



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

Suicide Prevention and Risk Reduction Committee (SPARRC)

**2011 DOD/VA Annual Suicide Prevention Conference
All The Way Home: Preventing Suicide Among Service
Members and Veterans**

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Chief, Prevention Division, Resilience and Prevention
Directorate, Defense Centers of Excellence**

SPARRC: Members and Purpose

SPARRC Member Agencies

Defense Centers of Excellence	Veterans Affairs	Army Navy Marine Corps Air Force Coast Guard
National Guard and Reserves	Telehealth and Technology	Armed Forces Chaplain Board
Tragedy Assistance Program for Survivors	Substance Abuse and Mental Health Services Administration	Center for Disease Control
Personnel and Readiness	Force Health Protection and Readiness	Armed Forces Medical Examiners

- The SPARRC provides a forum for building inter-service and VA partnership and coordination
- This committee is chaired by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury
- The Committee's goals include:
 - Improve suicide prevention programs across DoD
 - Provide support to medical, line, and community leaders
 - Monitor all suicide prevention and risk reduction activities
 - Make recommendations on policy and policy implementation

Resilience ★ Recovery ★ Reintegration

2010 SPARRC Accomplishments

2010 Accomplishments

Launched SPARRC Website

Developed a DoD Suicide Event Report (DoDSER) and data collection

Established the SPARRC Family Subcommittee

Implemented Standardized Suicide Nomenclature

Conducted SPARRC Postvention Analysis

Released RAND “The War Within” Suicide Report

Supported DoD Task Force Working Group

SPARRC Website

DoD/VA Suicide Outreach
Resources for Suicide Prevention

SPARRC Search this Site **SEARCH**

In Crisis?
Call the National Suicide Hotline
1-800-273-8255 Press 1

Main Navigation

- About Suicide
- Self Assessments
- Resource Library
- Videos

Service Links to Suicide Prevention

- Army
- Navy
- Air Force
- Marines
- Coast Guard

Shoulder to Shoulder: DA civilian training
views: 1
☆☆☆☆☆

Shoulder to Shoulder: I will never quit on
views: 1
☆☆☆☆☆

Gary Sinise PSA Video
views: 1
☆☆☆☆☆

Deborah Norville PSA Video
views: 1
☆☆☆☆☆

Deborah Norville PSA Video views 1
average: ☆☆☆☆☆
your vote: ☆☆☆☆☆

Welcome Feedback

The loss of an individual to suicide impacts family, friends, co-workers, and the community. SuicideOutreach.org is a comprehensive resource - here you will find ready access to hotlines, treatments, professional resources, and forums and multiple media designed to link you to others.

