



***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.



## 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:**

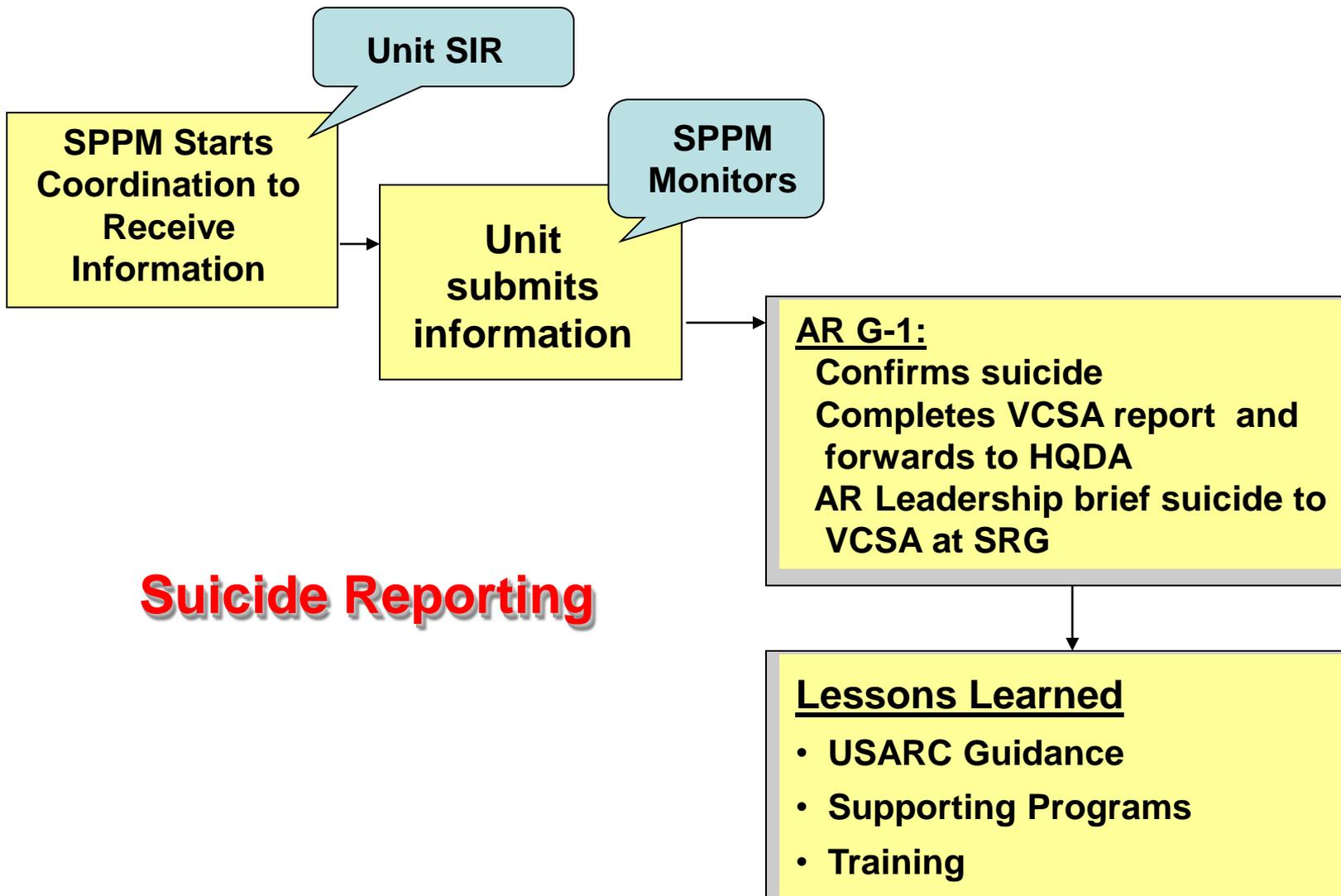
- **No definitive trends were indicated in any of the suicides.**
- **Nothing suggests "mobilization" is a factor.**

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





# Army Reserve Suicide Prevention Program Information Briefing

## 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.**

