

OHIO ARMY NATIONAL GUARD SUICIDE PREVENTION ANNUAL TRAINING



“Shoulder-To-Shoulder: No Soldier Stands Alone”



Ohio Army National Guard Suicide Prevention

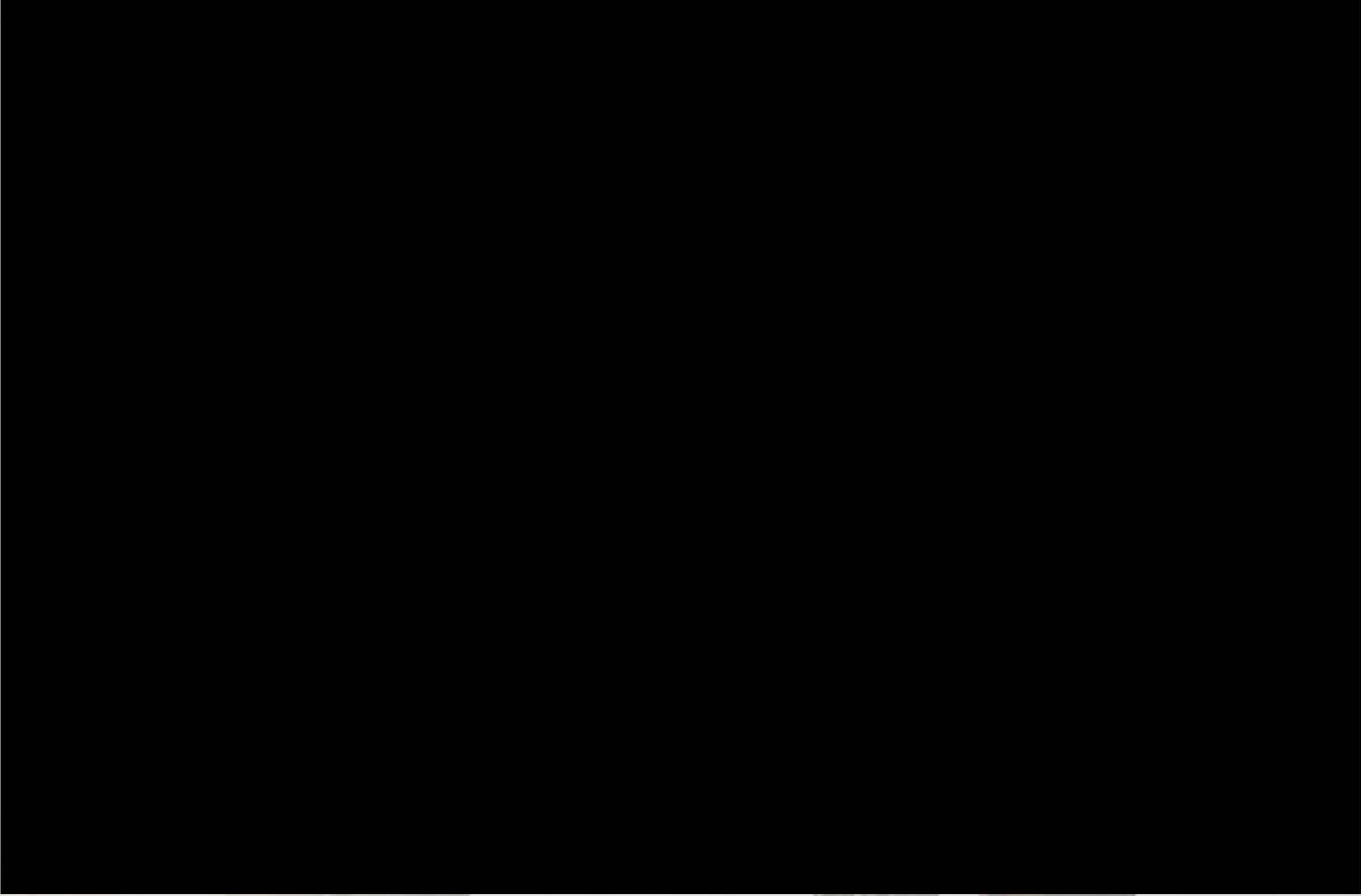


"One suicide is one too many."





Ohio Army National Guard Suicide Prevention



"One suicide is one too many."





Ohio Army National Guard Suicide Prevention

PURPOSE

- INFORM THE FORCE
- EDUCATE THE FORCE
- EMPOWER THE FORCE

"One suicide is one too many."





Ohio Army National Guard Suicide Prevention

ENCOURAGE

INFORM THE FORCE

"One suicide is one too many."