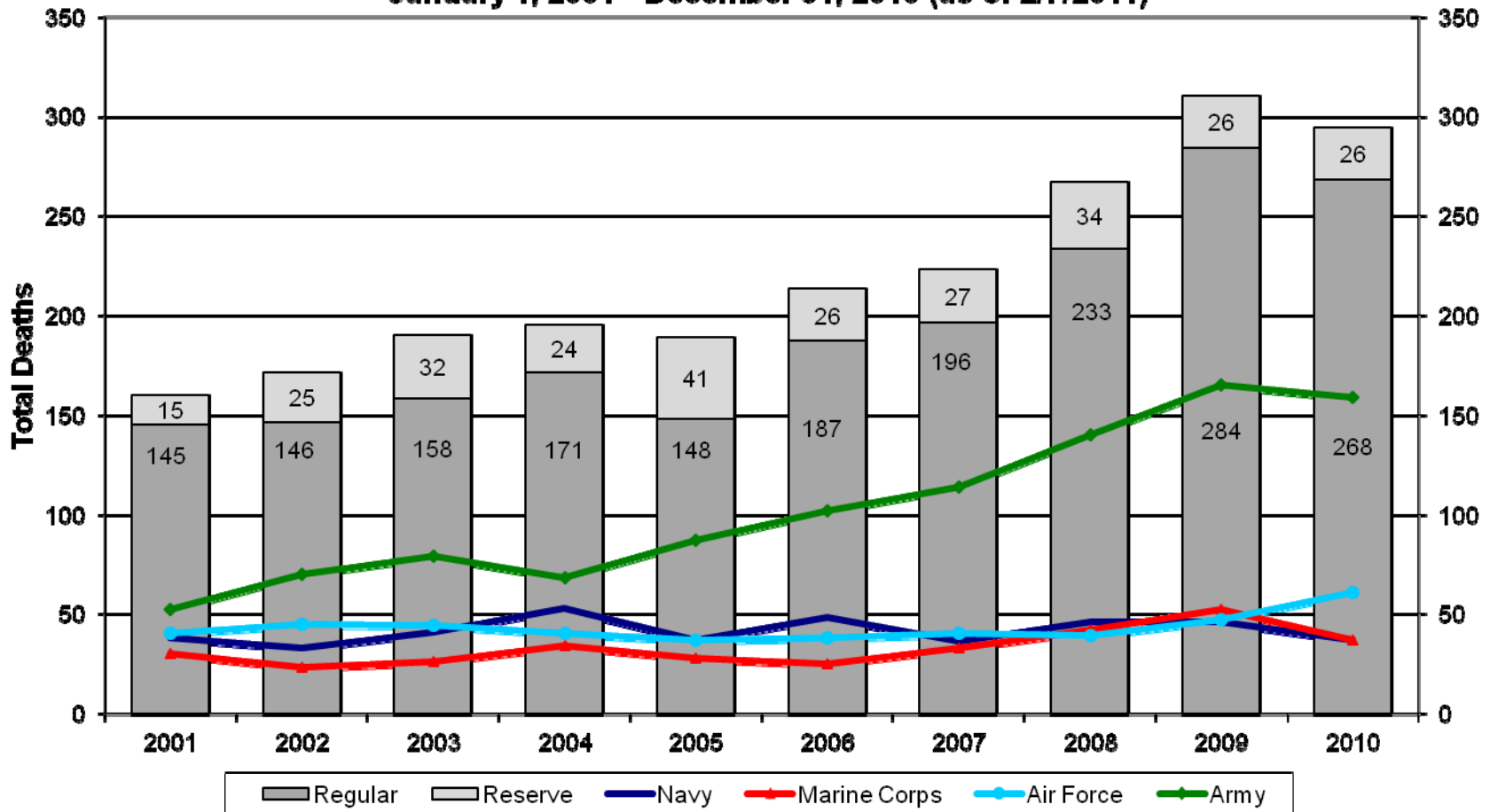
- The SPARRC website is a clearinghouse for suicide prevention information, contacts, innovative approaches and tools
- The website is a joint, collaborative space for service members, veterans, and their families to more fully utilize the benefits of current and future web technologies
- The site launched on 1 October 2010 and will continue to be developed
- The SPARRC website is not intended to replace any existing sites or resources

DoD Suicide Event Report (DoDSER)

<p>Background</p>	<ul style="list-style-type: none"> • Previously, the services collected suicide data through separate processes (e.g., ASER, SESS, DON SIR) • In order to develop a centralized, comparable collection process, all services worked with the SPARRC to develop a standardized system • The DoDSER was launched in January 2008
<p>Usage</p>	<ul style="list-style-type: none"> • The services submit DoDSERs via web form for all suicides <ul style="list-style-type: none"> ○ As determined by the Armed Forces Medical Examiners (AFMES) ○ Includes active duty; active Guard and Reserve; and activated Reserve and Guard ○ Some Reserve and Guard members whose death by suicide is not reported ○ Active duty suicide deaths may not be captured if AFMES is not involved • DoDSERs are submitted by behavioral health providers, health care providers or command appointed representatives
<p>Way Forward</p>	<ul style="list-style-type: none"> • The DoDSER requires updates based on user feedback, evolving needs and feedback from experts in the field • DoDSER item changes are made once a year in January, standardizing data collection for calendar year presentations • The proposed 2011 DoDSER changes have been made and are currently in the implementation phase

