



MONTGOMERY COUNTY

T E N N E S S E E

VETERANS SERVICE ORGANIZATION





VSO's Role in Suicide Prevention



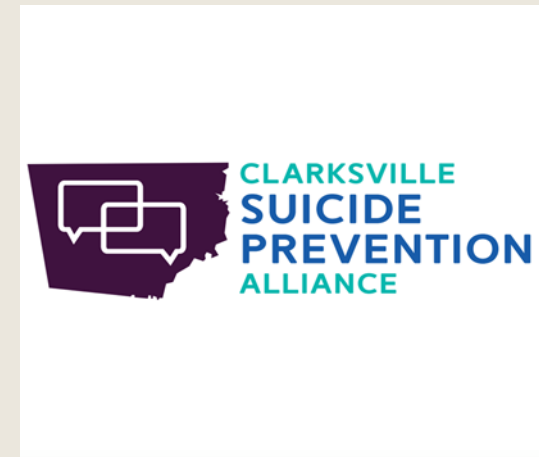
- Identifying at risk veterans
- Working with partner agencies for treatment
- Reaching spouses to assist in suicide prevention



Bill Harpel



- Chair Clarksville Montgomery County Suicide Prevention Alliance (Mayor's Challenge)
- Military Liaison, City of Clarksville
- Civilian Aide to the Secretary of the Army
- Retired Clarksville Police
- MBA, APSU





- The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families.

SAMHSA Strategic Plan FY2019- FY2023

- In order to achieve its mission, SAMHSA has identified five priority areas to better meet the behavioral health care needs of individuals, communities, and service providers. The five priority areas are:
 1. Combating the Opioid Crisis through the Expansion of Prevention, Treatment, and Recovery Support Services.
 2. Addressing Serious Mental Illness and Serious Emotional Disturbances.
 3. Advancing Prevention, Treatment, and Recovery Support Services for Substance Use.
 4. Improving Data Collection, Analysis, Dissemination, and Program and Policy Evaluation.
 5. Strengthening Health Practitioner Training and Education.
- SAMHSA's work is guided by five core principles that are being infused throughout the Agency's activities. The five core principles are:
 1. Supporting the adoption of evidence-based practices.
 2. Increasing access to the full continuum of services for mental and substance use disorders.
 3. Engaging in outreach to clinicians, grantees, patients, and the American public.
 4. Collecting, analyzing, and disseminating data to inform policies, programs, and practices.
 5. Recognizing that the availability of mental health and substance use disorder services are integral to everyone's health.

SAMHSA has partnered with the United States Department of Veterans Affairs (VA) to bring the *Governor's and Mayor's Challenges to Prevent Suicide Among Service Members, Veterans, and their Families* to states and communities across the Nation.



MAYOR'S CHALLENGES TO PREVENT
SUICIDE AMONG SERVICE MEMBERS,
VETERANS, AND THEIR FAMILIES



THE ALLIANCE IS A LOCAL GROUP THAT HAS GROWN FROM A PILOT PROGRAM CONVENED BY THE U.S. DEPARTMENT OF VETERANS AFFAIRS AND THE FEDERAL SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION. ITS MEMBERS COME FROM VARIOUS MENTAL HEALTH, PUBLIC HEALTH AND VETERANS SERVICE ORGANIZATIONS.

The goal of The Alliance is preventing suicide by promoting a comprehensive public health approach that empowers the Clarksville-Montgomery County community to take action.

Four Sub Committees

- Crisis Mapping
- Messaging
- Data
- Events

Members of the Alliance

- City of Clarksville
- Montgomery County Health Department
- VA Healthcare
- MCVSO
- TN National Guard
- Blanchfield Army Community Hospital
- Fort Campbell Sexual Harassment Assault Response Prevention (SHARP)
- Reboot Recovery
- Montgomery County Veterans Coalition
- Tennessee Suicide Prevention Network
- Clarksville Military Ministry
- Independent Mental Health Providers

Andrew Kester

- Co-Chair Clarksville Montgomery County Suicide Prevention Alliance
- Director Montgomery County Veterans Service Organization Feb 2019-Present
- US Army retired 1990-2010
- Educational Doctorial Degree, WKU



