



Suicide

Prevention

Veterans Affairs Montana Health Care System

Fort Harrison Suicide Prevention Team:

Juliana Hallows, NCC, LPMHC and Tracy Zachmann, RNC, BSN

Suicide Prevention is Everyone's Business

VA's basic strategy for suicide prevention **requires ready access** to **high quality mental health (and other health care) services** supplemented by *programs designed to help individuals and families engage in care* and **to address suicide prevention in high-risk patients¹.**



STAND BY THEM

**Veterans
Crisis Line**



**1-800-273-8255
PRESS 1**



**U.S. Department
of Veterans Affairs**

Confidential chat at
VeteransCrisisLine.net
or text to **838255**

VA's integrated approach to suicide prevention

Ready access to quality care



Awareness and outreach



Access



Enhanced care delivery



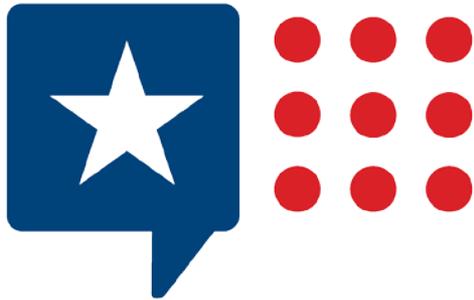
Training and collaboration



Research

Free, confidential support 24/7/365

Veterans Crisis Line



1-800-273-8255
PRESS 1

- Veterans
- Family members
- Friends
- Service members

• • • Confidential chat at **VeteransCrisisLine.net** or text to **838255** • • •

Trained responders are standing by



Trained mental health professionals



24/7/365

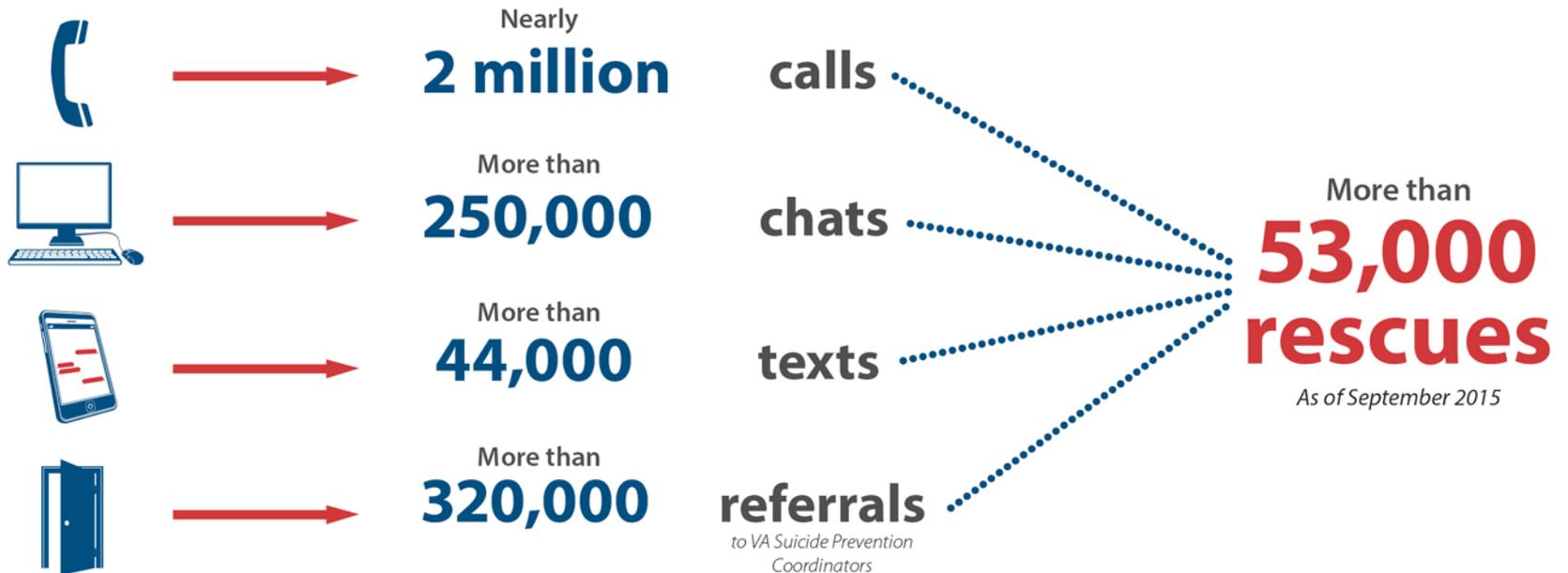
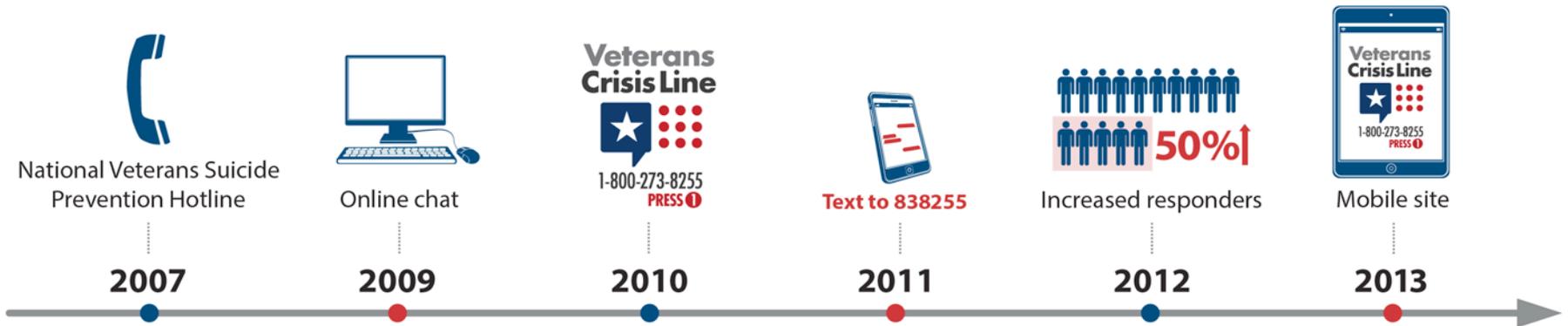


