



## 2014 GLS Grantee Meeting Service Members, Veterans, and Families Learning Collaborative Additional Resources

Below are resources that address suicide prevention for service members, veterans, and their families. The SPRC online library also has many more resources, and the SPRC library staff is constantly updating the website. Please visit the online library at

[http://www.sprc.org/search/library/military?filters=type%3Alibrary\\_resource](http://www.sprc.org/search/library/military?filters=type%3Alibrary_resource).

*Please note that this is a partial resource scan and materials have not been fully reviewed by SPRC.*

### GENERAL INFORMATION

#### Best Practices Registry for Suicide Prevention

[http://www.sprc.org/search/bpr/military?filters=sm\\_resource\\_type%3Abpr\\_listing](http://www.sprc.org/search/bpr/military?filters=sm_resource_type%3Abpr_listing)

This is a listing of programs addressing military issues from SPRC's Best Practices Registry for Suicide Prevention.

#### Military Terms & Acronyms

<http://jedfoundation.org/veterans/attachments/Military%20Terms%20&%20Acronyms.pdf>

This Jed Foundation handout defines common acronyms used by the military.

#### Quick Reference Guide to Military Culture

<http://jedfoundation.org/veterans/attachments/Quick%20Reference%20Guide%20to%20Military%20Culture.pdf>

This guide by the Jed Foundation outlines the different branches of the military.

#### Military Installations

<http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0::::>

The official DoD source for installation and state resources available to active duty, guard and reserve service and family members.

#### Parity for Patriots: The mental health needs of military personnel, veterans and their families

[http://www.sprc.org/library\\_resources/items/parity-patriots-mental-health-needs-military-personnel-veterans-and-their-fa](http://www.sprc.org/library_resources/items/parity-patriots-mental-health-needs-military-personnel-veterans-and-their-fa)

This report calls for: Purple Heart medals to be awarded for psychological wounds like posttraumatic stress

disorder (PTSD); for military commanders at all levels to be accountable for suicide prevention and elimination of stigma; for increasing the VA's service capacity; and for having the U.S Department of Health & Human Services fully implement the 2008 mental health insurance parity law.

**The War Within: Preventing Suicides in the Military** <http://www.rand.org/pubs/monographs/MG953.html>

This report, which was produced by Rand National Defense Resource Institute under contract with the Department of Defense (DoD), reviews the current evidence detailing suicide epidemiology in the military, identifies “best-practice” suicide-prevention programs, describes and catalogs suicide-prevention activities in DoD and across each service, and recommends ways to ensure that the activities in DoD and across each service reflect best practices.

**Returning Home from Iraq and Afghanistan: Assessment of Readjustment Needs of Veterans, Service Members, and Their Families**

<http://www.iom.edu/Reports/2013/Returning-Home-from-Iraq-and-Afghanistan/Report-Brief032613.aspx>

This Institute of Medicine (IOM) report is available online for free. A .pdf of the report brief is also available.

**Non-Government: Tragedy Assistance Program for Survivors (TAPS)**

<http://www.taps.org/>

TAPS provides information and services to those who have suffered the loss of a military loved one, due to any cause. They offer webinar-based courses, six of which concern suicide, for mental health professionals. Other resources include crisis services, online support groups, seminars for survivors and the Good Grief Camp for children grieving the loss of a loved one in the military.

## **MILITARY FAMILIES**

**Blue Star Families**

<http://www.bluestarfam.org/>

Supports military families with chapters on military bases and National Guard sites across the country.

**Children of Military Service Members Resource Guide**

<http://www.dcoe.mil/content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf>

The Children of Military Service Members Resource Guide is designed to assist parents, other family members and health care providers in addressing the mental and emotional health needs of military children through topic-specific, age-related, public-domain literature.

**Military Families Near and Far**

<https://www.familiesnearandfar.org/login/>

Includes free resources and tools for military families broken in to those for preschool children, school-age children, and families in general.

**Military Kids Connect**

<http://militarykidsconnect.t2.health.mil/>

This is an online community for kids 6-8 through teens 13-17 that includes resources to support children from pre-deployment through the return of a parent or care giver. This is an initiative of the National Center for Telehealth & Technology (T2).

### **Sesame Street Talk, Listen, Connect**

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc>

Offers strategies and resources to help children through difficult periods of transition and separation related to military service.

### **Sesameworkshop**

<http://www.sesameworkshop.org/what-we-do/our-initiatives/military-families.html>

This is a workshop for children of military families. The website includes information on the three part program with downloadable training guides.

### **Staying Strong: Parent Guidance for Military Connected Families**

<http://stayingstrong.org/splash>

Educational tools for military families focused on how moving, a parent's deployment, and other factors can affect a child's emotional development.