2018 TN Suicide Rates

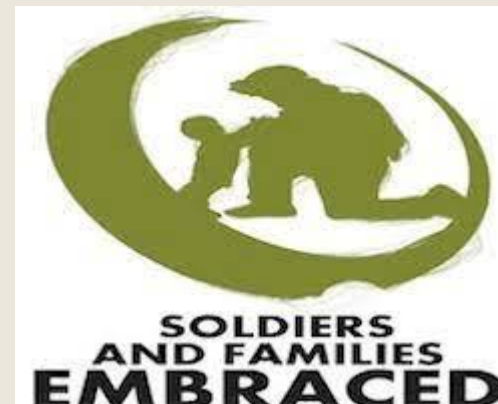
Age Group	Tennessee Veteran Suicides	National Veteran Suicides	Tennessee Veteran Suicide Rate	National Veteran Suicide Rate
Total	181	6435	38.6	32.0
18-34	29	874	65.9	45.9
35-54	53	752	43.8	33.4
55-74	72	1110	34.8	30.4
75+	27	523	27.8	27.4

List of partner agencies for treatment

- VA Healthcare
- Centerstone / Cohen Center
- Blanchfield Army Community Hospital
- Vet Center
- SAFE
- TRICARE referred providers



The Steven A. Cohen
Military Family Clinic
at Centerstone



List of Outreach Events

- 2019 Suicide Prevention Summit
- Sept 2020 Public Awareness Day
- Nov 2020 Veterans Day Parade
- Dec 2020 Christmas Parade
- Oct 2021 Suicide Awareness Conference

#BeThere Clarksville serves to introduce the community to the Clarksville Suicide Prevention Alliance and its efforts to reduce suicide through effective messaging, caregiver training, and data gathering and analysis. A longer-term goal is to establish structure and funding for a full-time community suicide prevention coordinator.



TEXT:
TN to 741741
Crisis Text Line



THE CHRISTIAN MCCAFFREY FOUNDATION IS PARTNERING WITH REBOOT RECOVERY TO LAUNCH A NEW INITIATIVE: 22 AND TROOPS.

This spring, we're breaking through into new territory to reach and help more people than ever before.

One major opportunity to spread REBOOT's message of hope and healing has come through [22 and Troops](#), a new initiative from the **Christian McCaffrey Foundation**. NFL running back Christian McCaffrey and his partners respond to the most pressing needs and challenges of military families. With 22 and Troops, Christian will use his national platform to amplify the life-changing work of REBOOT and our amazing course leaders!



22 veterans die by suicide every day.

These heroes and their families can't wait. The time to turn things around is right now.

Purpose in Life, Satisfaction in Life

- Suicide is the loss of purpose
- Aug 2021 Purpose Event (OSD/MCVC)





- The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS) was signed on June 17, 2020, and launched a nationwide charter to raise awareness about mental health, connect Veterans and others at risk of suicide to federal and local resources, and facilitate focused and coordinated research into suicide
- Suicide has no single causative explanation or pathway; in turn, there is likely no single solution
- In 2020, 20 additional states have been incorporated into the VA/Substance Abuse and Mental Health Services Administration Governor's Challenge, for a total of 27 states currently involved. The program continues to advance toward its goal of expanding to all 50 states and U.S. territories over the next two years

VA Mobile Apps



- **VetChange**
- Veterans and Service members may turn to alcohol to cope with stress, trouble sleeping and other challenges. VetChange is a mobile app that can help users with posttraumatic stress disorder (PTSD) build skills to reduce problem drinking.
- VetChange offers proven self-help tools that build skills to help you stop or cut back on problem drinking.
- Use VetChange to:
 - Set personal goals to stop or cut back on drinking
 - Track your progress and stay motivated with customized tools
 - Learn about how alcohol use relates to PTSD symptoms
 - Practice self-help tools to cope with your emotions without drinking
 - Find resources to connect with people who can help in a crisis or when you need support

PTSD Coach



- The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma. Features include:
 - Reliable information on PTSD and treatments that work
 - Tools for screening and tracking your symptoms
 - Convenient, easy-to-use tools to help you handle stress symptoms
 - Direct links to support and help
 - Always with you when you need it

Beyond MST



- The Beyond MST app was created for survivors of military sexual trauma (MST). MST is VA's term for sexual assault or sexual harassment that occurred during military service. Veterans of all genders and backgrounds have experienced MST. The app offers information and resources to help survivors cope with challenges related to MST and improve their health, relationships and quality of life.
- With Beyond MST you can:
 - Learn about common challenges related to MST and skills and resources that can help
 - Use over 30 tools to help you cope with problems, reduce distress and improve your quality of life
 - Take brief assessments to understand your symptoms and beliefs (how you think about the world)
 - Track your progress toward recovery goals
 - Find new sources of support and read inspiring messages from other sexual trauma survivors

