



LIFELINK

NEWSLETTER

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New Suicide Prevention Program, News & Events

Submit your Suicide Prevention Month Efforts for DoD-Recognition

Each September, Suicide Prevention Month—led by the 21st Century Sailor Office's Suicide Prevention Branch—serves as an extended launch for sustainable and tailored local engagement throughout the upcoming fiscal year. Last month, the branch's *Every Sailor, Every Day* campaign introduced new applications of its primary message, 1 Small ACT, addressing ways to support one's own psychological and emotional health through self-care, while promoting Navy's evidence-based prevention and intervention resources. Additionally, the campaign continued to encourage ways to build strong relationships and communities by remaining actively engaged with others, aligning with the Defense Suicide Prevention Office's newest theme, "**Be There.**"

While Suicide Prevention Month may have come to a close, engagement across the fleet is just getting started. Now is a good time to reflect on your local kick-off efforts from September and share best practices DoD-wide. To that end, the Department of **Defense Suicide Prevention Office (DSPO)** has provided the opportunity for installations to be recognized for their Suicide Prevention Month efforts. DSPO will recognize one outstanding installation from each of the services and one from either the Reserves or National Guard for their efforts in suicide prevention and promotion of community engagement during September 2016. DSPO will honor the recipients during the 2016 Suicide Prevention Month Outreach Recognition Ceremony in mid-November at the Pentagon.

Only one submission per installation will be submitted for final consideration by DSPO. The submission process is as follows:

- Review criteria listed in the DSPO Outreach Recognition Call for Nominations, detailing how DSPO judges will evaluate efforts based on audiences, participation, effectiveness and timeliness. The Call for Nominations can be accessed [here](#).
- Complete the DSPO Outreach Recognition Nomination ([link](#)) and submit to your installation public affairs office (PAO).
- Installation PAO will compile submissions and coordinate with **Navy Suicide Prevention Branch** for review.
- Navy Suicide Prevention Branch will review submissions and provide to the Defense Suicide Prevention Office by October 14, 2016.

Ships, squadrons and deployed units should coordinate with their homeport public affairs offices to ensure proper routing. Reserve component commands should work with their public affairs office to ensure that only one submission per unit is forwarded to Navy Suicide Prevention Branch for review.

Entries must be received from installation PAOs by Navy Suicide Prevention Branch no later than **October 12, 2016**. All efforts must be compliant with guidance on safe and successful messaging for final consideration, which can be viewed in the 1 Small ACT Toolkit, [here](#).

Suicide prevention is more than a training topic. Efforts to educate and engage your shipmates on strategies to promote physical and psychological health, recognize risk, intervene early, and reduce barriers to seeking help can save lives. It's about being there for *Every Sailor, Every Day*.

For additional information on Navy Suicide Prevention Branch efforts, visit www.suicide.navy.mil. For ongoing tips and Small ACTs to help you be there for yourself and others, subscribe to navstress.wordpress.com, 'Like' @U.S. Navy Operational Stress Control on Facebook and follow @NavStress on Twitter.



Check out Suicide Prevention Month events from around the fleet, including gate "send-offs," 5K runs, Total Sailor Fitness fairs, 1 Small ACT Photo Gallery submissions and more on our Facebook page at www.facebook.com/navstress.



Lifelink Spotlight

2016 Suicide Prevention Month Efforts Around the Fleet

This month's Lifelink Spotlight recognizes the many commands, units and individuals who led and participated in 2016 Suicide Prevention Month activities in September, kicking off efforts for fiscal year '17.

"Engagement across the fleet this month demonstrated our entire Navy community's commitment to building a Navy culture that encourages wellness, support and seeking help," said Capt. Mike D. Fisher, Director, Navy Suicide Prevention Branch. "Now it's time to keep the momentum going."

