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VA/DoD Suicide Prevention Conference

DoD/Service Breakout

Defense Suicide Prevention Office Initiatives

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Director, DSPO**

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Defense Suicide Prevention Office (DSPO) Responsibilities



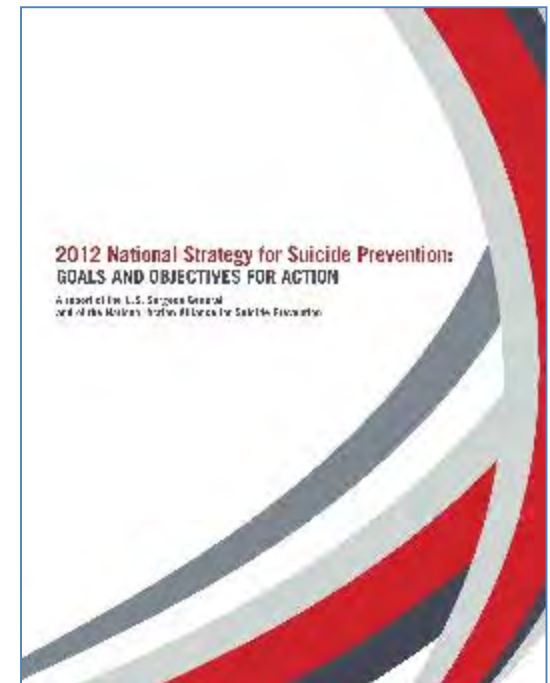
- Per DoDD 6490-14, enclosure 2, paragraph 4, DSPO will
 - ✓ Support oversight of all DoD suicide prevention and resilience programs
 - ✓ Leads, guides, and oversees the Defense Suicide Prevention Program
 - ✓ Develops, implements, and integrates DoD-wide policies and programs that promote and enhance suicide prevention, intervention, and intervention
 - ✓ Establishes core competencies for and oversees the effectiveness of suicide prevention training and shares best practices
 - ✓ Creates, implements, and maintains an interagency suicide data repository
 - ✓ Oversees and tracks the DoD's efforts to fuse, analyze, and assess DoD-wide surveillance and research activities
 - ✓ Establishes standards for outcome-based program evaluation procedures for suicide prevention programs to ensure efficiencies and effectiveness



Progress and Accomplishments



- **Policy** – Issued the first DoD-wide comprehensive policy, DoDD 6490.14, on suicide prevention and resilience in June 2013
- **Suicide Data Repository** – Created joint DoD/VA Suicide Data Repository with CDC to increase the fidelity of suicide-related data and improve data processes. Mortality data includes all Service members going back to 1979
- **National Strategy for Suicide Prevention (NSSP)** – Advanced national suicide prevention strategy through the Action Alliance and developed community action teams on best practices
 - DoD adopted the framework of the NSSP and is currently developing the DSSP
- **ePPBES (electronic Planning, Programming, and Budgeting Execution System)** – Utilized automated resource management tool to analyze all DoD suicide prevention and resilience programs and resources
 - Tool has provided greater visibility into Service-level compliance
 - ePPBES maps to the goals of the NSSP
 - Identifies costs associated with the requirements of Service-level programs



Progress and Accomplishments



- **Vets4Warriors** – Established oversight of a peer counseling call center for Service members and their families. Launched new outreach materials, providing more than 26,000 products to installations nationwide
- **Military Crisis Line Campaign** – Implemented an aggressive campaign with VA to increase awareness of DoD crisis support services. DSPO has participated in numerous events across the country and provided more than 190,000 crisis support materials
- **Public Affairs Guidance** – Provided standardized suicide prevention education and training to DoD public affairs officials to promote messaging that encourages help-seeking and prevents suicide contagion



24/7 peer support for Service members and their families

Vets4Warriors
Call Toll-Free at 855-838-8255
or visit Vets4Warriors.com

- Vets4Warriors provides Active Duty Service members, National Guard and Reserve members and their families worldwide with peer-to-peer support.
- Peer-to-peer support is available to Service members 24/7, and it is toll-free throughout the U.S.
- The Vets4Warriors call center is staffed with veterans and family members representing all branches of service.
- The Vets4Warriors veterans have been there and understand the problems unique to military life and know your benefits and resources.
- The call center's veterans provide information and referrals as needed.
- Vets4Warriors will assist you in setting a plan to overcome adversity, manage stress, and build resilience.
- Vets4Warriors provides peer support and follow up for those with ongoing concerns. For those in crisis we will connect you with the Military Crisis Line.
- Your call is confidential. Vets4Warriors Veterans do not discuss calls with anyone and, if called, they can remain anonymous.
- In its first two years Vets4Warriors received more than 43,000 calls, connected close to 1700 live calls direct, and responded to more than 1800 emails.
- For more information about Vets4Warriors, visit vets4warriors.com