DoD Suicide Deaths by Service and CY

Confirmed and Suspected Active Duty Military Suicides by Component, Branch, and Year
January 1, 2001 - December 31, 2010 (as of 2/7/2011)



Resilience ★ Recovery ★ Reintegration

SPARRC Family Subcommittee

Empowering the Family Support Structure Through Opportunity, Information and Assistance

The subcommittee developed a report that highlights the importance of family support structure, a powerful tool in sustaining the mental health of service members, and makes recommendations that will empower the support structure through three tenets:

- Create *opportunities* for families to be active participants in supporting their service member
- Provide families with the *information* they need to act
- Ensure the path to obtaining *assistance* and services is simple and clear

The subcommittee agreed on the following as definitive sources of information:

- **SPARRC website** – central internet hub collecting links for suicide prevention information across all services
- **1 (800) 273-TALK (8255)** – central telephone hub for suicide prevention and crisis intervention
- Created the Ask-Care-Escort (“ACE”) card for families – includes a blank space to allow local information to be stamped onto the card prior to distribution
- Partnered with USAA non-profit to develop two reports for distribution across a wide audience that highlight suicide prevention resources

Suicide Nomenclature Policy

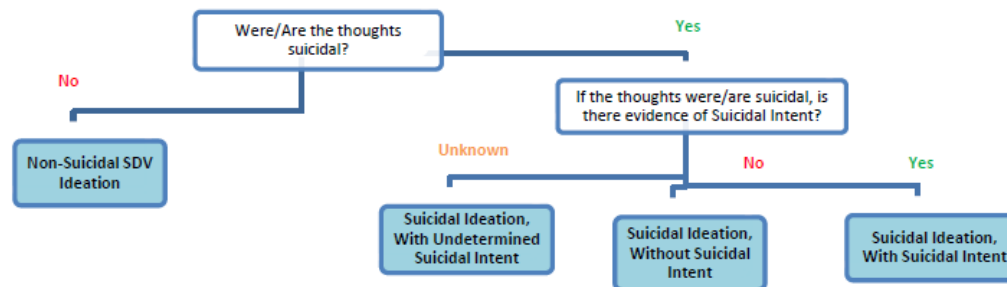
- SPARRC developed a standardized suicide nomenclature policy
 - o Representatives from DoD and VA proposed the agencies adopt the Centers for Disease Control and Prevention (CDC) self-directed violence classification system
 - o This has been approved as the basis for all future data collection and reporting

Self-Directed Violence (SDV) Classification System Clinical Tool

BEGIN WITH THESE 3 QUESTIONS:

1. Is there any indication that the person engaged in self-directed violent behavior, either preparatory or potentially harmful?
(Refer to Key Terms on reverse side)
If **NO**, proceed to **Question 2**
If **YES**, proceed to **Question 3**
2. Is there any indication that the person had self-directed violence related thoughts?
If **NO** to Questions 1 and 2, there is insufficient evidence to suggest self-directed violence → **NO SDV TERM**
If **YES**, proceed to **Decision Tree A**
3. Did the behavior involve any injury?
If **NO**, proceed to **Decision Tree B**
If **YES**, proceed to **Decision Tree C**