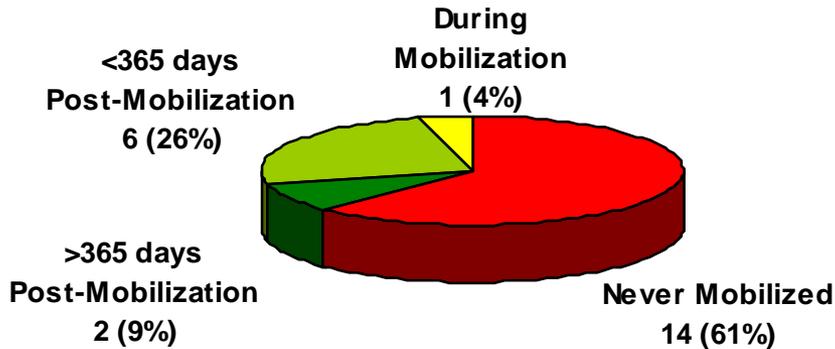




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OHARNG EXPERIENCE (2000-2009)

Soldier Suicide Deployment Status



Age of Soldier Suicides

<u>Teens</u>	<u>20s</u>	<u>30s</u>	<u>40s</u>	<u>50s</u>
1	13	4	3	2

Ave Age = 30.56 Years

Grade of Soldier Suicides

E2	E3	E4	E5	E6	E7	E8
1	5	6	4	6	0	1

MSC Suicide Experience

JFHQs	37th	16th	174th	73d	371st
1	5	8	4	2	3

TOTAL SUICIDES = 23



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EDUCATE THE FORCE

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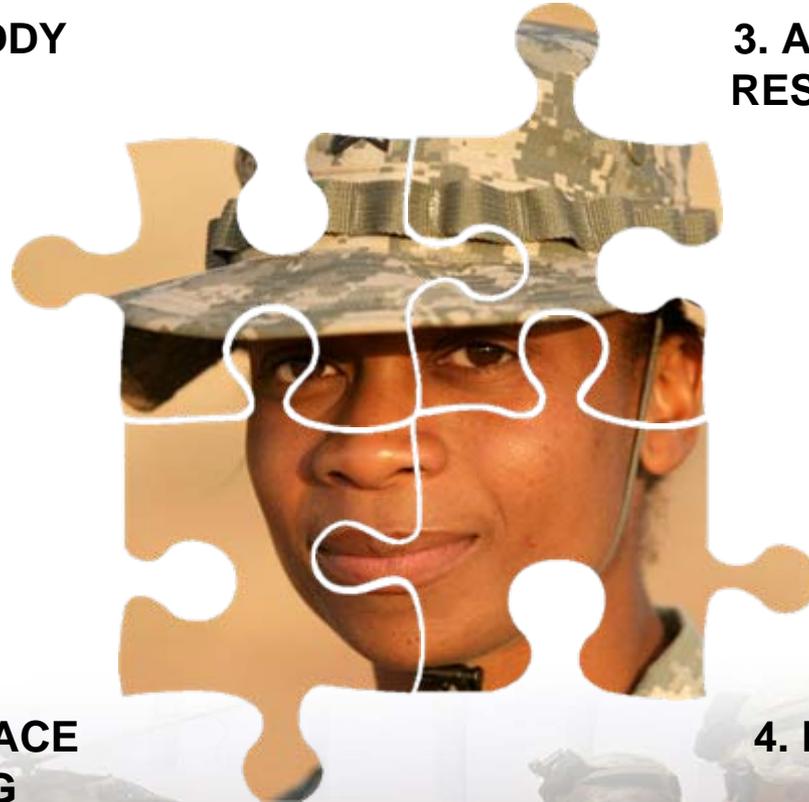


Ohio Army National Guard Suicide Prevention

INTEGRATED SYSTEM OF PREVENTION AND CARE

1. BATTLE BUDDY PROGRAM

3. ASIST 1ST RESPONDER



2. ANNUAL ACE TRAINING

4. RESOURCES

"One suicide is one too many."





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BATTLE BUDDY PROGRAM

- So we have a Battle Buddy Program . . . but does it work?
- Who is your Battle Buddy?
- How do you check up on your Battle Buddy?

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CHECKING ON YOUR BATTLE BUDDY

- Knowing their personal information
- Asking about how they are doing AND
- Actually listening for an honest answer
- Making notes of concerns
- Following up with concerns
- Calling between drills

"One suicide is one too many."





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EVERY SOLDIER COUNTS



"One suicide is one too many."





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RISK FACTORS

Definition: Risk factors are events or conditions that could result in suicidal thoughts or actions

What are some risk factors for suicide?

A photograph of soldiers in a desert environment. In the foreground, several soldiers in full combat gear are looking towards the right. In the background, a military helicopter is landing or taking off, kicking up a large cloud of dust. The scene is hazy and dusty.

"One suicide is one too many."



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RISK FACTORS

- Relationship problems (loss of girlfriend/boyfriend, divorce, etc.)
- Work related problems
- Transitions (redeployment, retirement, discharge, etc.)
- Serious medical problem
- Significant loss (death of loved one, loss of a job, etc.)
- Current/pending disciplinary or legal action
- Setbacks (academic, career, or personal)
- Traumatic Events

"One suicide is one too many."





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RISK FACTORS

- Substance abuse
- History of depression, mental illness, or previous suicide attempt
- Family history of suicide or violence
- Severe, prolonged, or perceived unmanageable stress
- Post Traumatic Stress, Post Deployment Stress
- Lack of social support
- Sense of powerlessness, helplessness, or hopelessness
- Seeing no way out and fearing that things may get worse
- Thinking is constricted with a tendency to perceive his or her situation as all bad

"One suicide is one too many."