It's 4th and goal, Vets4Warriors has you covered

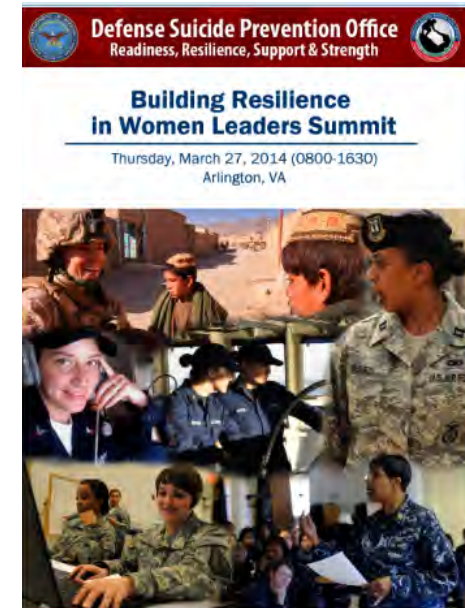
Vets4Warriors
Get your counsel with a military connection
855-838-8255 vets4warriors.com

Progress and Accomplishments



- **Other Outreach Activities:**

- Summits (Women's Resilience, Peer-to-Peer Community Applications, Research)
- Chaplains' Forum
- Professional Football player-related events
 - Wounded Warrior Football Games, Eric Hipple and Herschel Walker Suicide Prevention and Help-Seeking Presentations
- Out of the Darkness Walks hosted by the American Foundation for Suicide Prevention



- **Provided educational materials to stakeholders such as:**

- **Fleet Suicide Prevention Program** w/ Eric Hipple
- **Hiring Heroes** at Camp Pendleton and Raleigh NC
- **Herschel Walker Suicide Prevention Speaking Engagements**
- Suicide Prevention 5K Run at **Camp Buehring in Kuwait**
- Suicide Prevention Standdown at **Ft. A.P. Hill**
- Yellow Ribbon and Reintegration Program



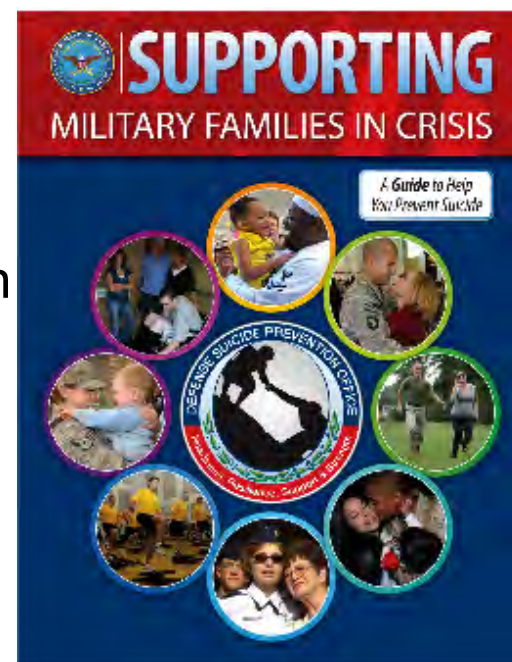
Progress and Accomplishments



- **Military Family Guide**

- Provides information on suicide warning signs, risk factors, actions to help those in crisis, and more
- First published in August 2013, currently updating for release in 2015
- Have distributed more than 5,600 guides, which are also available for download online at www.suicideoutreach.org

- Implemented an **improved suicide rate calculation method** to be more inclusive of Guard and Reserve members
- Developed a **Quarterly Suicide Report** to communicate suicide data to external stakeholders on a routine and frequent basis. Regular publication began in 2014.