Linda Douglass

- Member Clarksville Montgomery County Suicide Prevention Alliance
- Montgomery County Veterans Service Officer Sept 2018 – Present
- US Army Veteran 2000-2004
- Bachelors Degree Phycology, AMU
- Department Human Service TN 2016-2018
- Senior Admissions Coordinator / Outreach Goodwill Columbus GA 2011-2013



Reaching spouses to assist in suicide prevention

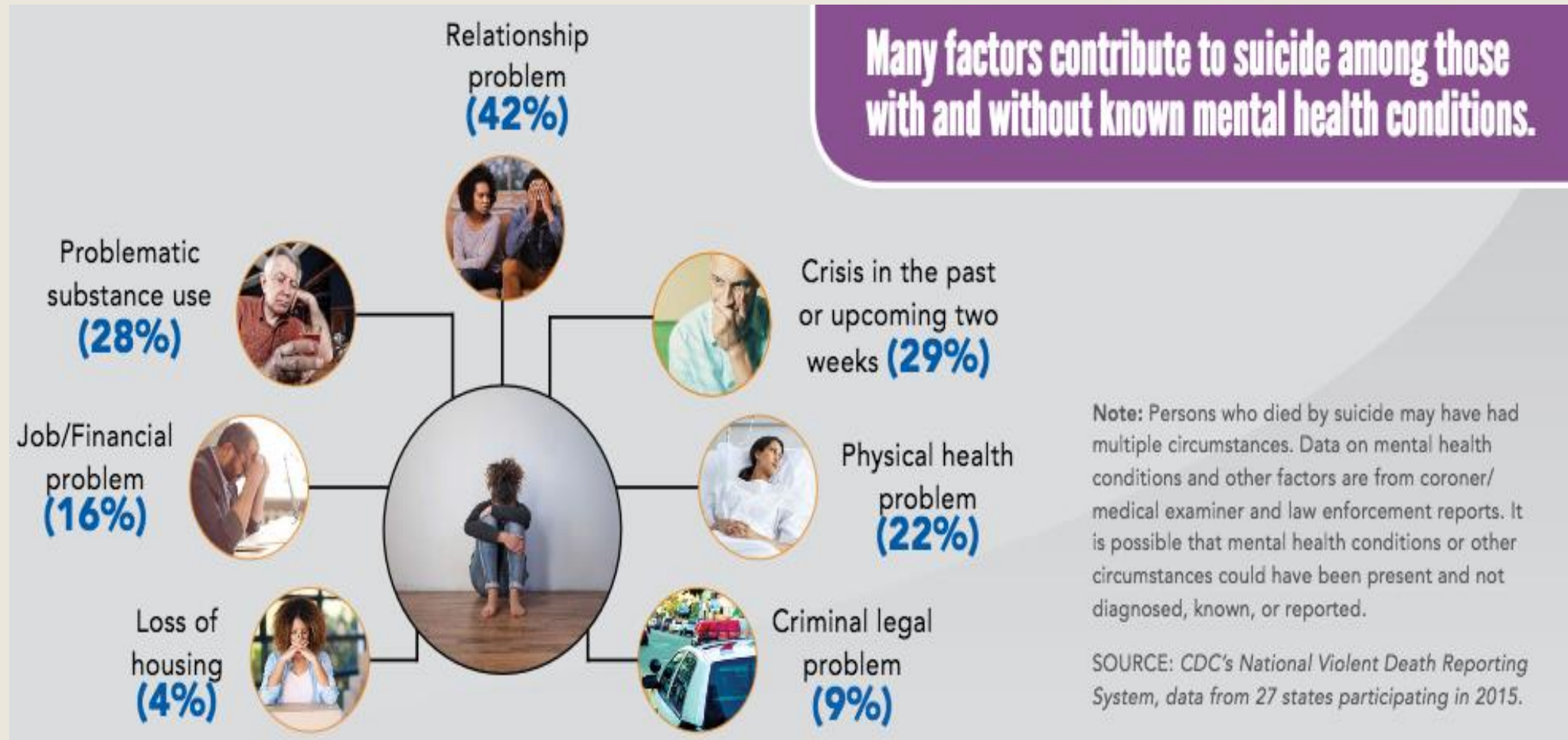
■ SUICIDE IS

- “The first thing a family member needs to think about is: this not your fault. This is something that has happened to your [loved one] that they don’t always have control over...It is not something that you need to be ashamed of.” – Florence Vaught (Wife of a Veteran with PTSD)
- “I think that education and understanding are really the biggest key to having a relationship with someone with mental health.” – Robin Chappel (Family Member)
- I was becoming emotionally strained...It was all I could do to keep up with the household, myself, our daughter, the animals. I mean, my head was spinning, just trying to keep up with everything and stay somewhat sane. – Jessenia Reeves (Wife of a Veteran with PTSD)
- “There is absolutely hope for your relationship, for being in a partnership with someone who has mental health. It’s not easy, but communication and educating yourself are what’s going to help you.” – Robin Chappell (Partner of a Veteran with PTSD)

