



Army Reserve Suicide Prevention Program Information Briefing



The Four Pillars of the AR Suicide Prevention Program

1. Educating the entire force.
2. Reducing stigma associated with asking for help with behavioral/mental health issues.
3. Providing/accessing resources to AR Soldiers, Families, and Civilians access resources.
4. Involving Families in suicide prevention training.





Army Reserve Suicide Prevention Program Information Briefing

EDUCATING THE FORCE

- **Soldier Training**
 - ACE
- **Unit Training**
 - Phases I-III, Suicide Stand-down.
- **Leader Training**
 - Army Reserve Pre-Command Course.
- **Peer Training**
 - Applied Suicide Intervention Skills Training (ASIST) for trainers.





REDUCING STIGMA

- **The Army Campaign for Health Promotion, Risk Reduction and Suicide Prevention.**
- **New suicide prevention video and training with RC vignettes.**
- **Army Suicide Prevention Awareness Training for Army Reserve Families and DA Civilians.**





PROVIDING/ACCESSING RESOURCES

- **Suicide Prevention Program Manager.**
- **Military One Source.**
- **Post Deployment Health Re-assessment.**
- **Quick Reference Guide for suicide prevention.**





INVOLVING FAMILIES

- **Strong Bonds Training.**
- **Yellow Ribbon Program.**
- **Suicide Prevention Training included in Family Program Academy curriculum.**



The Army Reserve had 35 suicides for Calendar Year (CY) 09:

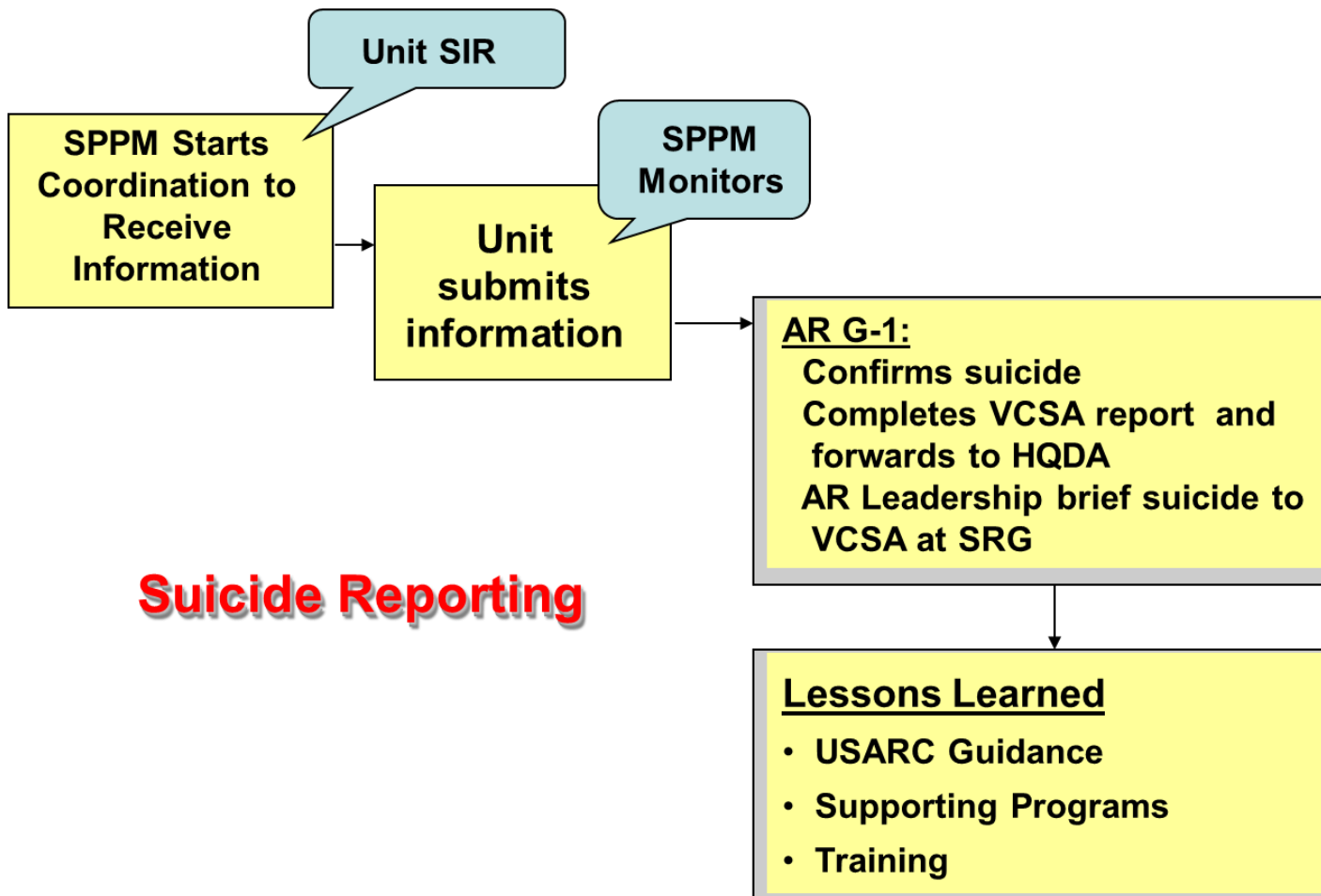
- No definitive trends were indicated in any of the suicides.
- Nothing suggests "mobilization" is a factor.

CY04	CY05	CY06	CY07	CY08	CY09*	CY10
8	21	20	23	27	35	4

* Three of the 35 were Army Reserve Soldiers on Active Duty.



AR Suicide Reporting Process



Suicide Reporting





REDUCING STIGMA

- **Command Team memo**
- **Concept Plan**
- **Employer Awareness Campaign**





PROVIDING/ACCESSING RESOURCES

- **VA (hotline, suicide program manager, benefits)**
- **On-demand assistance**
 - **Regional Directors of Psychological Health**
 - **Joint Family Service Assistance Team**
 - **Red Cross Psychological First Aid Course**





CHALLENGES

- Only One Full-Time Suicide Program Manager for entire Army Reserve Force
- Benefits/entitlement depend on multiple factors
- Dispersed population
- Reporting is determined by information provided by Family, law enforcement, other sources
- Command/staffing capability



CHALLENGES

- Care coordination is not available
- Limited visibility
- IRR/IMA population
- Inequities between the components
- Statue of the Union: employment, health insurance
- Others



WAY AHEAD

Army Reserve Health Promotion, Risk Reduction, Suicide Prevention Task Force (implementation of AR 600-63)

Establish an accountability process for ASIST trainers / trainees

Seeking funding for additional resources

Partner with other components, services, federal and non-federal organizations

Strengthen marketing of available resources (i.e. Give an Hour, SOFAR, Freedom Care, etc.)

Advocate for behavioral health evaluations for high risk Soldiers identified by PHA/PDHRA/Self





SUMMARY

The AR continues to use every available resource to prevent AR Soldier suicides.

