



Defense Suicide Prevention Office (DSPO) Initiatives

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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 Reduce Stigma
 - * ● 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



National Defense Authorization Act: FY13

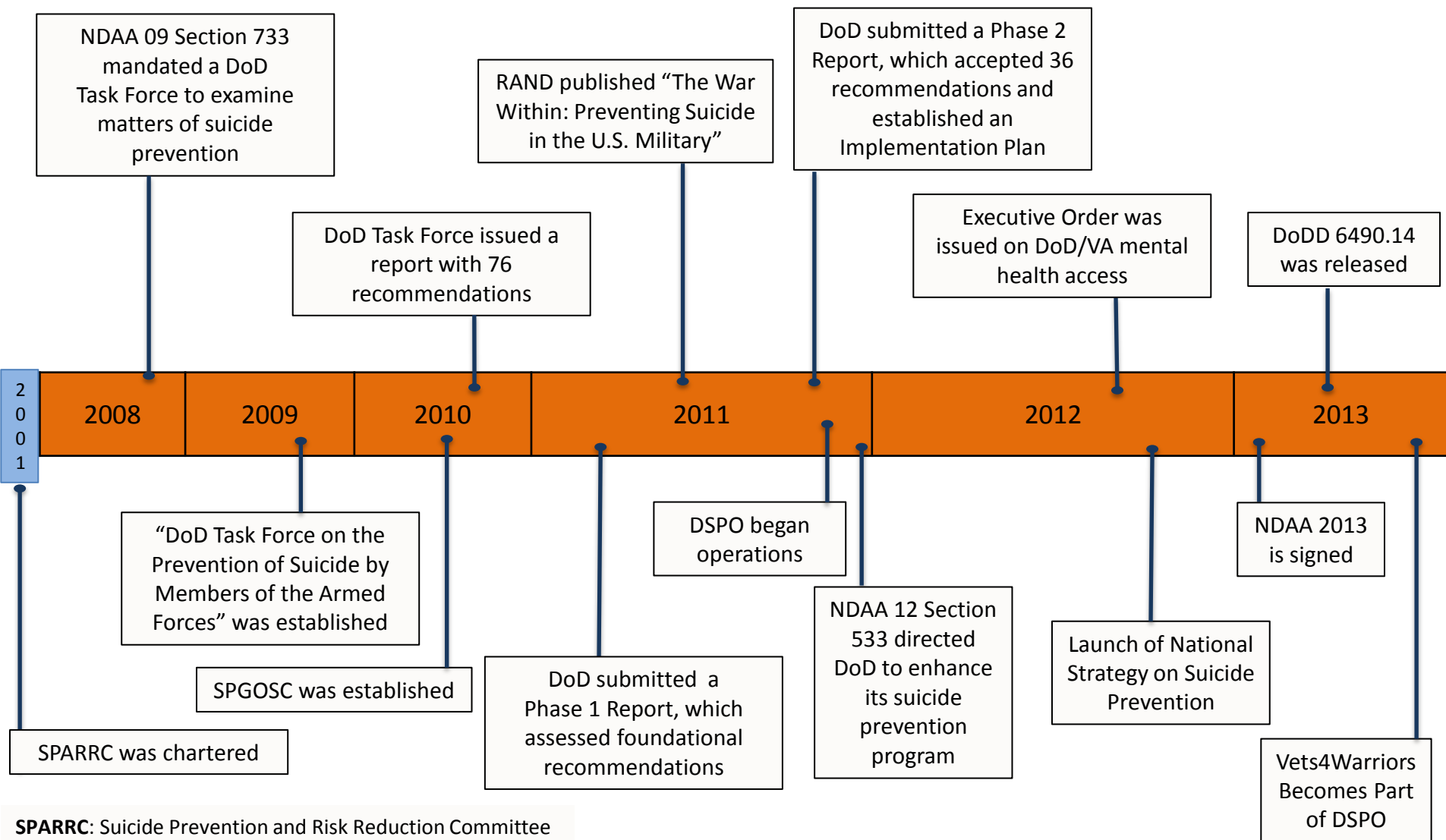


- **National Defense Authorization Act (NDAA) FY13**
 - **Sections 580-582** designate individual with responsibility for all DoD suicide prevention oversight
 - Mandates creation of a comprehensive suicide prevention policy (by July 1, 2013)
 - Allows mental health professionals and commanders to inquire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