Progress and Accomplishments



- **Gun Locks** – Distributed more than 100,000 gun locks to the Services through events nationwide to promote safety and reduce gun-related suicides
- **Lethal Means Reduction** – Created draft guidance to ensure the safety of high-risk individuals from military and privately-owned weapons
- **Medication Take Back** – DSPO, in coordination with the Pharmaceutical Operation Directorate of Health Affairs, developed a Medication Take Back Working Group, which addresses 17 study recommendations on the disposal of unwanted or unused medications



Progress and Accomplishments



STAR Behavioral Health Providers

- ✓ Training and information provided to civilian chaplains, peer counselors, community nonprofit personnel, school personnel, Veteran's Court mentors, family coordinators, and clinicians to raise awareness and sensitivity of military service-related issues.
- ✓ Currently there are 348 SBHP trained providers in 62 of 92 Indiana counties (three are in neighboring Illinois counties) and 70 providers in 13 of 58 California counties.
- ✓ Training provided to civilian licensed behavioral health providers across the state on evidence-based treatment practices with the goal to have a trained licensed provider in every county.
 - A combined total of 1,382 individuals have been trained in Indiana and California since the beginning of the program in 2011
 - 1,010 individuals trained in Indiana and 372 individuals trained in California (California opened their registry in Q4 FY14).
- ✓ During Q1-FY15, there were 1449 Continuing Education Units (CEU) awarded in Indiana.
 - 19,227 CEUs have been awarded in Indiana since the beginning of the program in 2011.
 - 993 CEU awarded during 1Q-FY15 in CA. A total of 3332 CEUs were awarded in California since the beginning of the program (Oct 2013).



Looking Forward: Activities Through 2014 and Beyond



- Conducting oversight of **DoDD 6490.14** implementation by the Services
- Developing **Mobile App** to connect and engage Service members in a peer support social media community
- Evaluating **STAR Behavioral Health Provider** Pilot, which provides treatment, outreach, and education to clinicians and other community partners.
- Expanding efforts with VA to respond to **2012 EO** to enhance the mental health services of Service members, Veterans and their families
- Implementing DoD-wide **program evaluation** measures of effectiveness
- Exploring for Service Members use of **therapeutic sentencing** techniques developed by Veterans Treatment Courts in military justice proceedings
- Member of the Action Alliance working group for executing the National Strategy for Suicide Prevention



Looking Forward: Activities Through 2014 and Beyond



- Implement Suicide Prevention Training – Competency Framework for all stakeholders and eight specific sub-groups across DoD
- Support the SOCOM Peer Support Pilot Program
- Expanding data support to the joint DoD-VA suicide and research communities
- Developing policy for improvements in the DoDSER Program
- Developing policy to track AC, RC, & Military Family Member suicides in response to NDAA 2015



