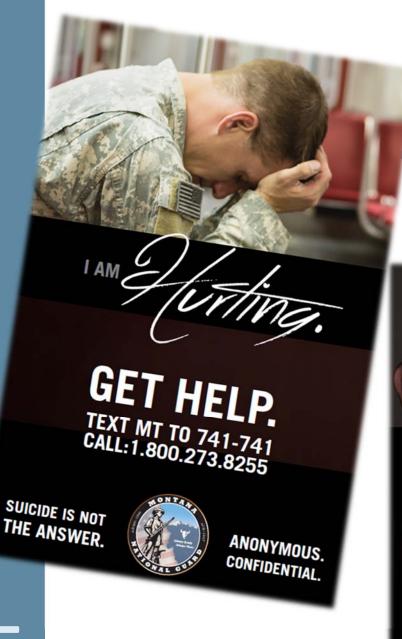


Montana National Guard

Suicide Prevention and Awareness Program





Valued!

FY 17 MTNG Suicide Prevention and Awareness Campaign



Program launch scheduled for September 2016.

The following information provides the highlights of our new program. As it is still in development, the level of detail and focus in limited.

Program Goals

- Education focused on command / senior enlisted leaders, Soldiers, Airmen and Families. Future efforts will expand to Veteran Service Organizations, VA, ministerial community and other community partners.
- Reduce STIGMA
- Increase awareness and understanding of the many resources available to assist Soldiers. Airmen and their Families in times of need.
- Reconfirm and commit to organizational support. The program is being led by the Chief of Staff and is supported as one of the highest priorities for the organization. Top down support sends a very strong message to our troops and it helps build confidence and trust within our ranks for individuals to feel more comfortable in reaching out for help without the fear that in doing so that it will hurt their career or their standing within the National Guard.

The campaign will be implemented in three phases:

Phase I

- Program Introduction
- TAG Commander Senior Enlisted Memo
- Drill Letter Inserts
- Unit Posters
- Facebook TAG/GOV Video
- MTARNG and MTANG Website Updates Link to TAG/GOV Video
- Family Mailing
- TAG/Governor Video with White Board
- Focus Phase I for September Suicide Prevention Month

Phase II

- Unit Poster Rotation
 - Incorporation of Leadership Photos
- Focused Education Packets to Commanders
 - Orientation Packet with Resource Information
- Family Mailings Crisis Response Team
- State EAP Benefit
- ARNG Commander/1SG Training Course
- Facebook Updates
- Unit Resource Posters SPP, SAC, TAA, BH, etc.
- Junior Enlisted Forum Program Feedback

Phase III

- Community Outreach
 - Signs and Symptoms
- Family Mailing
 - Resource Listing
- Unit Poster Rotations
- Family Testimonials Video
- MTNG Websites Consolidation and Incorporation of Suicide Prevention
- Story Tellers White Board, You Tube Video
- Smart Phone App
- Pod Casts, Marketing Firm How to Connect with Service Members

This program will be continually modified and incorporated into unit training schedules to maintain the greatest amount of focus. The more we talk about suicide, signs and symptoms and the resources available, the more confidence our Soldiers and Airmen will have to reach out when they need assistance.

POC BG Jeff Ireland, Montana National Guard Chief of Staff, <u>Jeffrey.e.ireland.mil@mail.mil</u> 406-324-3003

Current Resources

Following are a listing of available resources currently available to Montana Army and Air National Guard Soldiers, Airmen and their Families.

1. Behavioral Health Resources

Darcie Kelly, LCSW, MBA, ARNG Psychological Health Coordinator Ft. Harrison, Montana, Contractor, 406-422-6131

Elizabeth A. Crabtree, Director of Psychological Health, 406-791-0515 Montana Air National Guard, Clinical Social Worker, CSW-PIP, BCD

The Psychological Health Program aims to:

- Provide high-quality services that are National Guard member specific; friendly and comprehensive, while typically increasing state/territory utilization rates to promote National Guard member readiness
- Assist National Guard program managers and supervisors to improve a National Guard member's readjustment to civilian life by managing professional services and/or overseeing an individual's mental health needs.
- Provide consultation and support to help address organizational and individual health care situations, which have a detrimental effect on the National Guard member's reintegration to civilian life.
- Offer consultative guidance and support to state and territory National Guard senior management on state specific mental health needs based on Guard member demographics and mental health status.
- Provide National Guard oriented mental health training throughout the full spectrum of the deployment cycle.

Services are tailored and delivered according to the needs of each individual through various combinations of psychological health resource identification, communication of applicable benefits and other counseling services within the State and military system framework. Initial contact has a greater emphasis on assessment, referral, and resource identification; for example, connecting the National Guard member or family member with a confirmed appointment or other mental health resource. Services that address longer term or more complex problems will also receive support through to the appropriate health care provider.