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WARNING SIGNS

Definition: Warning signs are actions or emotions that would cause you to believe a Soldier could be at risk of suicide.

What are some warning signs for a person at risk of suicide?

"One suicide is one too many."





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WARNING SIGNS

- Withdrawal from friends and activities
- Relationship problems (significant other, family)
- Acting bizarre or unusual, impulsive behavior
- Substance abuse
- Sleep changes, reoccurring nightmares
- Appetite/weight changes
- Talking/hinting about suicide or killing someone else
- Formulating a suicide plan, acquiring the means and timeframe
- Obsession with death (music, poetry, artwork, letters)
- Finalizing personal affairs
- Giving away personal possessions

"One suicide is one too many."





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WARNING SIGNS

- Sadness/emotionally empty
- Feelings of guilt
- Lack of energy, decreased motivation
- Black and White Thinking
- Flashbacks of traumatic events
- Having a desire to die

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FOUR BRAGGE

BREAK

"One suicide is one too many."

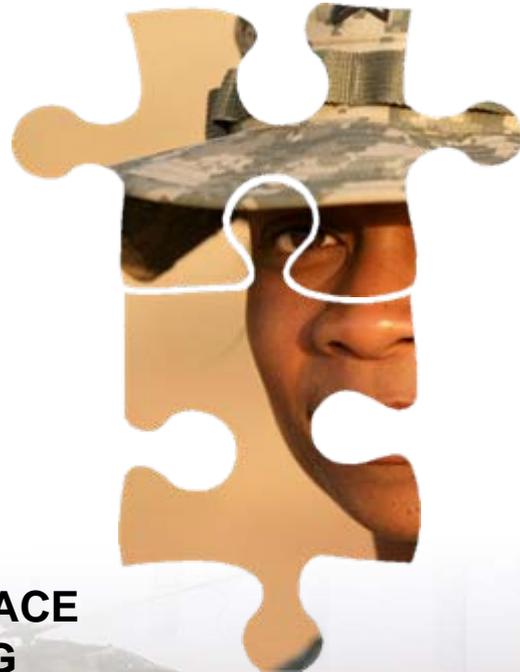




Ohio Army National Guard Suicide Prevention

INTEGRATED SYSTEM OF PREVENTION AND CARE

1. BATTLE BUDDY PROGRAM



2. ANNUAL ACE TRAINING

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ACE



Ask your Buddy

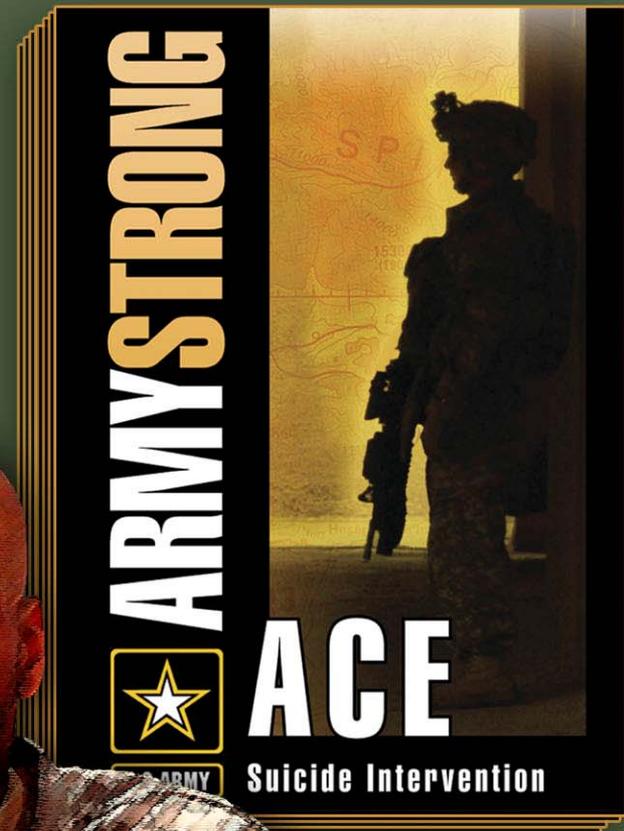
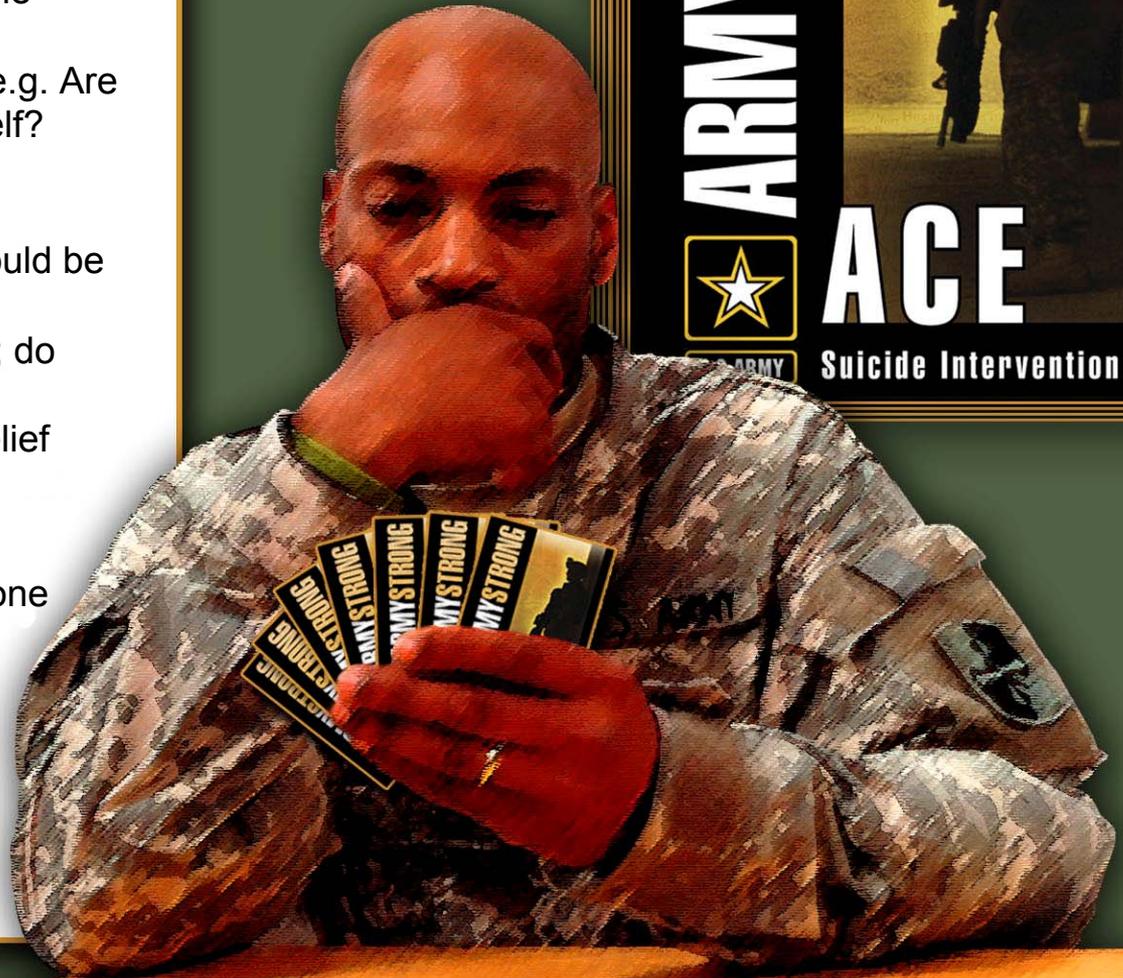
- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g. Are you thinking of killing yourself?

