Frameworks/Connect SUICIDE PREVENTION PROJECT

An SPRC/AFSP Best Practice Program

Suicide Prevention, Intervention and Postvention for Soldiers, and Family

A collaboration between NAMI NH and the NH National Guard

Copyright NAMI NH, 2008. Do not use printed or web version of this document for other than personal use without permission from NAMI NH

Army National Guard Suicide Prevention

Improved Tracking VS Increased Suicides

<table>
<thead>
<tr>
<th>Year</th>
<th>2002 M Day</th>
<th>2003 Title 32</th>
<th>2004 Title 32</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>M Day</td>
<td>?</td>
<td>4</td>
<td>8</td>
<td>10</td>
<td>22</td>
<td>37</td>
</tr>
<tr>
<td>Title 32</td>
<td>6</td>
<td>7</td>
<td>4</td>
<td>12</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Total</td>
<td>16</td>
<td>17</td>
<td>27</td>
<td>27</td>
<td>27</td>
<td>56</td>
</tr>
</tbody>
</table>

"One suicide is one too many."
Army National Guard Suicide Prevention
2002 – 2008 Suicide Demographics

**Deployment History**
- Never Deployed: 89 (64%)
- Previous Deployment: 48 (29%)
- Deployed: 25 (17%)

**Race**
- White: 137 (83%)
- Black: 28 (17%)
- Hispanic: 8 (5%)
- Native American: 3 (2%)
- Asian: 3 (2%)

**Duty Status**
- M-Day: 87 (52%)
- Deployed: 24 (15%)
- AD Other: 25 (15%)
- Title 32 AD: 25 (15%)
- Never Deployed: 89 (54%)

**Marital Status**
- Married: 79 (48%)
- Single: 86 (52%)

"One suicide is one too many."

**Ecological Model**
- Military
- Society
- Community
- Peer/Family
- Individual
Cultural Considerations

- Personal Inventory
- Access
- Rank
- Acronyms
- Family Supports
- Suspicion of non military?
- Postvention

National Guard

- 50% of soldiers in Iraq (current) are National Guard
- Citizen Soldiers
- No base installation/limited resources
- Deployment has significant distress for family
- Return from theatre to community <72 hours
Suicide Prevention

• Required to implement suicide prevention program
• Designated Suicide Prevention Program managers
• Use of Command Structure
• Available supports

Stigma

• Stigma surrounding mental health problems and suicide can further isolate the person.
• Perceived difference between physical and emotional pain.
• Military personnel may not seek help because of the perceived impact it may have on their career.
• Chaplains are safest people to share info with (ethically mandated to keep info confidential)
“One suicide is one too many!”

"Not all wounds are visible. If you are feeling depressed or suicidal, seek help. We need you on the Army team."

SMA Kenneth O. Preston

Unit Stigma (Postvention)

- “It happened in their Unit, Not Mine!”
- “Our deployment was tougher and we dealt with it”
- “We can handle it ourselves”
- “I am from the Unit that PVT Smith was from”
- “It was deployment related…”
If You Are in Pain
Seek Help!

Suicide Awareness for Soldiers 2007
Veterans Administration

- Have a Suicide Prevention Coordinators
- Deployed overseas to be eligible
- Services for Soldiers and Vets
- DOD has access to all records
- Vet Centers – provide supports to family

Connecting With The Person

Shoulder to Shoulder: No Soldier Stands Alone

Photo Credit: http://www.flickr.com/photos/soldiersmediacenter/705220882/
National Suicide Prevention Lifeline Vets Call Center

- “Press 1” for Soldiers/Veterans Option
- Call center in Canandaigua NY
- Specially trained in Veterans/Military Issues
• Ken Norton knorton@naminh.org