2. Periodic Health Assessments

PHA's are conducted annually for all Soldiers and Airmen. The assessment is conducted by medical professionals from the Montana National Guard Medical Detachment and Medical Group. Screenings for physical and behavioral health issues are conducted with referrals issues as necessary.

3. Crisis Response Teams Crisis
Response Team

Darcie Kelly, LCSW, MBA ARNG Psychological Health Coordinator, Contractor 406-422-6131

The purpose of the Crisis Response Team (CRT) is to evaluate, analyze, and advise unit representatives, Guardsmen, and/or their families on situations that involve National Guard Members affected by traumatic life events. Although some of these occurrences may be related to deployment, many are simply be the result of unexpected events that occur in normal everyday living. While unit and family members should try to work within their chain of command for initial assistance and issue resolution, the CRT represents an additional resource for emergencies and difficult situations that cannot be addressed by other means. The CRT uses the talents and skill sets of a variety of subject matter experts to provide resource referral and unit assistance for problem resolution.

The Montana National Guard operates two CRTs. One team is located at the Joint Force Headquarters in Helena and the other at the 120th Fighter Wing in Great Falls. Each team has been structured to provide recommendations and advice with a primary focus on either the Army National Guard (Helena Team) or Air National Guard (Great Falls Team) however, nothing prevents either team from assisting any Soldier or Airmen or their families when necessary. The composition of each team may vary according to need and situation.

The CRT in Helena is comprised of available subject matter experts to include a Chaplain, Case Manager, Medical Representative, Family Program Representative, Transition Assistance Advisor (TAA), Personnel Representative, Personnel Representative, Family Program Representative, Psychological Health Coordinator and a Unit Representative.

The CRT in Great Falls is comprised of available subject matter experts to include a Chaplain, 120th FW Command Chief, Unit Representative, Family Program Representative, Medical Representative, Personnel Representative, and a Finance Representative.

4. Suicide Prevention Program Manager

Cherri Schmaus, Suicide Prevention Program Manager, Contractor ASM Research/Accenture Federal Services 406-461-6506

The Montana Suicide Prevention Program Manager (SPPM) coordinates all suicide prevention and intervention training. The SPPM coordinates, plans, prepares, promotes, facilitates, executes, evaluates, and tracks all suicide training in the state. SPPM also recruits, trains and manages a cadre of six instructors for Applied Suicide Intervention Skills Training and 50 instructors for ACE S-I. Liaison between National Guard Bureau the Montana Army National Guard with regards to recommendations and requirements of training.

The trainings that are currently conducted in Montana include the following:

One-hour Ask Care Escort (**ACE**) Training – Required for every Soldier, every year – YTD the Montana Army National Guard has trained 1,321 Soldiers in ACE training.

The ACE presentation focuses on the Triad of Wellness, Resiliency and Suicide Prevention combined with Intervention training. Best practices of our Comprehensive Soldier and Family Fitness team include combining ACE and Strong Choices Alcohol and Drug training.

Four-hour Ask Care Escort Suicide Intervention (**ACE S-I**) Training is required by the National Guard Bureau for all First Line Leaders. Year to date 51 Soldiers have been trained in ACE S-I T4Ts and 217 Soldiers received ACE S-I training.

<u>Fifteen-hour Applied Suicide Intervention Skills Training (ASIST)</u> – Highly recommended for all First Line Leaders. Year to date 6 ASIST T4Ts & 266 Soldiers have received ASIST training.

Montana currently has 6 ASIST T4T instructors. Four ASIST workshops were conducted in FY15 around the state to include: Billings, Kalispell, Townsend and Belgrade.

5. <u>Substance Abuse Program</u>

Taylore M. Dinsdale, Contractor, Alcohol and Drug Control Officer 406-324-3180

Megan Cox, Contractor, Substance Abuse Prevention Coordinator 406-324-3307

The Alcohol and Drug Control Officer (ADCO) – Contractor - Serves as the primary staff for coordinating and managing the Montana Army National Guard Substance Abuse Program operations in the State, excluding drug testing.