### **FOCUS**

<http://www.focusproject.org/>

FOCUS (Families OverComing Under Stress™) provides resiliency training to military children and families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

### **NEW MEDIA/SOCIAL MEDIA**

#### **Facebook and suicide prevention**

<http://www.slideshare.net/USArmySocialMedia/social-media-roundup-facebook-and-suicide-prevention>

#### **(Online Slide Presentation)**

Facebook offers suicide prevention services tailored to active-duty military, veterans, and their families. Concerned family and friends of service members and veterans can connect to a crisis line through Facebook. VA personnel will respond via phone, online chat, or text message.

#### **Make the Connection**

<http://maketheconnection.net/>

Make the Connection is a public awareness campaign by the U.S. Department of Veterans Affairs (VA) that provides personal testimonials and resources to help Veterans discover ways to improve their lives. Many of our Nation's Veterans—from those who served in World War II to those involved in current conflicts—return not only with physical wounds but also mental health issues they may not recognize.

**Mobile App: PTSD Coach**

<http://www.ptsd.va.gov/public/pages/PTSDCoach.asp>

The PTSD Coach application, created by VA and DoD, allows phone users to manage their symptoms, links them with local sources of support and provides information on post-traumatic stress disorder (PTSD).

**Vets4Warriors**

<http://www.vets4warriors.com>

Vets4Warriors is a peer support service staffed by veterans and sponsored by the Office of the Secretary of Defense, Army National Guard, Air National Guard, and Air Force Reserve. Military can access the service through chat, email or phone. They offer referrals, ongoing support and have a resource library. The service is confidential and available 24/7.

**SERVICE PROVIDERS****Clinical Practice Guidelines & Other Training Opportunities**

<http://jedfoundation.org/veterans/attachments/Clinical%20Practice%20Guidelines%20and%20Other%20Training%20Opportunities.pdf>

The Jed Foundation has put together a list of trainings for clinical providers.

**Community Provider Toolkit**

<http://www.mentalhealth.va.gov/communityproviders/>

This site is for clinicians and features key tools to support them in providing mental health services to Veterans. It features information on connecting with VA, understanding military culture and experience, as well as tools for working with a variety of mental health conditions.

**Crack the Code (Online Course)**

<http://www.restofthewayhome.com/page/crack-the-code/>

4 courses to help clinicians understand service members.

**From the War Zone to the Home Front: Supporting the Mental Health of Veterans and Families (Online Course)**

<http://mghcme.org/courses/course-detail/from-the-war-zone-to-the-home-front-supporting-the-mental-health-of-veteran>

The Home Base Program, in collaboration with the Department of Veteran Affairs's National Center for PTSD, is providing this free, CME-certified educational series to assist clinicians in the diagnosis and treatment of the silent wounds of war in returning veterans and their families.

**Center for Deployment Psychology (Online Course)**

<http://www.deploymentpsych.org/content/online-courses>

The CDP provides interactive web-based training to educate professionals working with service members and their families.

**RESPECT-Mil (Re-Engineering Systems of Primary Care Treatment in the Military)**

<http://www.pdhealth.mil/respect-mil/index1.asp>

RESPECT-Mil is a treatment model designed by the United States Department of Defense's Deployment Health Clinical Center (DHCC) to screen, assess and treat active duty soldiers with depression and/or PTSD, modeled after a program that has been proven to be effective in treating civilian patients with depression.

### **Suicide Risk Assessment Guide**

<http://www.mentalhealth.va.gov/docs/VA029AssessmentGuide.pdf>

This guide was developed to assist clinicians in all areas, but especially in primary care and the emergency room/triage area. The Guide can assist clinicians in making assessments and care decisions regarding patients who present with suicidal ideation or provide reason to believe that there is cause for concern.

### **VETERANS AND STUDENT VETERANS**

#### **Association of Private Sector Colleges and Universities (APSCU) Blue Ribbon Taskforce for Military and Veteran Education Report**

[http://career.org/policy-and-issues/federal-issues/military-veterans-ed/upload/Report-of-Blue-Ribbon-Taskforce\\_Feb2013.pdf](http://career.org/policy-and-issues/federal-issues/military-veterans-ed/upload/Report-of-Blue-Ribbon-Taskforce_Feb2013.pdf)

The Association of Private Sector Colleges and Universities (APSCU) recently released a report on supporting student veterans. The report is intended for all universities, but APSCU is the main lobby group for for-profit colleges. The Taskforce covered topics such as unique circumstances facing military and veteran students, measuring success, and best practices for institutions of higher education for serving military and veteran students.

#### **Community College Support and Engagement of Service Members, Veterans, and Military Families**

<http://www2.ed.gov/PDFDocs/college-completion/12-community-college-support-and-engagement.pdf>

Because of their adult learner and community based focus, many community colleges have been among the first institutions to welcome Post-9/11 veterans and service members to their campuses and have established support programs for student veterans.

#### **Understanding and Supporting the Emotional Health of Student Veterans**

<http://www.jedfoundation.org/professionals/programs-and-research/helping-our-student-veterans-succeed>

This is a training tool that helps campus health professionals best understand the student veteran perspective, engage with them on campus, and provide the resources and support they need to succeed.