During the month, several Sailors shared their experiences and motivation for serving in roles to support their shipmates, including suicide prevention coordinators from around the fleet whose stories are featured on [Navy Medicine Live](#). Others held local events to build community, break down barriers and motivate positive action. Naval Technical Training Center (NTTC) Lackland placed 1 Small ACT signs on their doors to encourage open dialogue and motivate positive action. In the [Navy.mil story](#) describing their efforts, they shared best practices in safe messaging, such as using objective terms like "death by suicide" rather than "committed suicide." U.S. Naval Hospital Guam's chief petty officers manned exit gates, displaying 1 Small ACT posters that they created to encourage passersby to take steps to promote good psychological health.

At Training Support Center Great Lakes, Sailors held an ACT-themed [Fall Fest Barracks Barbecue](#) to build community, promote a positive climate and educate on suicide prevention. The event included speakers, music and friendly competitions for top grill master and best Sailor-created suicide prevention flag.

Sailors at Amphibious Construction Battalion One produced a 1 Small ACT video educating audiences on risk factors and warning signs of suicide, and the many ways to seek help. The video encouraging viewers to "talk and listen to each other" and reminding them that "life is worth living." It can be viewed on the Navy Operational Stress Control YouTube [page](#).

Bravo Zulu to all who engaged and continue to support Every Sailor, Every Day. For resources to support your local efforts, visit www.suicide.navy.mil.



Plan of the Week Notes

Below are sample Plan of the Week notes aligning with topics covered by the Every Sailor, Every Day campaign during the month of October:

1. Analysis of the recent National Survey on Drug Use reveals a strong association between prescription drug misuse and suicidal ideation. By properly disposing of your expired or unused prescription drugs, you can decrease the likelihood of misuse, which can have severe impacts on your career and your health. October 22nd is National Rx Drug Take-Back Day. Visit www.dea.gov to find a participating Navy Medicine facility or participating location near you.
2. You're there for others, but do you take time to check in with yourself? Building small acts of self-care into your daily routine can better enable you to navigate challenges while optimizing your physical and psychological health. Try practicing gratitude, taking a few moments at the end of each week to write down three to five things that you are thankful for. Gratitude has been linked to better sleep, stronger relationships and reduced symptoms of physical and psychological illness. For more tips, subscribe to <https://navstress.wordpress.com>.
3. Operational Stress Control is a shared responsibility. Leaders at all levels must take measures to prevent and reduce operational stressors that impact mission readiness and force preservation. Implement the Five Core Leader Functions. Strengthen your Sailors, their families and your command. Mitigate and lessen the effect of stressors. Identify Sailors with stress problems. Treat and coordinate care. Reintegrate back into the unit. For more information, visit <http://go.usa.gov/xKJ35>.
4. Seeking help for psychological health concerns may favorably impact your ability to obtain and maintain your security clearance. The Military Crisis Line offers free and confidential support, 24/7. Call 1-800-273-TALK (option 1), text 838255 or visit www.militarycrisisline.net.

1 Small ACT Photo Gallery Now on Flickr!

Last month more than 70 new 1 Small ACT photos were submitted to the 1 Small ACT Photo Gallery, highlighting the many ways to be there for oneself and others. Now you can access these photos on our Flickr page, available [here](#)! View and share submissions from Commander, Fleet Activities Yokosuka; Naval Air Station Everett; Naval Air Station Whiting Field; Navy & Marine Corps Public Health Center; and various commands and families from around the fleet. Bookmark it today!

News and Resources

Maintaining Psychological
Strength While Deployed
[Real Warriors](#)

Defense Department News:
Military Crisis Line Specialist
Helps Fellow Veterans
[DCoE](#)

TSC Holds Suicide Awareness
Barbecue Event
[Navy.mil](#)

Money Goals for your 20s:
Having Fun While Funding the
Future
[NavyNavStress](#)

TRICARE to Expand Access to
Mental Health Care and
Substance Use Disorder
Treatment
[Health.mil](#)

Pax River Holds Seventh
Annual 'Laps for Life' Walk/
Relay
[Navy.mil](#)

Clinician's Corner: Help Your
Patients and Yourself Feel
Comfortable Talking About
Suicide
[DCoE](#)