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





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ASK

Q: Why is it important to ask directly, “Are you thinking of killing yourself?”

Q: Why is it so hard to ask directly?

Q: What if they say ‘No’ and you don’t believe them?

“One suicide is one too many.”





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CARE

Q: You have asked the question “Are you thinking of suicide?” and the response is “yes.” Now what do you do?

A: Care for your Buddy

- Identify and remove risks to his/her life
- Stay calm and don't use force
- Listen to your Battle Buddy

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Ohio Army National Guard Suicide Prevention

ESCORT

- Never leave your Buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider
- Escort battle drills
 - Drill weekend
 - Non-drill time period



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Ohio Army National Guard Suicide Prevention

DO

- stay with the person until you get help
- stay calm
- take your time in understanding, but act quickly in an emergency
- take their concerns seriously
- have emergency personnel provide transportation in an imminent emergency

DON'T

- leave the person alone or send the person away.
- overact
- rush
- minimize the person's concerns
- drive the person in an imminent emergency

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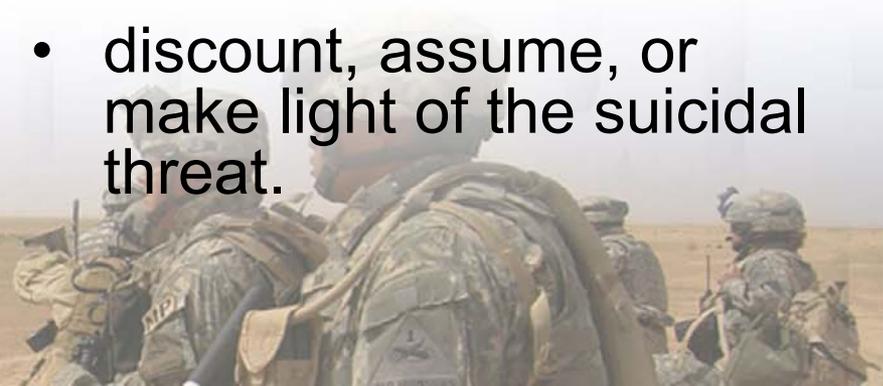
DO

- set aside your personal beliefs
- empathize with him/her
- join with them to understand their thinking and situation
- be action-oriented
- get the person to assistance-tell your command and providers
- take the threat seriously-you are saving a life

DON'T

- argue whether suicide is right or wrong
- preach or moralize
- challenge or get into a power struggle
- think the person just needs reassurance
- promise to keep the conversation confidential
- discount, assume, or make light of the suicidal threat.

