

1 Small ACT



**Your ACTions Could Save a Life: 3 Ways to
#BeThere for Every Sailor, Every Day**

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Objectives

1. Share current and emerging best practices from the suicide prevention industry that gatekeepers can tailor and incorporate into their toolkits.
2. Educate gatekeepers on lessons learned from Navy's annual "Deep Dives," better enabling them to protect Sailors, detect challenges and connect them with resources.
3. Promote a safe, cohesive and consistent suicide prevention narrative across the Navy through evidence-informed messaging and materials to support local engagement.

Navy Suicide Prevention Branch

Navy Suicide Prevention Branch, OPNAV N171, is comprised of the Suicide Prevention and Operational Stress Control (OSC) Programs.

Together, these programs provide policies, resources and support to the fleet, helping to foster an organizational climate that supports and develops leaders, builds resilience and encourages Total Sailor Fitness.

The goal of the Navy Suicide Prevention Program is to reduce suicides by enabling Sailors—through knowledge, personal responsibility and resources—to thrive as a psychologically healthy, resilient and mission-effective force.



Every leader has a responsibility to foster a command climate that encourages Sailors to seek help, receive help and be welcomed back to the unit.

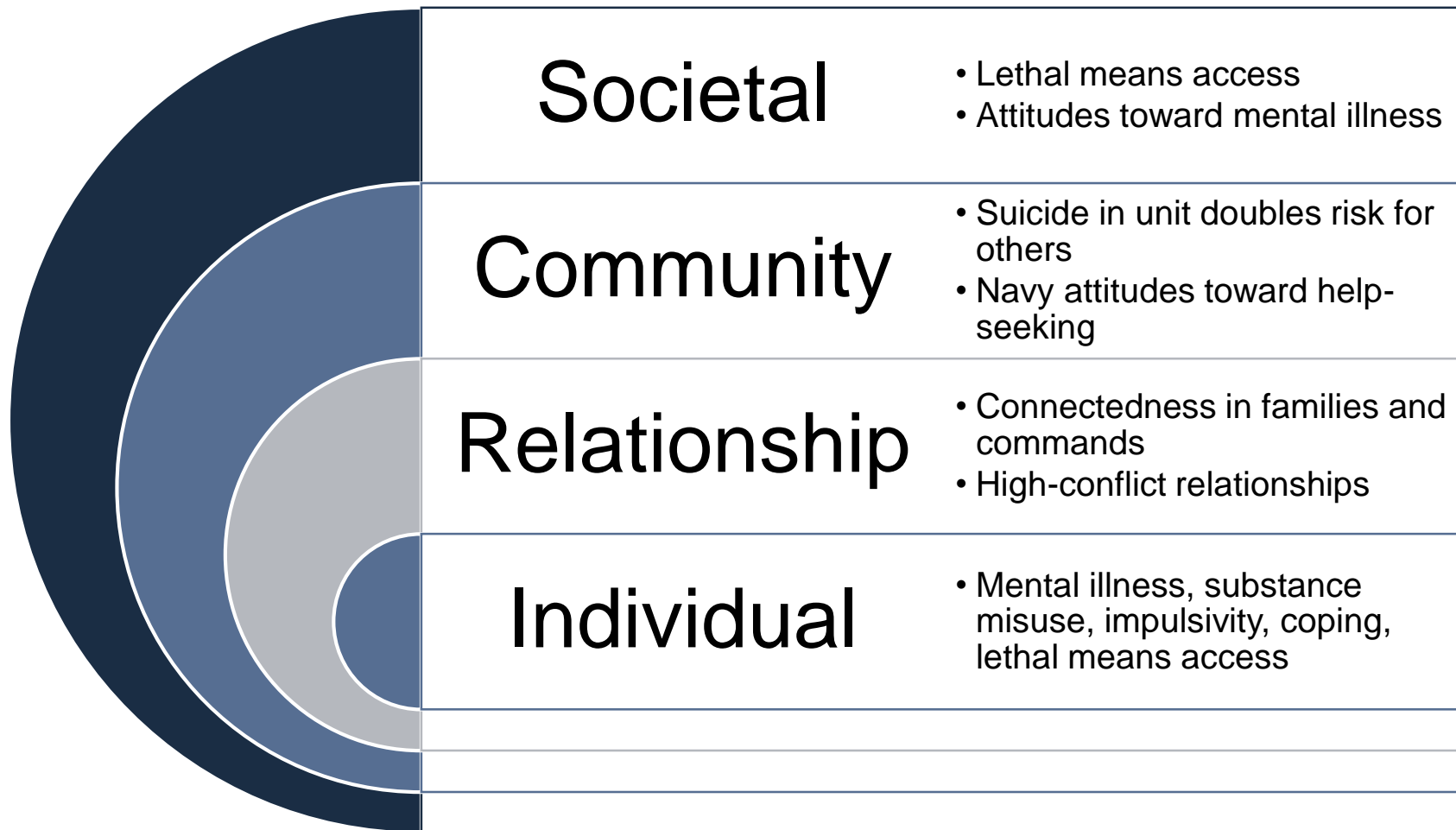
Program and Policy Updates

Since last year’s webinar, OPNAV N171 has continued to strengthen its programmatic and policy efforts based on lessons learned from case reviews and industry best practices, stakeholder feedback and fleet engagement.

Policy	Programs	Training & Communication
<ul style="list-style-type: none"> • Command Resilience Team established • Integration with other 21st Century Sailor Office policies 	<ul style="list-style-type: none"> • Sailor Assistance and Intercept for Life (SAIL) program refinement • Limited quantities of free gun locks made available at Fleet & Family Support Centers (FFSCs), Navy Operational Support Facilities (NOSCs) and Military Treatment Facilities (MTFs) 	<ul style="list-style-type: none"> • Released new Navy Suicide Prevention Handbook • Developed Gatekeeper Training for ombudsmen, transient personnel unit and barracks staff, schoolhouse instructors and legal staff • Campaign developed educational resources on lethal means safety



Deep Dive Findings Ecological Model



Who is at Risk?

HISTORY

- Prior suicide-related behavior
- Mental health treatment

RESOURCES

- SAIL
- Placemat
- Embedded mental health