Timeline: Evolution of DoD Suicide Prevention Program



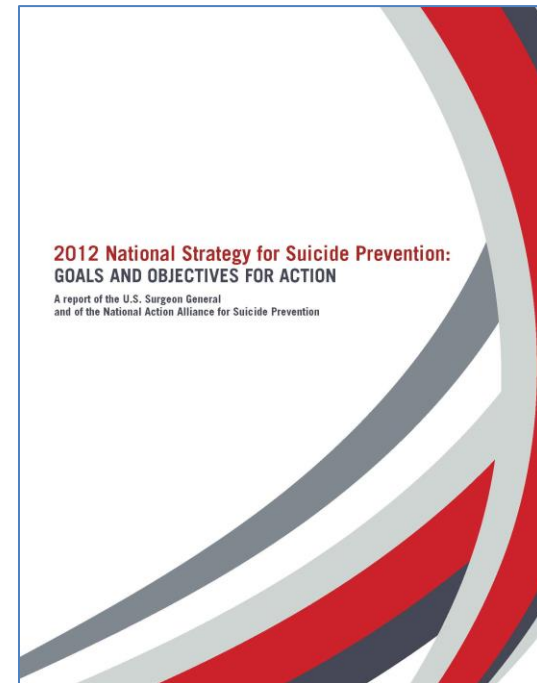
SPARRC: Suicide Prevention and Risk Reduction Committee
SPGOSC: Suicide Prevention General Officer Steering Committee





Progress and Accomplishments

- **Policy** – Issued the first DoD-wide comprehensive policy, DoDD 6490.14, on suicide prevention.
- **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.
- **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





Progress and Accomplishments

- **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.
- **Military Crisis Line Campaign** – Implemented an aggressive 12-month campaign with VA to increase awareness of DoD crisis support services. DSPO has participated in dozens of events and provided more than 54,000 crisis support materials.





Progress and Accomplishments

- **Suicide Prevention Month (SPM) Activities:**
 - Chaplains' Forum
 - Army Health Fair
 - DSPO Orientation Day
 - Warrior Care Policy Webinar
 - Summit on Community-based Approaches
 - Out of the Darkness Walk
- Provided materials to stakeholders for other SPM events:
 - Suicide Prevention 5K Run at **Camp Buehring in Kuwait**
 - Suicide Prevention Standdown at **Ft. A.P. Hill**
 - Events at installations including **Camp LeJeune, Ft. Leavenworth, and Ft. Riley**
 - Military Appreciation events at **Major League Baseball** games
 - Job-related event held by **Hiring Heroes** for wounded warriors and their families



Progress and Accomplishments

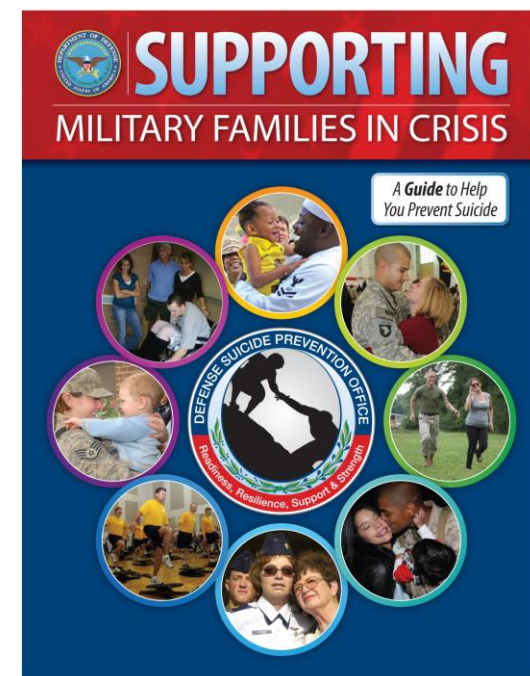


- **Military Family Guide**

- Provides information on suicide warning signs, risk factors, actions to help those in crisis, and more
- Published in August 2013
- Available for download at www.suicideoutreach.org and in print

- **Partners In Care** – Expanded program in which faith-based organizations provide services and support to members of National Guard and their families.