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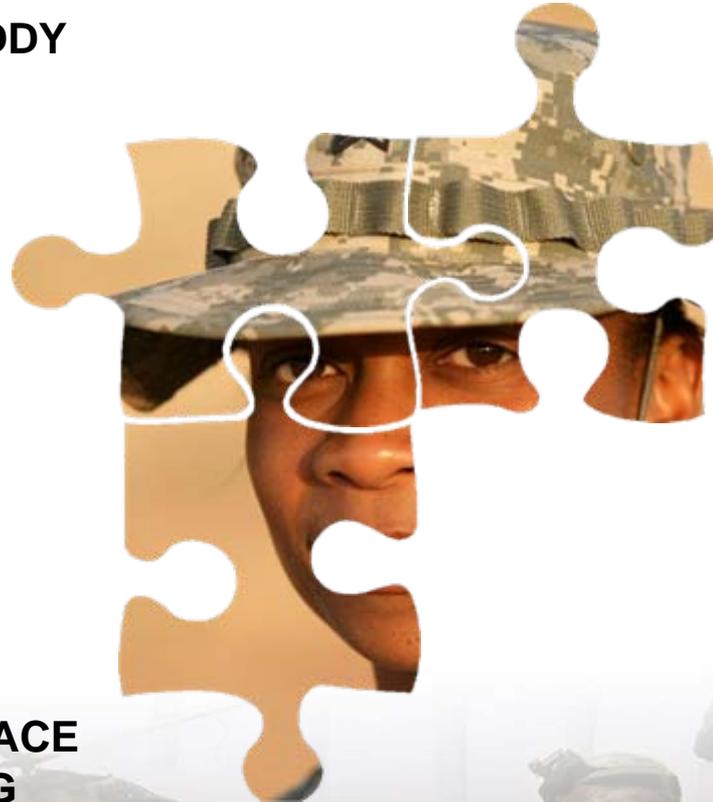


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ASIST (FIRST RESPONDER)

Applied **S**uicide **I**ntervention **S**kills **T**raining

- Key Leaders with additional training in Suicide Intervention
- Similar in scope to Combat Lifesavers
- (ENTER NAMES OF THE UNIT'S ASIST TRAINED FIRST RESPONDERS HERE)

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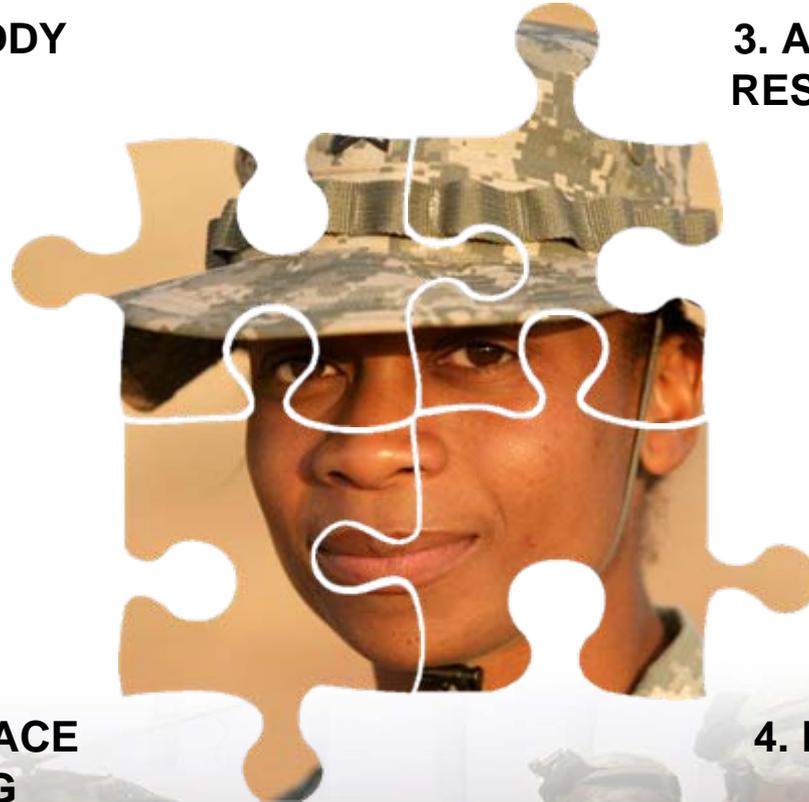


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INTERVENTION RESOURCES

- Emergency
 - 911
 - Suicide Hotline 1-800-273-TALK
 - Emergency Room
- Non-Emergency
 - Unit Trained ASIST First Responder
 - Engaged Leadership Teams
 - Chaplain (ENTER NAME AND CONTACT INFORMATION FOR THE UNIT CHAPLAIN)
 - OHIOCARES 1-800-761-0868
 - State Suicide Prevention Program Manager
614-336-7159

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Ohio Army National Guard Suicide Prevention

PREVENTION RESOURCES

- Engaged Leadership Teams
- Family Programs (Marriage Retreats, Building Strong Singles Retreats, Youth Programs)
- Military Family Life Consultants 614-787-4022, 614 208-3692
- Unit Chaplain
- Director of Psychological Health 614-769-5576
- Department of Veteran Affairs
- Vet Centers
- Local Community