- Chaplains

DISRUPTED SOCIAL NETWORK

- Transition (pending demotion/PCS/upcoming separation from the Navy/retirement)

RESOURCES

- Gatekeeper training
- VA Safety Plan
- Columbia Scale
- Transition GPS

JUDGEMENT FACTORS

- Sleep problems
- Recent event causing anger
- Under the influence of alcohol

RESOURCES

- Circadian Watch Bill
- "Keep What You've Earned"
- "Prescription for Discharge"

Compressed Intervention Window

ONGOING STRESSORS

- Experienced loss
- Intimate relationship problems
- Work problems
- Disciplinary/legal issues
- Financial issues
- Life event

RESOURCES

- Gatekeeper training
- One Love training
- Command Resilience Team
- FFSC
- DPL-OSC/NAVOSC-Lead/Family Course

WARNING SIGNS (IS PATH WARM)

- Ideation
- Substance Abuse
- Purposelessness
- Anxiety
- Trapped
- Hopelessness
- Withdrawal
- Anger
- Recklessness
- Mood Changes

RESOURCES

- ACT
- SAIL
- Embedded mental health

ACCESS TO LETHAL MEANS

RESOURCES

- Voluntary storage of personal firearms
- Barracks modifications
- Gun locks

DISTORTED THINKING AND LETHAL ACTION

Reshaping Perceptions on Seeking Help

- Deep Dive findings, audience research and military studies indicate that service members are less likely to seek help due to:
 - Fear loss of career, security clearance and trust
 - Worry about gossip, judgment and loss of privacy
 - Desire to manage problems alone
- All must work to reshape negative perceptions about seeking help through promoting truths and normalizing discussion of psychological health.



KNOW THE FACTS:
 Less than 1% of security clearance denials and revocations involve psychological health concerns.

1 SMALL ACT CAN MAKE A DIFFERENCE.

Reach out to your nearest medical provider or the Military Crisis Line at 1-800-273-TALK.

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 #BeThere for Every Sailor, Every Day.

Individuals

- Protect
 - Learn healthy ways to navigate stress and practice self-care.
 - Talk about stress and challenges with peers, mentors, professionals.
 - Practice lethal means safety at home by using a gun lock and securing firearms during times of increased stress and properly disposing of unused prescriptions.
- Detect
 - Know your Stress Zone (green, yellow, orange, red).
 - Recognize your own warning signs (changes in mood, behavior, substance use, activities, outlook).
- Connect
 - Stay connected to family, friends and leaders.
 - Seek help early. Confidential support is available in person, via phone and text. Reach out to medical, FFSC or Deployed Resilience Counselor.
 - Engage in meaningful activities (volunteer, clubs, worship, mentor).



