

Navy Suicide Prevention Program

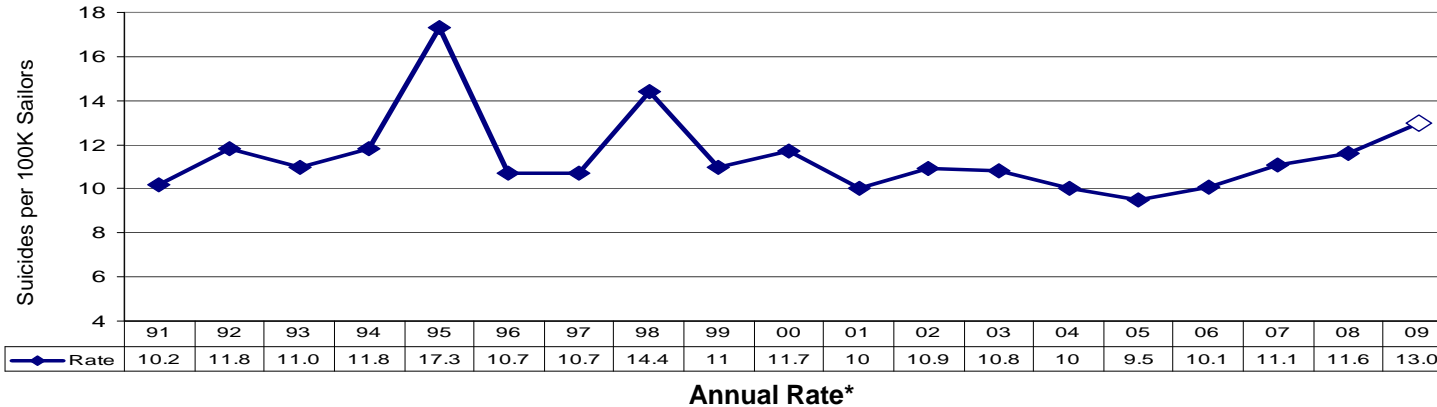


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Navy Suicide Prevention Overview



*2009 preliminary rate includes confirmed suicides and ongoing investigations through 21 Dec 09

Profile of Event

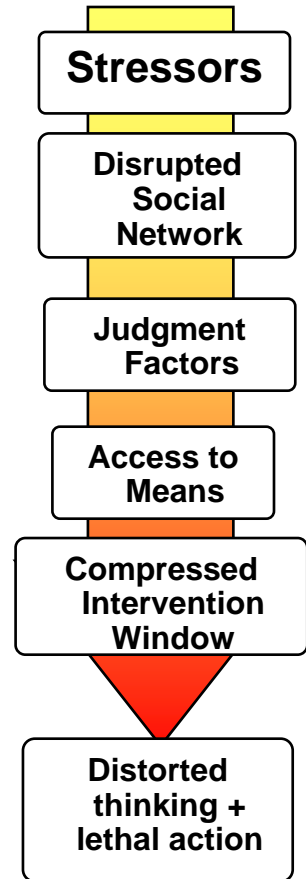
- In private residence (63%)
- On liberty (76%)
- Used firearm or hanging (51% / 26%)
- Alcohol likely used (38%)

73% showed no evidence of support service use in the 30 days before death

Data from DONSIR 1999-2007 Findings

Factors and Stressors

- **Relationship problem** 60%
- Work related problems 50%
- Discipline/legal action 39%
- Physical health problems 35%
- Psychiatric history 30%
- Recent emotional state
 - Depression 37%
 - Anxiety 28%
 - Guilt/Shame 25%
- Alcohol misuse past year 29%





Compliance and Efficacy Check

Behavioral Health Quick Poll May 2009

83% of Sailors were trained

- Command (47%)
- Computer (41%)
- Other (12%)