Many are Veterans or family members of Veterans



• • • • Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255** • • • •

Veterans Crisis Line: 8 years of saving lives



Referrals to Suicide Prevention Coordinators FYTD16

Location	Oct	Nov	Dec	Jan	Feb	Mar	YTD3/16
VISN 19	257	245	240	279	263	281	1565
CHEYENNE, WY	28	19	21	25	19	24	136
DENVER, CO	131	125	129	143	126	148	802
FORT HARRISON, MT	27	32	26	25	31	37	178
GRAND JUNCTION, CO	14	12	8	12	16	12	74
SALT LAKE CITY, UT	51	48	45	58	56	52	310
SHERIDAN, WY	6	9	11	16	15	8	65

Referrals to Suicide Prevention Coordinators FYTD16

Location	Oct	Nov	Dec	Jan	Feb	Mar	YTD3/16
VISN 19	27	32	32	24	23	27	165
CHEYENNE, WY	1	5	3	2	5	2	18
DENVER, CO	14	13	19	14	8	14	82
FORT HARRISON, MT	1	6	0	1	0	4	12
GRAND JUNCTION, CO	2	0	0	0	1	2	5
SALT LAKE CITY, UT	6	7	10	7	5	5	40

Veterans Crisis Line: Service and Outcomes FY16YTD

Total Calls Answered by the Veterans Crisis Line: FY16

Oct15	Nov15	Dec15	Jan16	Feb16	Mar16	Apr16	May16	Jun16	Jul16	Aug16	Sep16	FYTD
34,808	40,057	41,958	42,161	40,955	42,130							242,069

*Total calls answered by the Veterans Crisis Line includes calls that are answered by responders at the Canandaigua VAMC and calls that are answered by counselors in the Lifeline back-up center network. Totals are provided by Lifeline.

FYTD Cumulative Average Daily Calls Answered by the VCL:	1,322.8
FYTD Percent Calls Answered by the VCL at Canandaigua VAMC:	70.0%
FYTD Percent Calls Answered by the Back-Up Center Network:	30.0%

(1) Reported data for October have been adjusted due to technical issues impacting data capture at Lifeline. Avaya data (Canandaigua CMS) has been used for Answered calls totals. Lifeline data is used for Back-Up center data.

Total New Media Contacts made by the Veterans Crisis Line: FY16

	Oct15	Nov15	Dec15	Jan16	Feb16	Mar16	Apr16	May16	Jun16	Jul16	Aug16	Sep16	FYTD
Answered Texts	1,347	1,270	1,164	1,233	1,085	1,268							7,367
Answered Chats	4,808	4,484	3,996	4,479	4,189	4,138							26,094

FYTD Cumulative Average Daily Answered Texts by the VCL:	40.3
FYTD Cumulative Average Daily Answered Chats by the VCL:	142.6

Selected Demographics of VCL Contacts:

FYTD Percent Contacts Identified as Veterans:	69.8%
FYTD Percent Contacts Identified as Family or Friend:	10.4%
FYTD Percent Contacts Identified as Active Duty:	1.0%

*Percentages are calculated using available data in the Medora database. Refers to any contact type, including contacts originating from phone calls (answered at Canandaigua VAMC and Back-Ups), Warm Transfers, chats, and texts. Demographic data above are self-reported. Data Source: Medora. Actionable service units only.