...THE ENEMY WITHIN

Reaching spouses to assist in suicide prevention

Relationship Problems Linked with over 40% of Deaths by Suicide



Help for Partners of Veterans with Mental Health

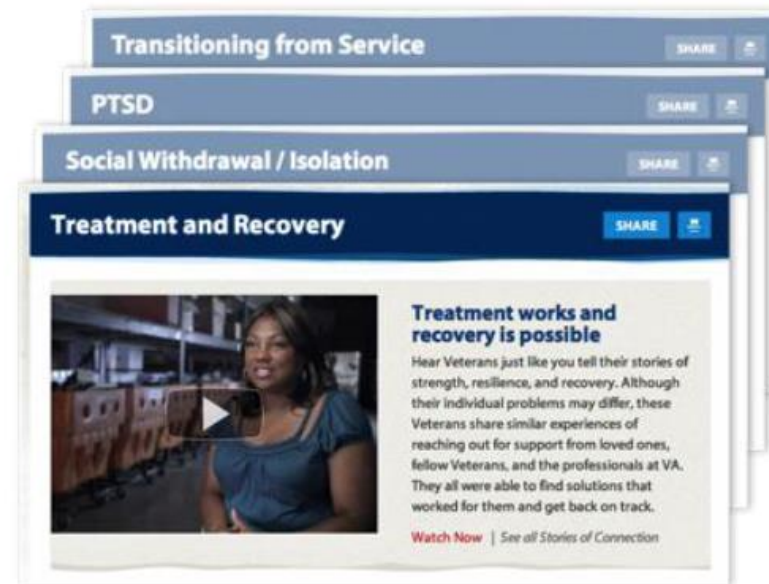
- Education for the whole family about the effects of trauma on survivors and their families
- Support groups for both partners and Veterans
- Individual therapy for both partners and Veterans
- Couples or family counseling

Reaching spouses to assist in suicide prevention

Understanding our Veterans

To better understand the challenges facing some Veterans, police and other public safety leaders can view content at ***MakeTheConnection.net*** about:

- **Life events and experiences**
 - Transitioning from service
 - Financial and legal issues
 - Family and relationships
- **Common signs and symptoms**
 - Alcohol and drug problems
 - Flashbacks
 - Anger and irritability
 - Feeling on edge
- **Mental and physical health**
 - PTSD
 - TBI (traumatic brain injury)
 - MST (military sexual trauma)
 - Depression
 - Suicide



...And much more.



Reaching spouses to assist in suicide prevention

- Having a partner who understands the symptoms may help the veteran feel understood and valued.
- Relationships do not get enough consideration in the role they play in preventing suicides.
- **“...THE STRONGER A RELATIONSHIP, THE MORE OF A BUFFER IT AFFORDS TO PREVENT SUICIDES.”**

MAKE THE CONNECTION

MENTAL HEALTH MONTH
1STEP TODAY

Reignite a sense of purpose.

MakeTheConnection.net/MHM



MENTAL HEALTH MONTH
1STEP TODAY

Spark your passion and rediscover joy.

MakeTheConnection.net/MHM



MENTAL HEALTH MONTH
1STEP TODAY

Spark your passion and rediscover joy.

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MENTAL HEALTH MONTH
1STEP TODAY

Explore the steps you can take to live a healthier life.

MakeTheConnection.net/MHM



MENTAL HEALTH MONTH
1STEP TODAY

Explore the steps you can take to live a healthier life.

MakeTheConnection.net/MHM



MENTAL HEALTH MONTH
1STEP TODAY

Learn how you can take a step toward a better future.

MakeTheConnection.net/MHM





SAFE – The Support and Family Education Program

- *18-session curriculum to support adults who care for a Veteran living with chronic mental illness or PTSD*
- *Operation Enduring Families (OEF): Information and Support for Iraq & Afghanistan Veterans and Their Families, an extension of the SAFE program, is a 5-session family education.*
- *TBI Family Caregiver Curriculum: Available online, consists of 4 modules that inform a family caregiver about TBI, its effects, issues that accompany caregiving, and ways to navigate services and benefits for the Veteran.*

LOCATION:

SAFE Offices

117 North 3rd Street

Clarksville, TN 37040

(931) 591-3241

Monday through Thursday 10:00am-3:00pm



Centerstone's Military Services provides a network of providers, peer support services and strong partnerships with the Cohen Veterans Network and Wounded Warrior Project to support active-duty service members, Reserves, National Guard, veterans and their families nationwide.