Provides direct supervision, management, and administration over the Montana Army National Guard Substance Abuse Program personnel, staff, and programs. Ensures all substance abuse program personnel meet all required reporting and sustainment training obligations within expected timelines. Serves as state level subject matter expert on policy, training, and referrals. Works with National Guard personnel to review annual unit risk inventory data and develop risk mitigation plans. Ensures these plans are provided to unit leadership within 72 hours of the Unit Risk Inventory report being received. Collaborates with the Prevention Coordinator, Suicide Prevention Program Manager, and other local supports to connect the appropriate resources to the Unit Commanders. Fulfills all roles and responsibilities of the prevention coordinator when the prevention coordinator is unavailable. Facilitates and implements unit risk inventory at the unit level for the development of risk mitigation plans. Promotes National Guard substance abuse program services utilizing approved marketing materials as well as networking with National Guard members and leadership. Provides intake and referral services to Soldiers referred to the Army substance abuse program. Conducts follow up calls with Soldiers and Treatment Providers. Provides Command updates for all Soldiers enrolled in the Army substance abuse program.

The Substance Abuse Prevention Coordinator (PC) – Contractor Coordinates with all National Guard units to schedule two hours of mandatory prevention training. Work with unit POCs to ensure that all National Guard Soldiers have access to the additional two hours as required. Conducts strong choices briefings, facilitates and implements unit risk inventories at the unit level throughout the State and provides unit-level data and state rollups to the alcohol drug control officer for situational awareness and for the development of risk mitigation plans. Promotes National Guard substance abuse program services utilizing approved marketing materials as well as networking with National Guard members and leadership. Provides intake and referral services to Soldiers referred to the Army substance abuse program. Conducts follow up calls with Soldiers and Treatment Providers. Provides Command updates for all Soldiers enrolled in the Army substance abuse program.

6. Chaplain Support



The Montana National Guard employs eight ordained chaplains. There are three that directly support the Air National Guard and five that support the Army. Resources include:

State Chaplain - Dan Thompson - 406-459-4007

1889th RSG Chaplain - Brian Daum - 406-437-1577

163d CAB Chaplain - Jesse Bale - 406-289-0206

495th CSSB Chaplain - John Schreier - 406-941-2446

190th CSSB Chaplain - David Severson - 406-202-3335

120th AW Chaplain - Art McCaffery - 406-490-9448120th AW Chaplain - James Patterson - 406-447-7640120th AW Chaplain - Jeff Simpson - 403-231-0967

As religious leaders of the military, chaplains are responsible for tending to the religious and moral well-being of service members and their families. The chaplain's responsibilities include everything from performing religious rites and conducting worship services to providing confidential counseling and advising commanders on religious, spiritual and moral matters. Chaplains are commissioned officers, and chaplain assistants and religious program specialists are enlisted personnel.

The chaplain teams' primary obligations are to service members and their family members. These obligations include the following:

- Conducting worship and administering sacraments -
- Performing other religious ceremonies and services -
- Counseling for service members and their families –
- Conducting visitation with service members –
- Advising commanders on religious and moral matters -
- Developing religious education programs and religious youth activities –
- Conducting seminars and retreats -
 - Marriage/relationship enrichment
 - Parenting skills
 - Religious leadership training
 - Service member transition from combat operation
 - Anger management
 - Religious formation for youth and adults
- Instructing chaplains and chaplain assistants –
- Accompanying service members into combat -
- Providing combat stress intervention The chaplain team forms an important component of the commander's program for operational stress control. This team provides immediate support to leaders in fulfilling their stress identification and intervention responsibilities. The team also helps train leaders in the chain of

command to recognize stress symptoms and trains others in basic counseling skills to enable service members to communicate their stress. Chaplains work very closely with military medical personnel in training and treatment related to this important issue.

7. State-Sponsored EAP RBH 1-866-750-0512



24-hour Crisis Help – toll-free access for you or a family member experiencing a crisis.

In-person Counseling – up to four (4) face-to-face counseling sessions are available for <u>each new issue</u>. Simply call for access to qualified, local counselors who can help you with a variety of problems such as family, parenting, relationship, stress, anxiety, and other challenges.

Online Consultations - convenient access to online consultations with licensed counselors through RBH eAccess at MyRBH.com. Online consultations are a great way to try counseling for the first time or to get support even when time is limited.

8. Military One Source (MOS) Behavioral Health 1-800-342-9647



The Military OneSource and Military Family Life Counseling programs offer non-medical counseling to help service members and their families navigate military life, and the challenges it sometimes presents. Counseling benefits include up to 12 sessions per condition that are confidential, provided at no cost by a qualified counselor:

- Marital problems
- Relationships at school or work
- Parenting
- Stress management
- Adjustment difficulties
- Grief and loss
- Other emotional/interpersonal issues
- Face-to-Face with a counselor in the local area
- Telephone (for those who live outside a service area)
- Video teleconferencing
- Online counseling

Benefits are available to:

- Active duty, National Guard, and Reserve service members
- Immediate family members of active duty, National Guard, and Reserve service members
 - Children ages 13-17 can receive face-to-face counseling on their own
 - o Children ages 6-12 can receive face-to-face counseling with a parent present
- Survivors

Retired or honorably discharged service members and family members up to 180 days after date of retirement or discharge

9. Montana Yellow Ribbon Program



CPT Dan Bushnell, State Family Program Director, 406-324-3239

The Montana National Guard Yellow Ribbon program was implemented on January 1, 2009. The program takes a proactive approach toward education and deployment-related support before, during and after deployment. The program is structured to begin immediately after a unit is notified of an upcoming deployment and extend during deployment and 90 days after redeployment. It provides focus on the Service Member and the Family. The Montana program is mandatory for both the Army and Air National Guard.