#### **From Soldier to Student II: Assessing Campus Programs for Veterans and Service Members**

<http://www.acenet.edu/news-room/Pages/From-Soldier-to-Student-II.aspx>

This report offers an update of the 2009 edition of From Soldier to Student, which provided the first national snapshot of the programs, services, and policies that colleges and universities had in place to serve veterans and military personnel.

#### **VA Campus Toolkit**

<http://www.mentalhealth.va.gov/studentveteran/index.asp>

This toolkit provides faculty, staff, and administrators resources to support student Veterans. The Post 9/11 GI Bill is bringing student Veterans to campuses in record numbers. The goal of this toolkit aim is to help

campuses welcome these men and women by recognizing who they are, and understanding their unique experiences, adjustments, and needs.

### **Guide to VA Mental Health Services for Veterans & Families**

[http://www.mirecc.va.gov/VISN16/docs/Guide\\_to\\_VA\\_Mental\\_Health\\_Srvcs\\_FINAL12-20-10.pdf](http://www.mirecc.va.gov/VISN16/docs/Guide_to_VA_Mental_Health_Srvcs_FINAL12-20-10.pdf)

This brochure provides information about the types of treatments available for the most common mental health problems of veterans (such as depression, substance abuse, and posttraumatic stress disorder) and describes the special programs offered for particular groups of veterans (such as women veterans, homeless veterans or older veterans).

### **The National Resource Directory**

<https://www.ebenefits.va.gov/ebenefits/nrd>

The National Resource Directory (NRD) is a federal government website that connects wounded warriors, Service Members, Veterans, families and caregivers to thousands of services and programs at the national, state and local levels that support them during recovery, rehabilitation and reintegration. Visitors to the website can find information on topics such as post-traumatic stress disorder, military and Veterans' benefits, health care, educational opportunities, homeless assistance, employment and much more.

## **NATIONAL ORGANIZATIONS**

### **The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury**

- Suicide Prevention: <http://www.dcoe.health.mil/SuicidePreventionWarriors.aspx>
- Monthly webinars: [http://www.dcoe.mil/Training/Monthly\\_Webinars.aspx](http://www.dcoe.mil/Training/Monthly_Webinars.aspx) (Use the menu on the left side of the page to search webinars by date.)

### **The Department of Defense: Restoring Hope**

[http://www.defense.gov/home/features/2010/0810\\_restoringhope\\_resources/](http://www.defense.gov/home/features/2010/0810_restoringhope_resources/)

The DoD suicide prevention page lists mental health services, self-help resources, and awareness materials for providers, military, veterans and their families, most of which are provided by the DoD or VA.

### **The DSTRESS Line**

<http://www.dstressline.com/>

From the everyday stressors of life to the stressors related to combat, stress can affect even the strongest Marine. The DSTRESS Line was developed by the Corps to provide professional, anonymous counseling for Marines, attached Sailors, and families when it's needed most.

### **Defense Suicide Prevention Office**

<http://www.suicideoutreach.org/>

This website has ready to access to support hotlines, assessments and treatment options, professional resources and forums, and various multimedia tools - all designed to connect you to information that meets your specific needs. This site supports all members of the U.S. military - active and reserve, veterans, families, friends, and providers.

**Give an Hour**

<http://www.giveanhour.org/>

A nonprofit organization providing free mental health services to U.S. military personnel affected by the current conflicts in Iraq and Afghanistan.

**NAMI Veterans and Military Resource Center**

[http://www.nami.org/template.cfm?section=Veterans\\_Resources](http://www.nami.org/template.cfm?section=Veterans_Resources)

This webpage contains online resources for veterans and active duty military members, as well as their families, friends, and advocates on topics like PTSD, mental illness, and obtaining VA benefits.

**The National Child Traumatic Stress Network (NCTSN)**

<http://learn.nctsn.org/course/category.php?id=10>

They run a “Military Families Learning Community” where you can get access to podcasts, webinars and speaker series on a variety of military-related topics.

**U.S. Department of Veterans Affairs**

<http://www.va.gov/>

The VA has several different websites that specialize in different issues:

- Suicide prevention awareness website <http://www.mentalhealth.va.gov/>  
This website contains information on the veterans feature of the National Suicide Prevention Lifeline, suicide warning signs, and links to other mental health resources for veterans.
- **The National Center for PTSD**  
<http://www.ptsd.va.gov/>  
The VA National Center for PTSD conducts research and provides education on the prevention, understanding and treatment of PTSD.

**Veteran Crisis Line (also known as the Military Crisis Line)**

<http://www.veteranscrisisline.net/>

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

**Wounded Warrior Project**

<http://www.woundedwarriorproject.org/>

Provides programs and services to severely injured service members during the time between active duty and transition to civilian life.