Family and Friends

- **Protect**
 - Discuss psychological health and stress openly as a part of daily conversation. Promote self-care and seeking help.
 - Practice lethal means safety at home by using a gun lock and securing firearms during times of increased stress and properly disposing of unused prescriptions.
 - Seek support for stressors before they compound.
- **Detect**
 - Stressors that may increase risk include financial challenges, legal issues, relationship problems, transitions and substance abuse.
 - Trust your gut: take statements about not wanting to live or wanting to end it all seriously.
 - Watch for signs in-person and on social media.
- **Connect**
 - If you notice signs, reach out to coworkers, leaders and friends who spend time with Sailor to connect the dots.
 - Reshape negative perceptions about seeking help. It works!
 - Be familiar with resources for stressors (Navy Chaplains, FFSC, medical, Military Crisis Line, BeThere Peer Support).

Leadership

- **Protect**
 - Foster a climate supportive of psychological health. Have open discussions about stress and consistently promote seeking help. Lead by example.
 - Be familiar with and have a plan to implement NAVADMIN 263/14.
 - Ensure that your command has an OPNAV-trained suicide prevention coordinator who is fully executing all required responsibilities.
- **Detect**
 - Recognize and mitigate risk factors (transitions, legal issues, losses, relationship problems, connectedness).
 - Engaged leadership is essential. Know your Sailors.
 - Establish and leverage your Command Resilience Team.
- **Connect**
 - Establish a relationship with families to promote connectedness and recognize distress. Encourage engagement with peer groups, resources and organizations.
 - Ensure that all Sailors identified with a suicide related behavior are referred to the [SAIL Program](#).
 - Understand [communications](#) between line leaders and mental health providers.



Medical

- Protect
 - Ask about lethal means and promote lethal means safety (firearms, proper disposal of unused prescription drugs).
 - Collaborate with commands to identify risk factors and disposition.
 - Identify challenges and help Sailors mitigate them: CBT-I for insomnia, self-referral for alcohol misuse, dietitian referral for help with nutrition.
- Detect
 - Be vigilant and use evidence-based tools to identify risk, such as Columbia Suicide Severity Rating Scale.
 - SADPERSONAS and other pnuemonics may be inadequate.
 - Recognize risk factors and warning signs (relationships, social support, impulse control, past self-harm). Utilize VA Safety Plan.
- Connect
 - Understand [communications between line leaders and health providers](#) to connect the dots and promote smooth reintegration.
 - Be familiar with and encourage participation in [SAIL](#) for Sailors with SRB.
 - Promote seeking help, including [InTransition](#) and [BeThere Peer Support](#).