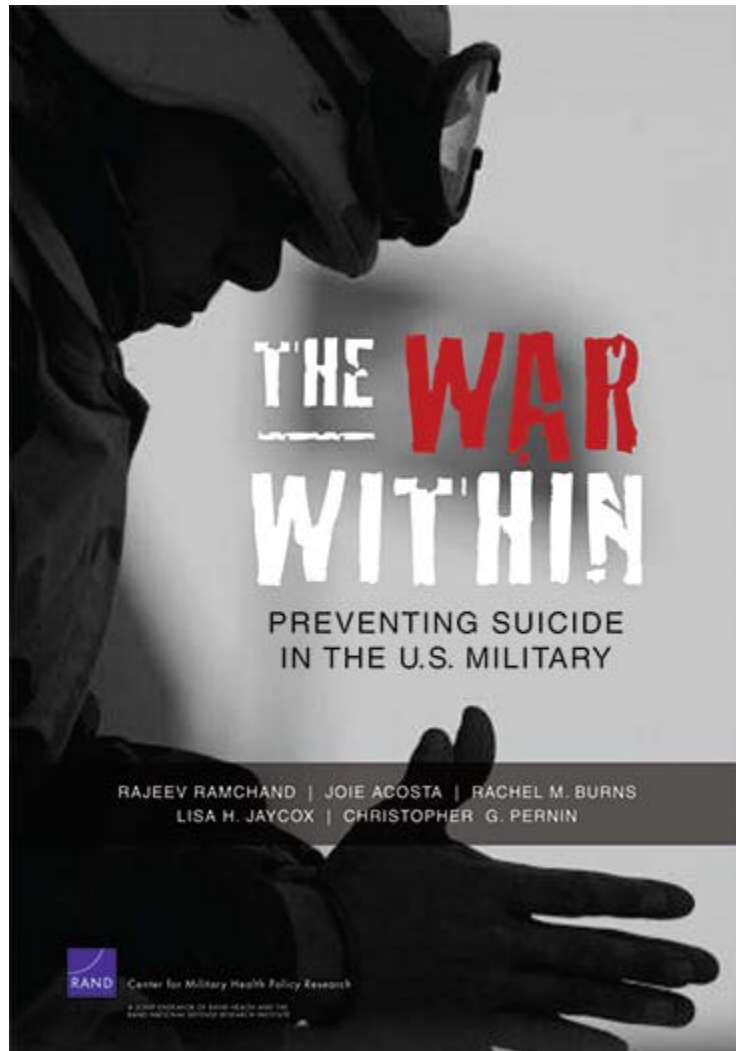
DECISION TREE A: THOUGHTS



Postvention Analysis

<p>Definition</p>	<p>The DoD Task Force defined postvention as the provision of crisis intervention, support and assistance for those affected by a suicide death. Postvention activities are related to reducing risk and promoting resilience after a completed suicide.</p>
<p>Analysis</p>	<ul style="list-style-type: none"> • Examined the current state of suicide postvention activities to identify gaps in knowledge and based on discussions among experts • Determined a need for consistent postvention policy across DoD • Identified areas where consistent guidelines would benefit overall DoD suicide prevention efforts • Provided an overview of postvention, current efforts, gaps in knowledge and recommended areas to develop guidelines and policies • Informed SPARRC and DoD policy makers of how to improve postvention efforts across DoD
<p>Way Forward</p>	<p>The recommendations made in the postvention analysis are currently under consideration by DoD as policy guidelines.</p>