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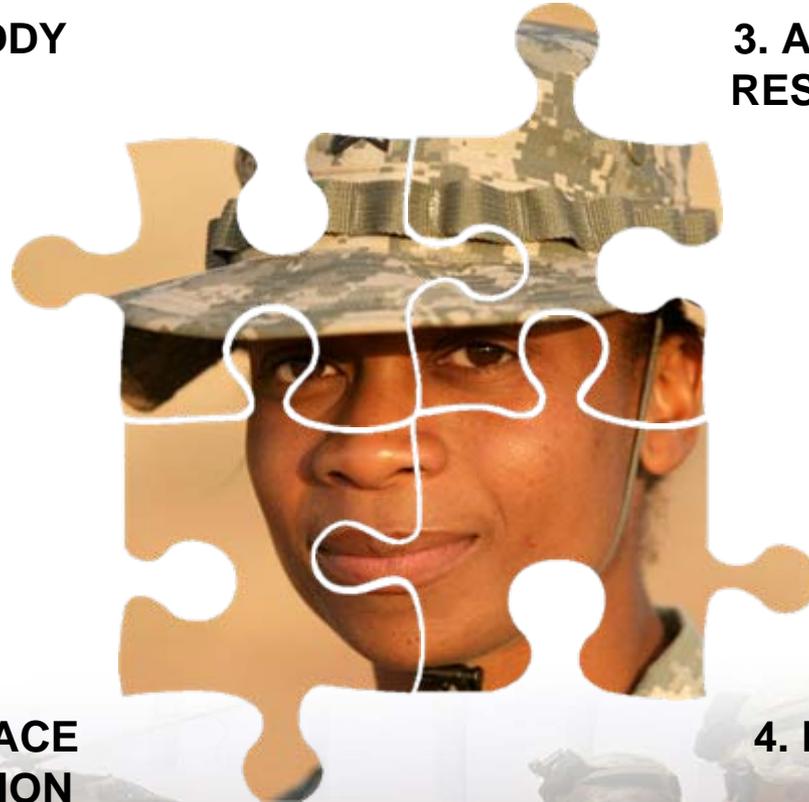


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FOUR BRAGG

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ENCOURAGE

EMPOWER THE FORCE

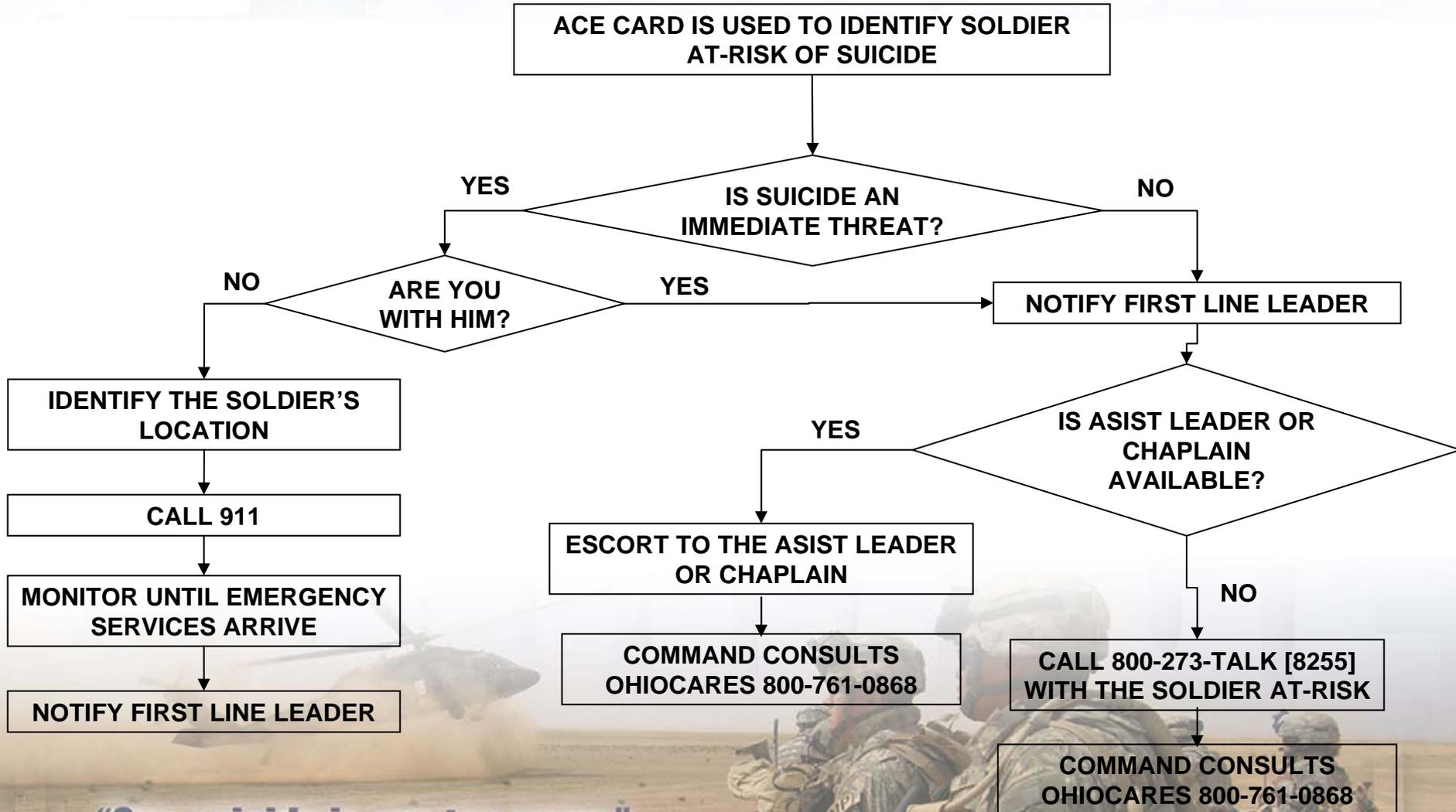
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ACE BATTLE DRILL (DURING DRILL)