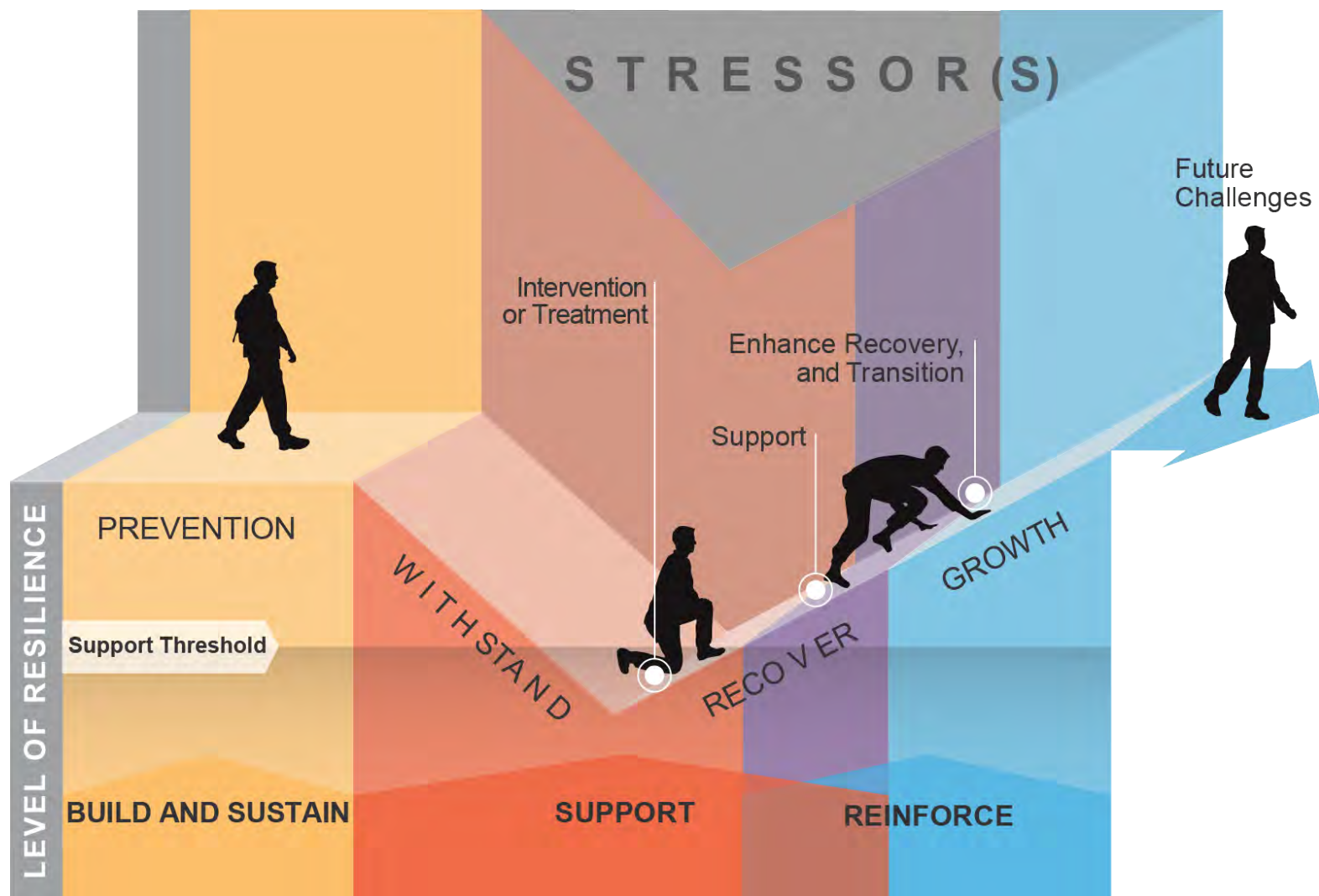
Looking Forward: Standardize Resilience



- DoD Directive (DoDD) 6490.14, among other things, requires DoD to:
 - Foster a command climate that encourages personnel to seek help and build **resilience**
 - Facilitate a holistic approach to **well-being** through total fitness
 - Provide continuous access to quality care and other supportive services to strengthen **resilience and readiness** of DoD personnel and their dependents
 - Take steps to identify members who are **at risk** for suicide
 - Determine best practices of suicide prevention, **resilience**, or preventative programs
 - Provide robust training standards on suicide prevention
- DSPO is expanding services, including peer support and research, to enhance the **resilience** of Service members



Looking Forward: Standardize Resilience



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Looking Forward: Standardize Resilience



- The definition of resilience as adopted by the Under Secretary of Defense for Personnel and Readiness on June 11th of 2014:
 - "The ability to withstand, recover, and grow in the face of stressors and changing demands."
- Research demonstrates that resilience can be built and sustained, supported, and reinforced across four primary domains: Mind, Body, Spirit, and Social



Contact Information



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BACK-UP SLIDES



Task Force Implementation Plan



- Based on DoD Task Force recommendations, OUSD (P&R) developed an implementation memo guiding the Department's suicide prevention efforts. P&R detailed this plan to Congress
 - Of the Task Force's 76 recommendations:
 - 36 required new actions from DoD
 - 34 had action planned, underway or completed
 - 6 did not merit any action by DoD
- A General Officer Steering Committee (GOSC) developed nine priority groups of actions based on the Implementation Plan:
 - Group 1 – Issue Policy Directive
 - Group 2 – Increase Fidelity of Data and Data Processes
 - Group 3 – Develop a Program Evaluation Process
 - Group 4 – Improve Strategic Messaging and Resilience
 - * ● Group 5 – Develop Means Reduction Policy
 - Group 6 – Conduct a Comprehensive Training Evaluation
 - Group 7 – Evaluate Access and Quality of Behavioral Health Care
 - Group 8 – Review and Standardize Investigations
 - Group 9 – Develop a Comprehensive Research Strategy

* In final coordination



Completed



In Progress



Mandates and Guidance



- DSPO's strategy continues to also be guided by several sources:
 - **Executive Order:** "Improving Access to Mental Health Services for Veterans, Service Members, and Military Families"
 - **RAND Study,** "The War Within"
 - **DoD and VA Integrated Mental Health Strategy** Consolidated Implementation Plan
 - **Section 533 of NDAA for Fiscal Year (FY) 2012**
- **National Defense Authorization Act (NDAA) FY13**
 - **Sections 580-582** designate individual with responsibility for all DoD suicide prevention oversight
 - Mandates creation of a comprehensive suicide prevention policy (by July 1, 2013)
 - Allows mental health professionals and commanders to inquire about privately-owned firearms, ammunition, and potentially other dangerous weapons that could pose a threat to Service members identified as at risk of suicide or a danger to others