NECC Holds Suicide Awareness
Prevention Training
[Navy.mil](#)

Commanding Officer's Suicide
Prevention Program Handbook
[Issuu](#)

1 Small ACT Toolkit
[Issuu](#)

Current and Upcoming Events

**National Depression
Screening Day**
October 6

U.S. Navy 241st Birthday!
October 13

SPC Training Webinars
October 13, 1400 CT
October 26, 1800 CT
[Register Here](#)

New Suicide Prevention Program: Sailor Assistance and Intercept for Life

Easy access to care and connectedness are two significant protective factors against suicide. Last month—as Navy continued to reinforce its commitment to strengthening these protections and building a culture supportive of psychological health—the 21st Century Sailor Office, OPNAV N17, launched a new suicide prevention program: Sailor Assistance and Intercept for Life (SAIL). Announced via [NAVADMIN 208/16](#), SAIL is a collaborative program between OPNAV N17; Commander, Navy Installations Command (CNIC) and the Bureau of Navy Medicine and Surgery (BUMED). It is an evidence-based approach to intervention that provides rapid assistance, ongoing risk assessment, care coordination and reintegration assistance for Sailors who have experienced a suicide related behavior.

Navy's annual cross disciplinary suicide case reviews reveal that more than half of Sailors who die by suicide had a prior suicide related behavior. Additionally, risk may be highest during the immediate period following a suicide related behavior. To help mitigate that risk, improve access to care and ensure a smooth reintegration, SAIL offers continuous contact with a trained Fleet and Family Support Center (FFSC) counselor at key intervals during the first 90 days following a suicide related behavior. SAIL is not designed to replace existing suicide prevention efforts or mental health services; rather, it offers voluntary access to qualified and caring professionals, trained in the Columbia Suicide Severity Rating Scale (C-SSRS) and VA Safety Plan administration.

As the SAIL program launches in the fleet, beginning in the Pacific Northwest Region, here are five things *all* suicide prevention coordinators (SPCs) need to know:

- 1. SPCs help to initiate the SAIL process.** SPCs must submit referral information via encrypted message to Navy Suicide Prevention Branch within 24 hours of a suicide related behavior reported via OPREP/SITREP. This helps to ensure that Sailors are provided the opportunity to participate in the program as soon as possible. Procedures for submitting information must be closely adhered to and can be found on [www.suicide.navy.mil > Command & Leaders > SAIL](#).
- 2. Sailor's safety and privacy are the program's highest priorities.** SPCs should *not* contact the Sailor directly to obtain any information and should utilize command administrative resources when submitting referrals to Navy Suicide Prevention Branch. A local SAIL case manager (trained FFSC counselor) will conduct outreach to the Sailor to offer services. If the Sailor agrees to participate, the SAIL case manager will contact the Sailor at set intervals to promote safety and coordinate access to additional services if needed. The case manager will maintain collaborative relationships between health care providers and command leadership to ensure care coordination and smooth reintegration into the unit.
- 3. SAIL will be available fleet-wide starting in December 2016.** SAIL has launched in the Pacific Northwest Region and will be available across the fleet by December 5, 2016. This carefully planned rollout ensures that local FFSC staff who will serve as SAIL case managers have been trained on the program prior to offering services. Case managers will be trained through CNIC.
- 4. Training is mandatory for all SPCs.** Navy Suicide Prevention Branch will offer SAIL training for SPCs via live-facilitated webinar. Schedule and registration procedures can be found on [www.suicide.navy.mil > Command & Leaders > SAIL](#).
- 5. SAIL should be included in local command crisis response plans.** Information about the SAIL program, including NAVADMIN 208/16 and procedures for submitting SAIL referrals to Navy Suicide Prevention Branch, should be included in your command's crisis response plan to ensure compliance. For more information on developing a crisis response plan, see the Commanding Officer's Suicide prevention Program Handbook, [here](#).

For more information about Navy's SAIL Program, check out [this story](#) on Navy.mil.