"One suicide is one too many."



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VIGNETTE (DURING DRILL)

SGT Brown is a married 28-year old male, who returned from an OIF deployment six months ago. SGT Brown is your squad leader. During the deployment, SGT Brown was exposed to human carnage on several occasions. On one occasion, he and other unit members witnessed the aftereffects of a IED that killed more than 50 civilians. Since his return from Iraq, SGT Brown has become more of a loner. The day before drill, his wife called the unit and reported that he went out drinking last night and didn't come home. At drill, the 1SG met with SGT Brown privately. After their meeting, you see that SGT Brown is visibly angry so you approach him. In your conversation, SGT Brown comments, "Maybe I just need to put an end to this whole situation." What do you do?

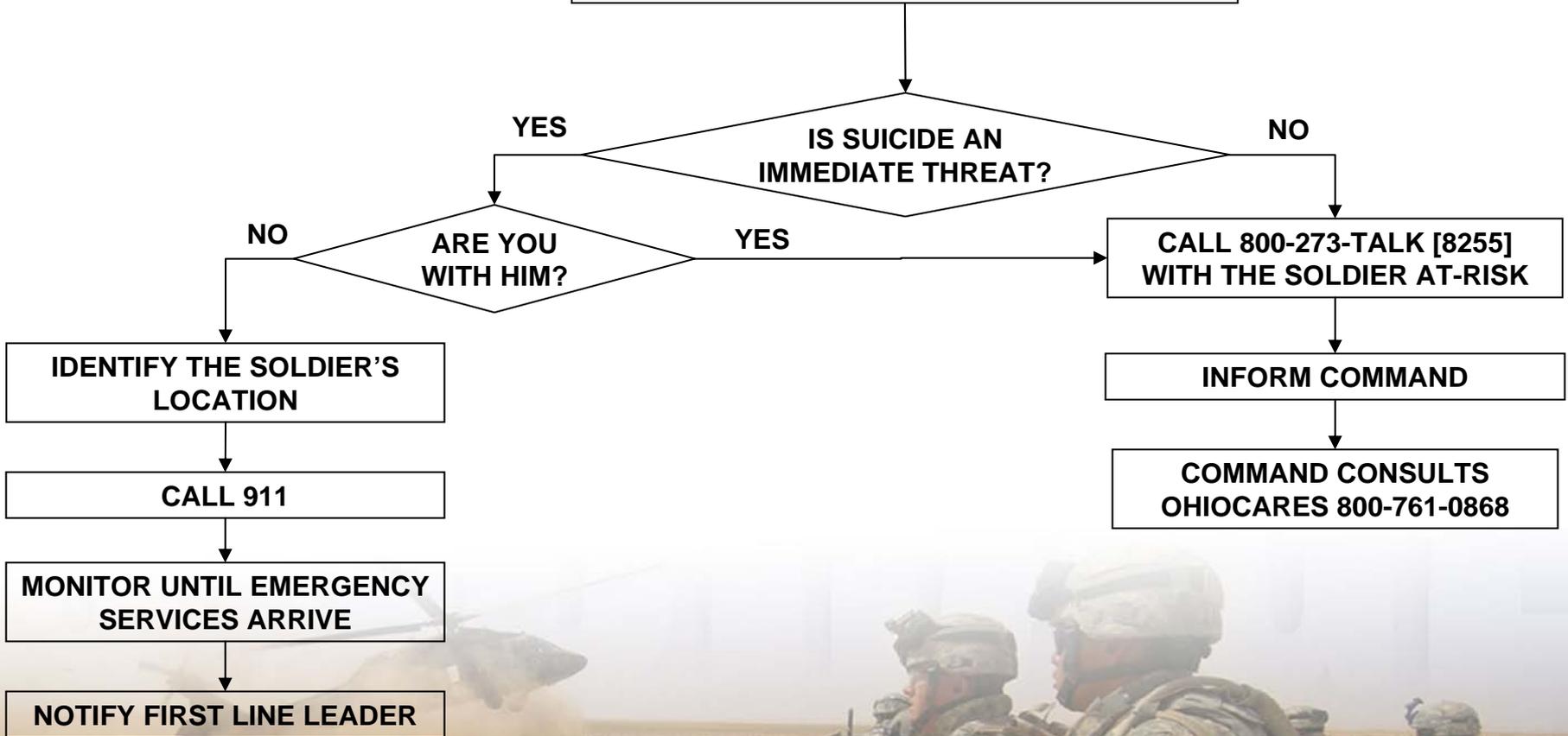
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ACE BATTLE DRILL (NOT AT DRILL)

ACE CARD IS USED TO IDENTIFY SOLDIER AT-RISK OF SUICIDE



"One suicide is one too many."