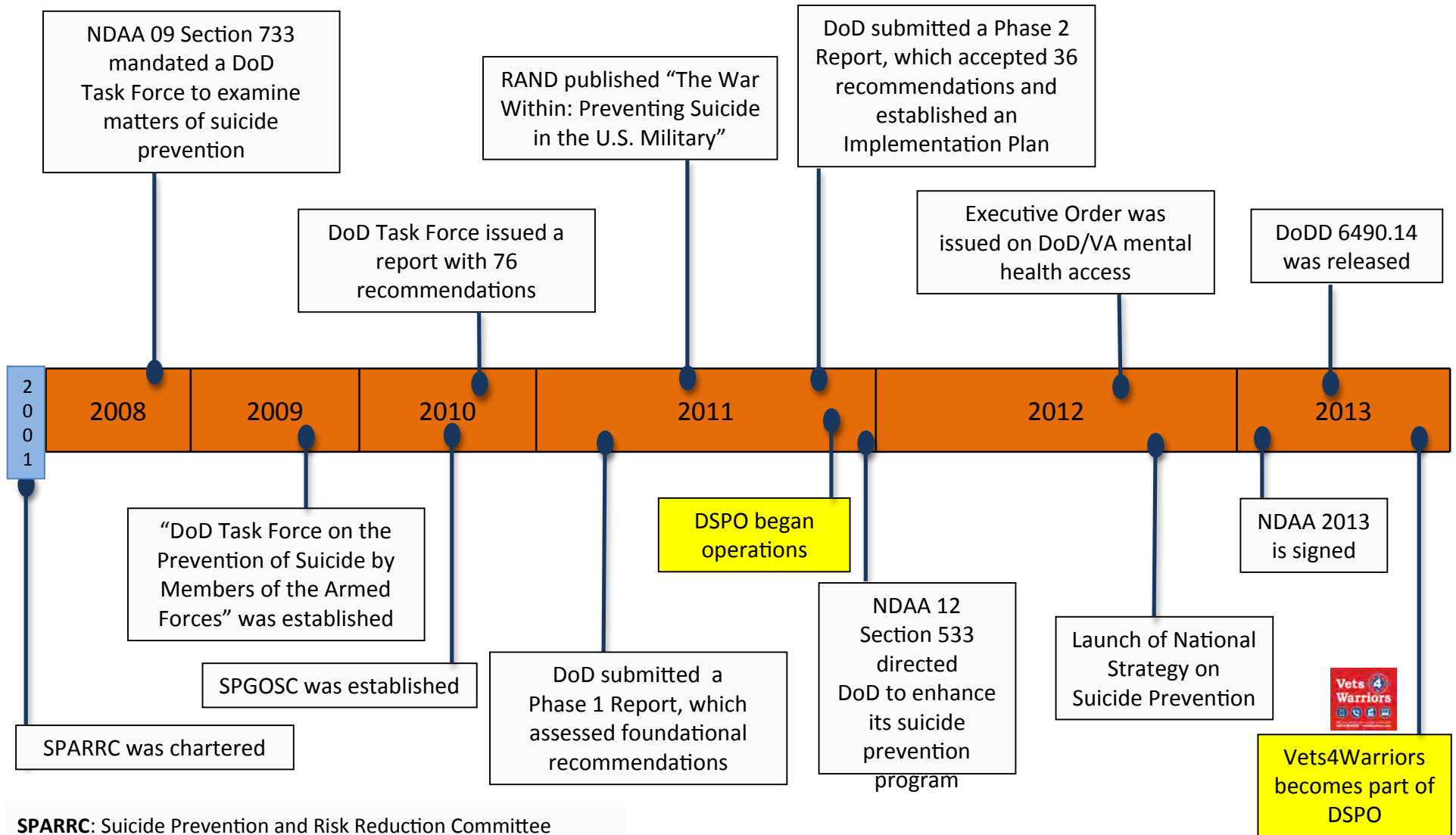
Mandates and Guidance



- **National Defense Authorization Act (NDAA) FY14**
 - **Section 511** Allows the Services to share contact information of Individual Ready Reservists and Individual Mobilization Augmentees of the Reserve Component who reside in a State with the Adjutant General of such State at the TAG's request so as to include that individual in suicide prevention efforts
 - Amends Section 706 of the NDAA for FY13 to clarify that the DoD can create community partnership pilot programs that are specifically related to suicide prevention
 - **Section 522** Ensures Service members are not disadvantaged due to combat related mental health injuries by updating the law to prevent those who are being administratively separated under conditions other than honorable, or in lieu of court-martial from being separated until the results of a medical examination have been reviewed by the appropriate authorities



Timeline: Evolution of DoD Suicide Prevention Program



SPARRC: Suicide Prevention and Risk Reduction Committee
SPGOSC: Suicide Prevention General Officer Steering Committee