- Local faith-based organizations can bring hope and offer support and continuity of spiritual care to increase resilience
- Offers diverse, pluralistic, inter-faith network of participating faith communities
- Voluntary involvement



Progress and Accomplishments

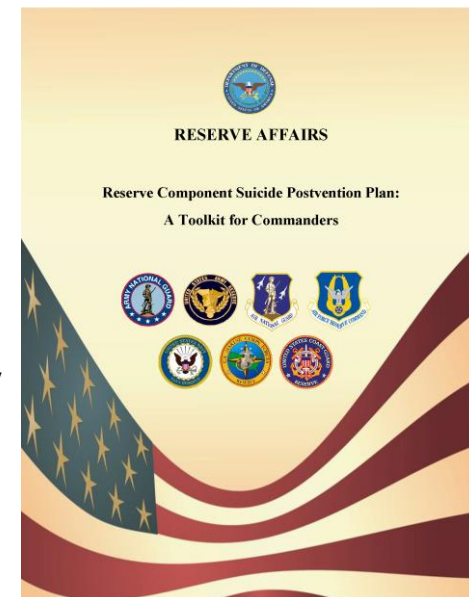
- **Gun Locks** – Distributed more than 100,000 gun locks to the Services through events nationwide to promote safety and reduce gun-related suicides.
- **Lethal Means Reduction** – Defined policies to ensure the safety of high-risk individuals from military and privately-owned weapons.
- **Drug Take-Back** – Developed 14 recommendations with DoD pharmacists for the delivery and disposal of unwanted or unused medications.





Progress and Accomplishments

- **Reserve Component Suicide Postvention Plan** – Expanded distribution of a toolkit that provides commanders with insight and guidance for supporting their unit, families and communities after a suicide event.
- **SF-86 Strategic Campaign Plan** – Launched effort to minimize false perceptions regarding the impact of behavior healthcare on personal security clearances.
- **Vets4Warriors** – Established oversight of a peer counseling and outreach program for Service members and their families.
- **Suicide Prevention and Resiliency Resource Inventory (SPRRI)** – Assessed needs of National Guard & Reserve leaders and support professionals; issued recommendations to improve prevention and resilience.
- **Translation and Implementation of Evaluation, Research and Studies (TIERS)** – Developed a framework for the translation of suicide prevention research and evidenced-based practices into policies and programs.



Looking Forward: Activities Through 2013 and Beyond



- Conducting oversight of **DoDD 6490.14** implementation by the Services
- Fulfilling **NDAA 2013** requirements
- Expanding efforts with VA to respond to **2012 EO** to enhance the mental health services of Service members, Veterans and their families
- Improving **data fidelity** through partnerships with VA and CDC
- Implementing DoD-wide **program evaluation** in measures of efficiencies and effectiveness
- Exploring for Service members use of **therapeutic sentencing** techniques developed by Veterans Treatment Courts in military justice proceedings
- Taking co-leadership of the **MilVets** Task Force for the Action Alliance



Looking Forward: Enhancing 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: Enhancing Resilience

- In 2013 DSPO-led workgroup meetings confirmed Joint Chiefs of Staff's definition of resilience as "the ability to withstand, adapt, recover, and or grow in the face of challenges and demands."
- Through policy guidance and identifying best practices, DSPO aims to use Total Force Fitness to boost readiness and resilience.



- Populations targeted for resilience efforts:
 - Individual
 - Family
 - Unit
 - Active Duty
 - Reserve
- Initiatives will address the resilience needs of the military through several focus areas to offer a comprehensive, holistic, and expanded approach to suicide prevention.



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