RAND “The War Within” Military Suicide Study

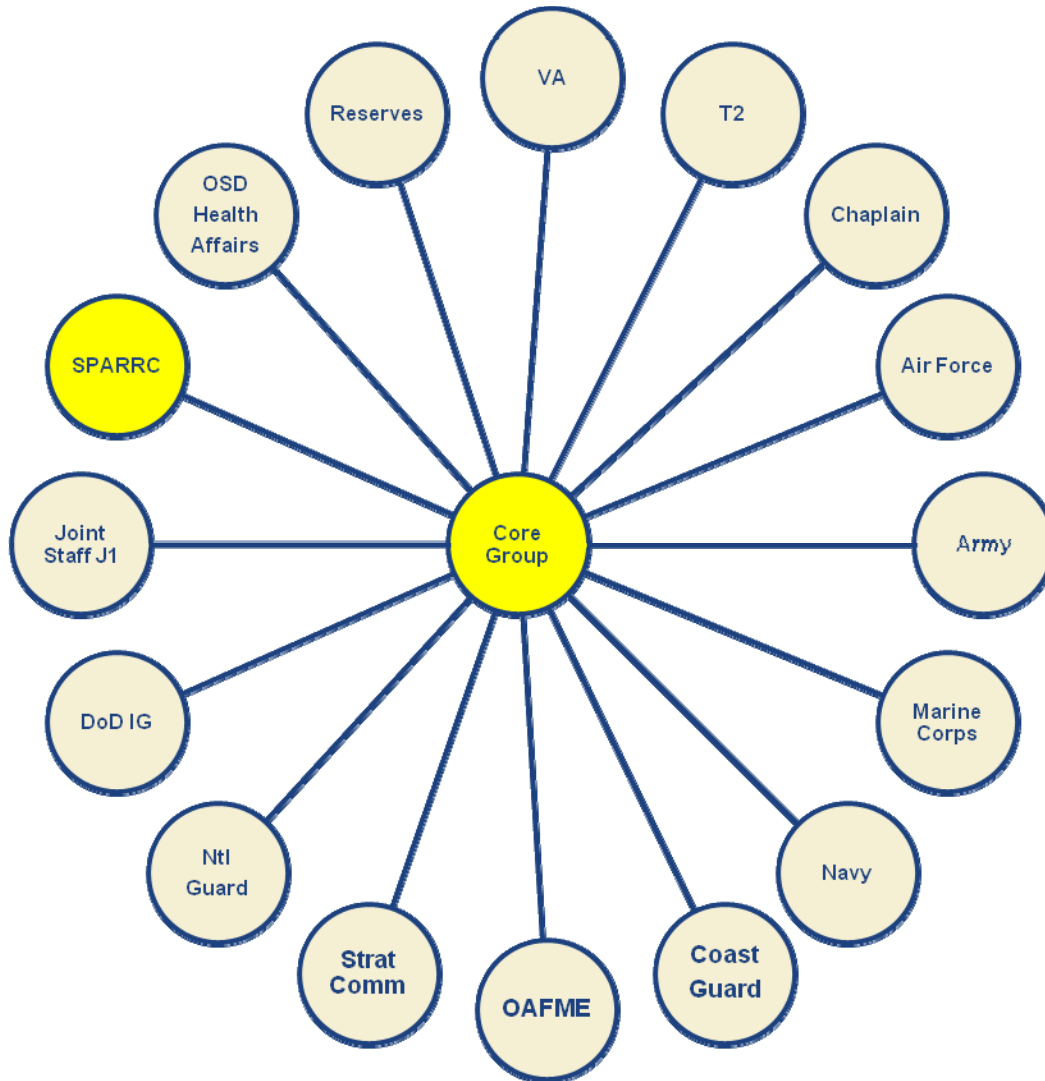


Key Messages

- RAND determined that there are **six key characteristics** across comprehensive suicide prevention programs
- RAND assessed DoD and service programs, evaluating them for the presence of the six characteristics
 - Results showed areas of success and areas for improvement
- RAND developed **14 recommendations** to strengthen DoD suicide prevention programs
- The report gives medical providers/military leaders a better understanding of the effectiveness of current suicide prevention programs
- The recommendations will enable health professionals and leaders to refine existing programs and/or develop new suicide prevention strategies based on best practices

DoD Suicide Prevention Task Force Work Group

Task Force Response Group



SPARRC Involvement

- The DoD Suicide Prevention Task Force report became public in August 2010
- Congress mandates that DoD respond to the task force report
- SPARRC chair is a member of the core group responding to the report
- SPARRC is in a supportive role to the work group
- SPARRC chair and members will be involved in all three phases of the response to the report:
 - Phase One—Initial Review and Response
 - Phase Two—Implementation Plan Development
 - Phase Three—Execute Sustained Governance Process

Questions

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