The Montana Yellow Ribbon Program provides information, services, referral, and proactive outreach opportunities for Service Members, Families, employers, and youth throughout the entire deployment cycle. The Yellow Ribbon Program works hand-in-hand with the MT National Guard and Air Guard Family Programs to ensure that Service Members and their Families receive the services available to them, to include family counseling, DEERs, Tri-Care, VA support, financial planning, etc.

10. Family Programs



1-877-706-7598

CPT Dan Bushnell, State Family Program Director, 406-324-3239

MTNG New Member Welcome Packets

The MTNG Family Programs mails <u>welcome packets</u> to all new Soldiers and conducts face-to-face briefings with all newly enlisted Airmen. Included in this packet is a 20-

page <u>resource guide</u> along with information on how to contact Family Programs for assistance questions.

The MTNG has seven <u>Family Assistance Centers</u> located in Billings, Belgrade, Havre, Helena, Kalispell, Missoula and Great Falls. In addition to Family Programs, there is also a youth program supported by two contracted employees. Youth program staff engage military youth to help build resiliency and incorporate youth more fully into the military culture.

11. Resiliency Program

MAJ Mark Juntunen, Resiliency Coordinator, 406-324-3242

The Army National Guard (ARNG) Resilience Program educates Soldiers on 14 skills designed to provide emotional, physical, social, spiritual, and family fitness. All Soldiers are required to receive training on 12 of these skills every two years.

- 1. **Activating Event, Thoughts, Consequences (ATC)**—Identify your thoughts about an activating event and the consequences of those thoughts. Thoughts, not the activating event, ultimately drive consequences.
- 2. **Avoid Thinking Traps**—Identify and correct counterproductive, overly rigid patterns in thinking by using critical questions to help identify the information you missed because of a thinking trap.
- 3. **Detect Icebergs**—Identify and evaluate your icebergs, or core beliefs and core values, that fuel out-of-proportion emotions and reactions.
- 4. **Problem Solving**—Identify your thoughts about why the problem happened, identify other potential factors, test them for accuracy, and then identify solution strategies.
- 5. **Put it in Perspective (PIIP)**—Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the worst, best, and most likely outcomes of a situation and then developing a plan for dealing with the most likely outcomes.
- 6. **Mental Games**—Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand by using mental games that require your full attention, are hard and fun, and can be done in a few minutes.
- 7. **Real-time Resilience**—Fight back against counterproductive thinking to enable greater concentration and focus on the task at hand with evidence, optimism, and perspective.

- 8. **Identify Character Strengths in Self and Others**—Identify your top character strengths and those of others and identify ways to use your character strengths to increase your effectiveness and strengthen your relationships.
- 9. Character Strengths: Challenges and Leadership—Identify the character strengths that you will use and the specific actions that will lead to being a more effective leader and enable members of the team to overcome complex challenges.
- 10. **Assertive Communication**—Communicate clearly and with respect, especially during a conflict or challenge. Use the IDEAL model to communicate in a confident, clear, and controlled manner. The IDEAL model teaches you to identify the problem, describe the problem objectively, express your concerns, ask the other person for their perspective, and list the outcomes.
- 11. **Active Constructive Responding and Effective Praise**—Respond to others with authentic, active, and constructive interest to build strong relationships. Praise effectively to build mastery and winning streaks.
- 12. **Hunt the Good Stuff**—Notice and analyze what is good to counter the negativity bias and create positive emotion. Record three good things each day and write a reflection next to each positive event.
- 13. **(Optional) Goal Setting**—Identify a personally meaningful goal and develop a concrete plan to achieve it. Understand how personal values help form self-directed motivation. Develop commitment strategies to support goal attainment, and create techniques to monitor goal progress.
- 14. **(Optional) Energy Management**—Use self-regulation skills to effectively control and restore energy in order to thrive under pressure. Understand how mind-body activation levels impact performance. Prioritize controllable factors that influence mind-body activation. Practice deliberate breathing and develop strategies to combat chronic sleep deprivation.