for suicide
- Have confidence in being an effective resource for yourself
- Be part of a team improving the community's response to suicide



Conclusion



Everyone is at risk of suicide, however, suicide is not inevitable. With emphasis and care from leaders to Battle Buddies, risks can be mitigated. Suicide prevention is not a once per year training event. It is a continual state of care and awareness. The Washington National Guard is fully committed to ending this tragedy in our ranks.



Washington National Guard



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