Preventing Navy Suicides



Postvention

- Reporting
- Learn and prevent future suicides
- Aid survivors

Crisis Response

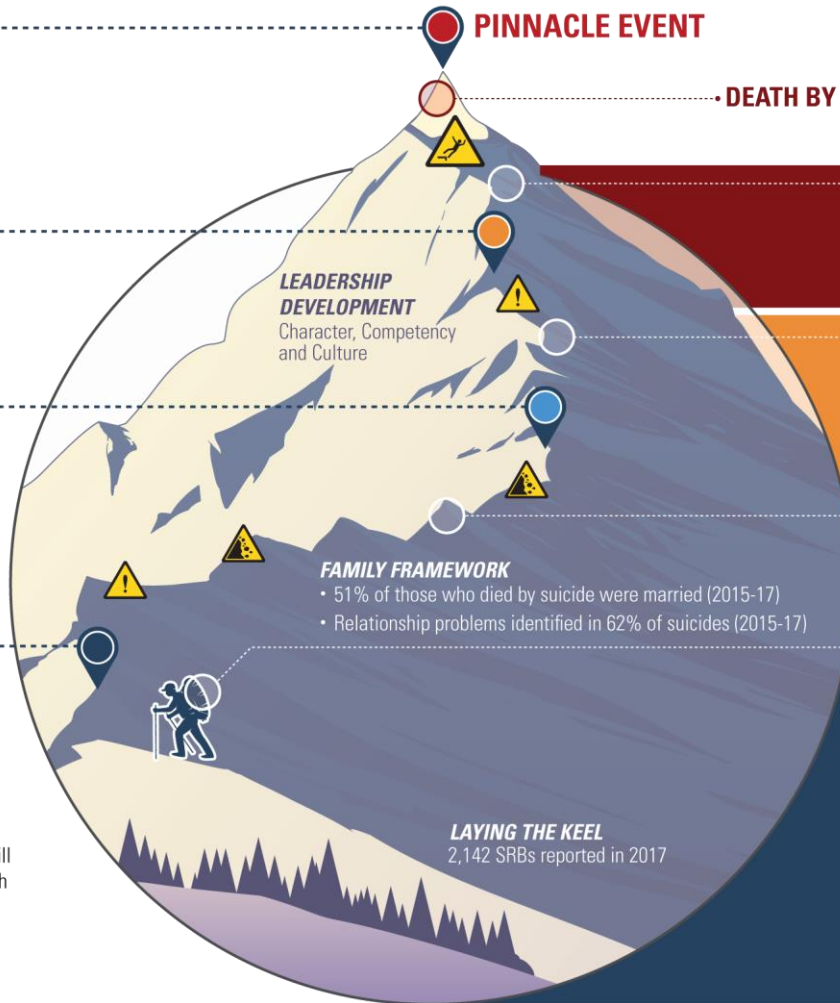
- Medical assessment, treatment, follow up
- Identify and intercept
- Bolster mental health
- Encourage reporting
- Reduce stigma
- Sensitize Workforce
- SAIL

Vigilance & Early Intervention

- Recognize risk factors
- Connect the dots by leveraging data
- Ask and Care
- Utilize counseling resources
- Targeted social media
- Help Seeking Culture/ CO emails
- Gatekeeper Training
- HM Training Curriculum
- Deckplate Awareness
- ASIST, safeTALK

Fostering Resilience & Belonging

- Operational Stress Control
- Life Skills
- 21st Century Portfolio
- Command Resilience Team
- Great Lakes Resilience Pilot
- Toughness Training
- Kognito Pilot
- Lethal Means Safety (gun locks, barracks modifications)
- GMT
- PHA
- Deployed Resilience Counselors
- ACT
- SAIL
- Gatekeeper Training
- VA Safety Plan
- Columbia Scale
- Sleep Circadian Watchbill
- Embedded Mental Health
- One Love Training
- FFSC Programs



SUICIDAL BEHAVIORS

- Changes in personality and/or appearance
- Dangerous or self-harmful behavior
- Making preparations
- Threatening suicide

WARNING SIGNS

- Ideation
- Substance abuse
- Purposelessness
- Anxiety
- Trapped
- Hopelessness
- Withdrawal
- Anger/rage
- Recklessness/impulsive behavior
- Mood changes
- Shame
- Guilt

RISK FACTORS

- Transition
- Experienced loss
- Life event
- Intimate relationship problems
- Work problems
- Disciplinary/legal issues

NAVY PROTECTIVE FACTORS

- Self-care and spirituality
- Connectedness with community, family and friends
- Wellness (proper nutrition and physical fitness)
- The desire to "take care" of one's health
- Sense of self-worth
- Sense of purpose and personal fulfillment
- Contribution or responsibility to others
- Sobriety
- Access to mental and physical health care
- Finding positive meaning in one's life
- Optimism
- Beliefs that support self-preservation
- Problem solving and non-violent conflict resolution skills
- Restricted access to lethal means
- Positive Command Climate

ATTACK THE BASE OF THE MOUNTAIN TO PREVENT THE PINNACLE EVENT

#BeThere for Every Sailor, Every Day.



Resources to #BeThere for Every Sailor, Every Day

New evidence-informed messaging and materials are available through the Every Sailor, Every Day campaign's [FY-19 1 Small ACT Toolkit](#) to promote a safe narrative on psychological health and encourage seeking help. Additional resources include:

OPNAV N171 Resources	Confidential Support	Additional Resources
<ul style="list-style-type: none">• www.suicide.navy.mil○ Navy Suicide Prevention Handbook○ SAIL○ Gatekeeper Training○ Informational Products	<ul style="list-style-type: none">• Military Crisis Line• Military OneSource• InTransition	<ul style="list-style-type: none">• Defense Suicide Prevention Office• Suicide Prevention Resource Center• Means Matter (Harvard School of Public Health)