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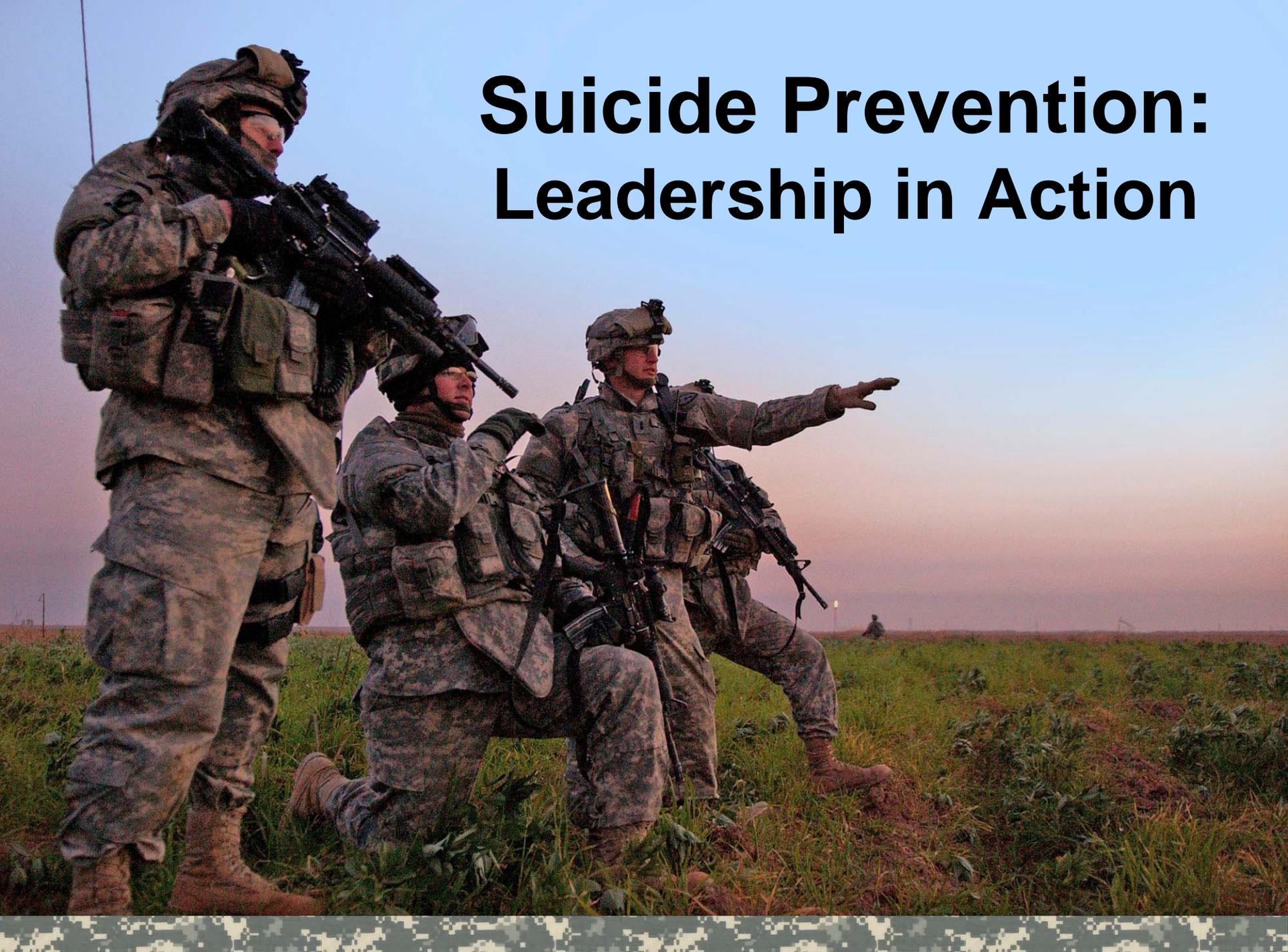
VIGNETTE (NOT AT DRILL)

You are at home and you receive a phone call from your Battle Buddy, SPC Moore, who was cross leveled to a unit that deployed earlier in the year. SPC Moore has been deployed to Iraq for 8 months and is on his mid-tour leave. Immediately, you can tell that SPC Moore has been drinking. SPC Moore tells you that he planned on surprising his girlfriend by just showing up at her door. When he arrived, there was another guy at her apartment and he discovered that she is pregnant. On top of that, SPC Moore had given her access to his bank accounts and he has no savings from his deployment. As you talk, SPC Moore tells you that he doesn't see the point of living anymore. What do you do?

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Suicide Prevention: Leadership in Action



Suicide Awareness



QUESTIONS