■ Family Members

Centerstone allows service members and veterans to define family members however they wish. This has the potential to include children, spouses, parents, unmarried significant others and more. Services include family, couple and individual counseling available in person or via telehealth.

Ready to get started? Call (866) 726-4560 to make an appointment.

Our Locations

With more than 30 plus locations in TN offering mental health and addiction recovery services, help is nearby.

Use the filters below to find the care you're looking for.

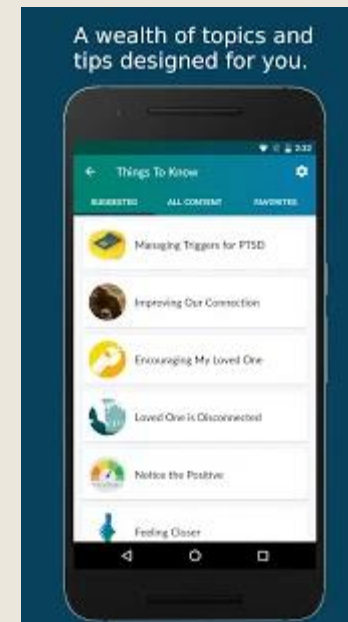
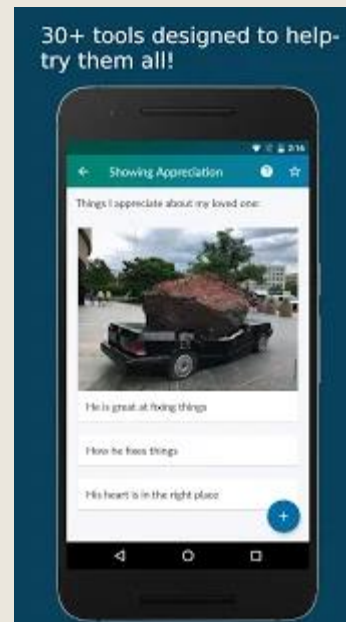
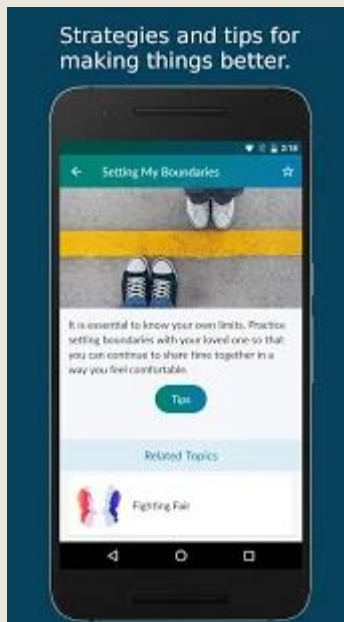
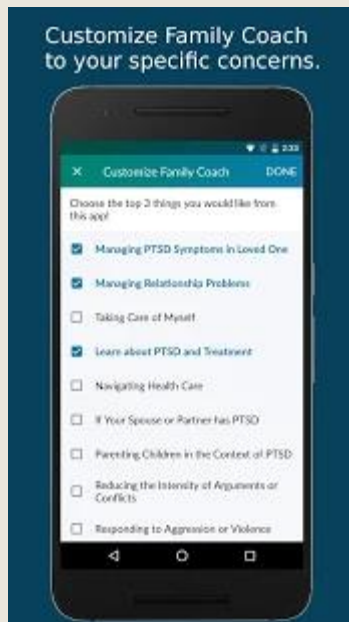
<https://centerstone.org/locations/>


[1-877-HOPE123](tel:1-877-HOPE123)

VA Mobile Apps: PTSD Family Coach




PTSD Family Coach is a **free, easy-to-use mobile application**. It was developed by the Department of Veterans Affairs (VA) in 2016 and updated in 2018. The app can help partners and loved ones of people with posttraumatic stress disorder (PTSD). More than **240 family members of Veterans** with PTSD helped create PTSD Family Coach (Owen et al., 2017). The app is an easy way to learn about how PTSD can affect families. It also has tools to help family members manage their well-being.





THANK YOU FOR HELPING
IN THIS EFFORT TO
PREVENT VETERAN
SUICIDE



Questions?