72% of Sailors know Ask-Care-Treat

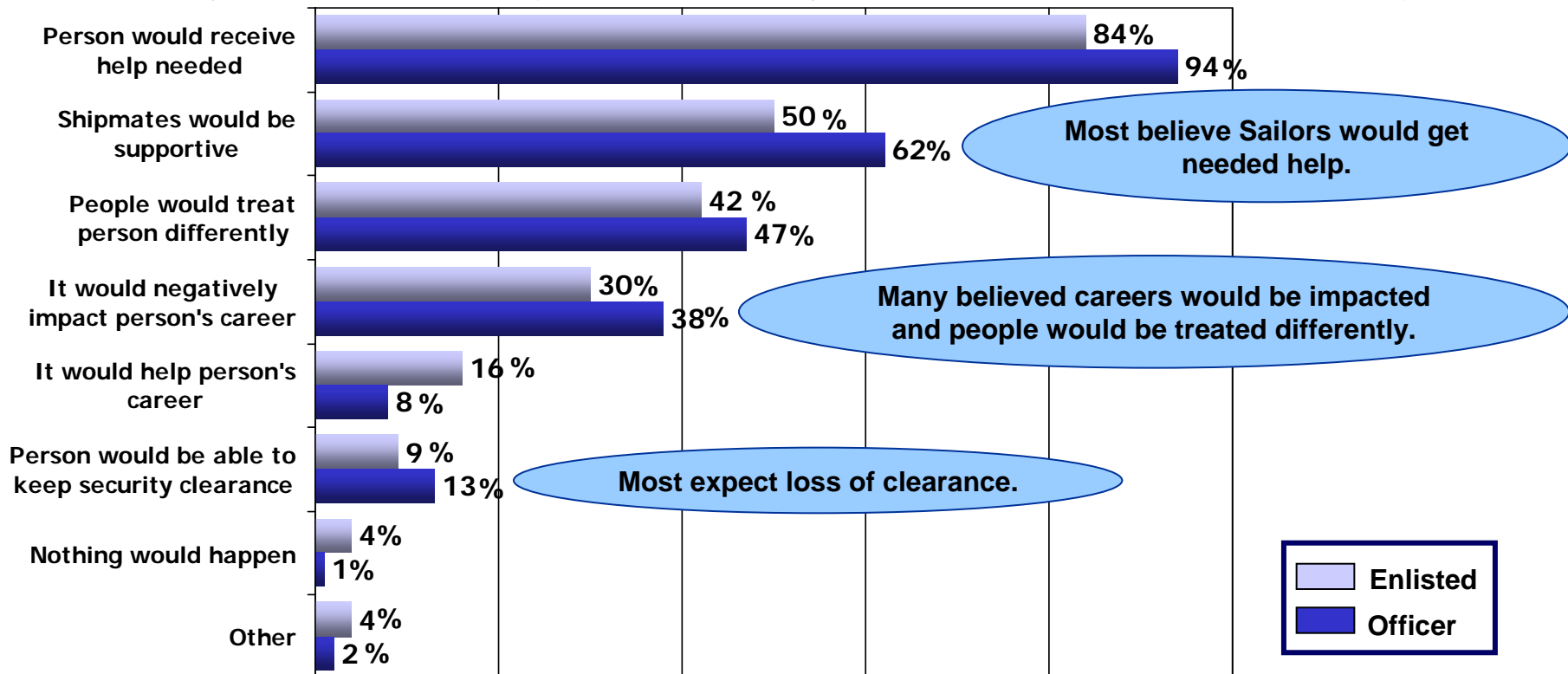
76% prefer live trainers

More than 86% of Sailors feel they know what to do

62% say actions are being taken at their command to prevent suicides

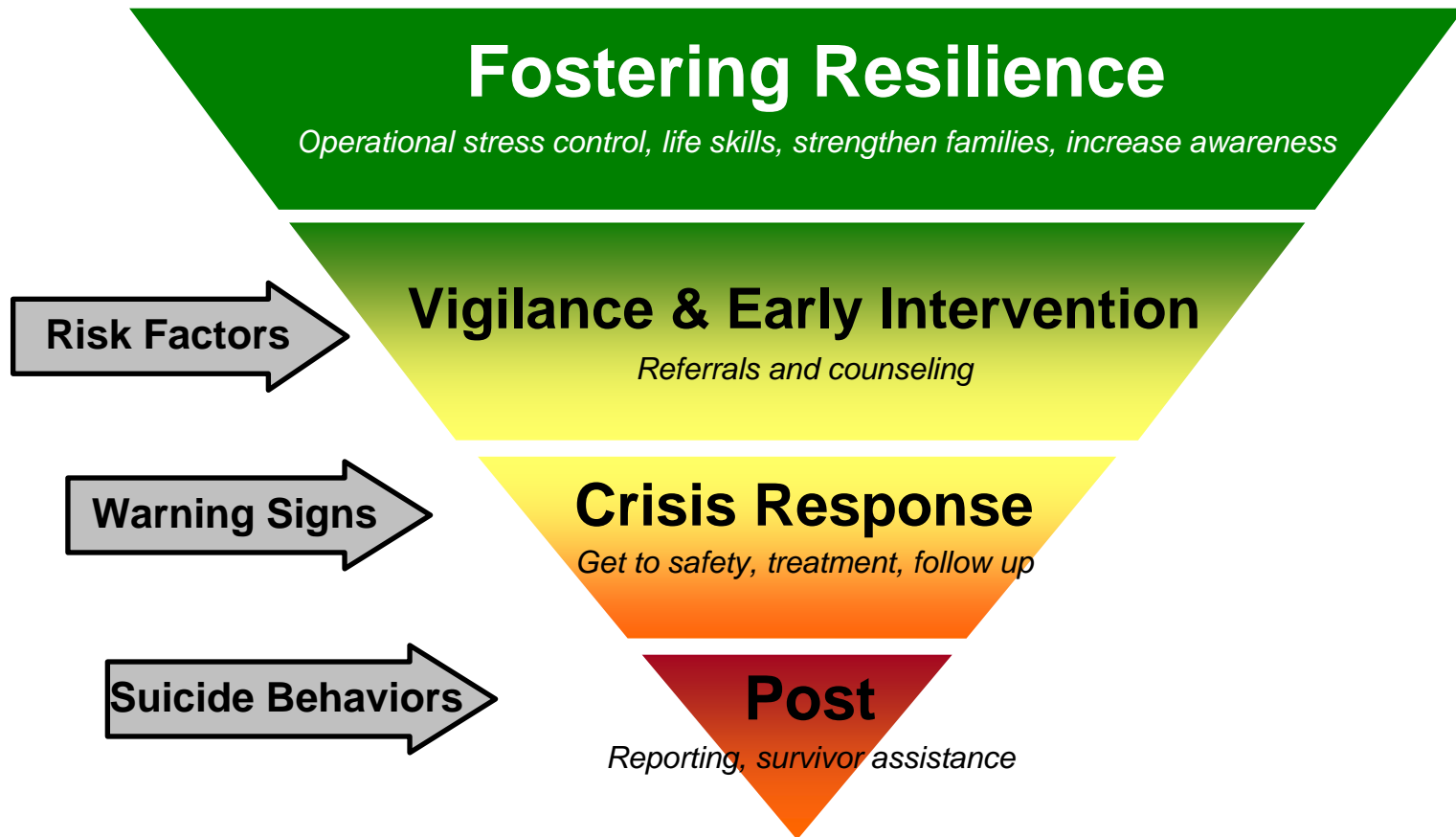
About half know their Suicide Prevention Coordinator (SPC)

If a Sailor sought help from the Navy for suicidal thoughts or actions, what would be the likely results?






Navy Program Update



Comprehensive prevention and family support



**Warning signs
of suicide are
not always this
obvious...**

ACT.

ASK - CARE - TREAT

ASK if someone is thinking
about suicide.

Let them know you **CARE**.

Get them assistance
(**TREAT**ment) as soon as
possible.

Life counts.



BACKUP



Navy Suicide Prevention Overview

Initiatives	Way Ahead
<ul style="list-style-type: none">• Navy Operational Stress Control Program<ul style="list-style-type: none">– Resiliency focus across training continuum– Strategic Communications and outreach– Assessment and analysis– Policy, doctrine, and make Program of Record– 70,200 trained (FY09)• Reaching and including families in education and awareness efforts• Command Suicide Prevention Coordinator network supported by:<ul style="list-style-type: none">– Hands on training (Peer to Peer, Video, Front Line Supervisor)– Communications and outreach materials• Specialty Training<ul style="list-style-type: none">– First Responder Seminars– Provider training– Leadership and Fleet Summits• Reserve Component Outreach<ul style="list-style-type: none">– Psychological Health Outreach Teams– Returning Warrior Weekends– DODSER collection for SELRES suicides and attempts	<ul style="list-style-type: none">• Build a culture of resilience• Ensure suicide prevention training and programs are aligned, effective, resourced, and globally reaching• Remove barriers and stigma associated with use of support services and enable reintegration for career continuation• Achieve a sustainable Life-Work balance that recognizes restoration time (e.g., OPTEMPO)• Establish clear guidance for crisis response• Continue to focus on reducing drug and alcohol abuse• Continue to measure and report via Tone of the Force Report



Concerns

- **Reaching and including families in education and awareness efforts**
- **Building a culture of resilience**
- **Ensuring suicide prevention training and programs are aligned, effective, resourced, and globally reaching**
- **Reducing barriers and stigma to personnel to use support services and reintegrate to continue a career**
- **Achieving a sustainable balance that recognizes restoration time (e.g., optempo, work-life balance)**
- **Establishing clear guidance for crisis response**