Selected Outcomes from VCL Contacts:

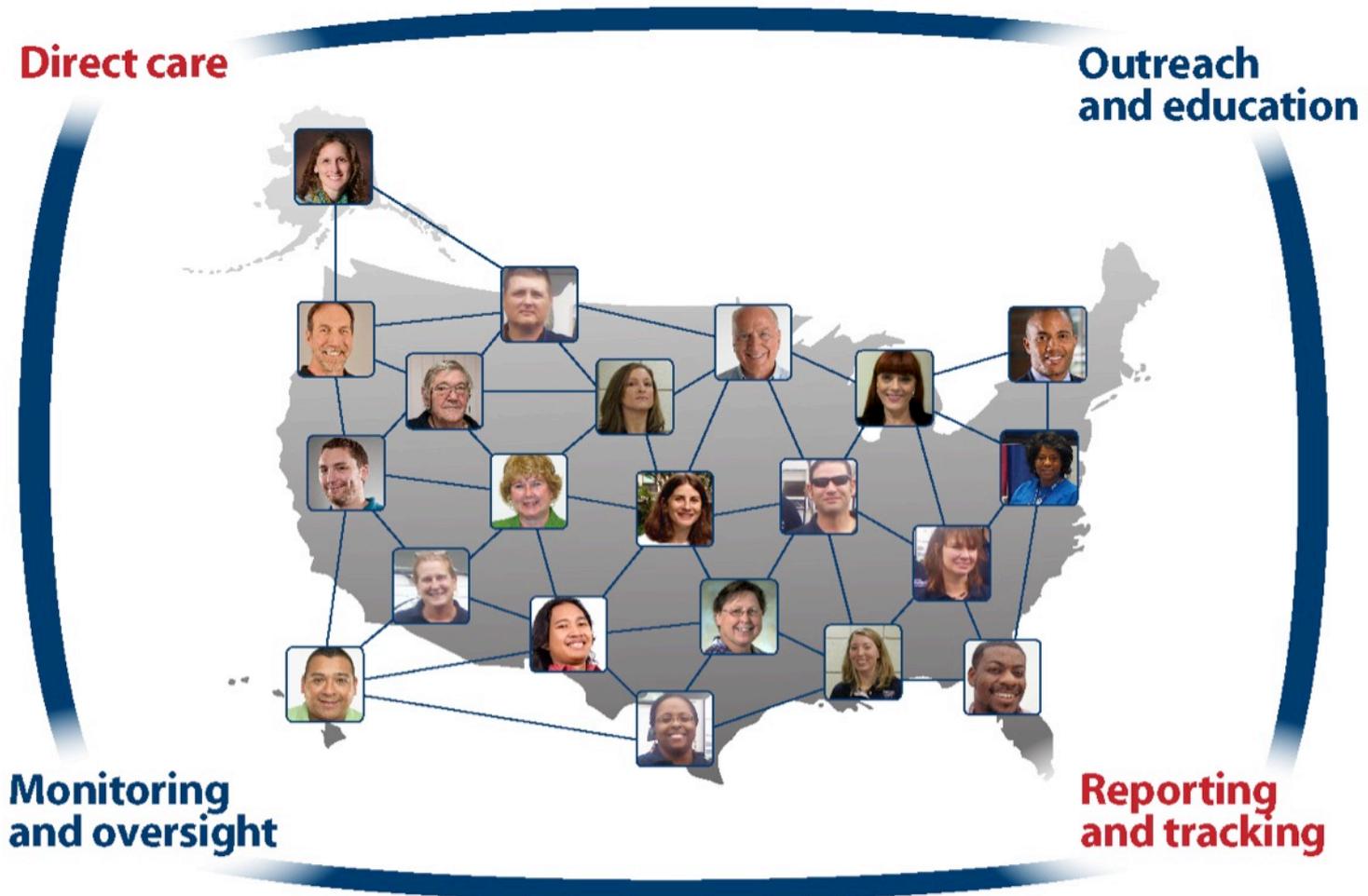
FYTD Total Referrals to Suicide Prevention Coordinators*:	38,990
FYTD Total Requests for Emergency Dispatch Services*:	5,183

*Totals are calculated using available data in the Medora database. Refers to any contact type, including contacts originating from phone calls (answered at Canandaigua VAMC and Back-Ups), Warm Transfers, chats, and texts. Data Source: Medora. Actionable service units only.

Note: Calculated metrics above are official statistics. Please contact OMHO for any additional calculated metrics.

Suicide Prevention Coordinators

More than 300 SPCs nationwide



Connecting with Veterans and their families through outreach



Campaign materials

Brochures and Posters



Wallet Card



Coaster



Magnets



Tote Bags



Kickstand Pads



Phone Sticker



Table Tents



Bracelet



VeteransCrisisLine.net/SpreadTheWord



Spread the Word

You can show support for our Nation's Veterans and their families and encourage them to get the care they've earned. Download Veterans Crisis Line materials and use them to help spread the word about this free and confidential service for all Veterans and their families.

Web ads in a variety of standard sizes are available for use on public and VA websites. You can also download Veterans Crisis Line logos, posters, and other materials to print, hand out, and display in your community.

Share the Veterans Crisis Line with your online network. Like us on Facebook, share the Veterans Crisis Line website and PSA with your friends and followers, or embed a Veterans Crisis Line PSA on your own website.

Web Ads

Download a variety of online banner ads and badges to use on your website and link to the Veterans Crisis Line. Banner ads and badges are available in standard sizes approved for VA.gov sites as well as public sites.

Online Ads, Banners and Badges
VA.gov Website Standard Sizes

Online Ads, Banners and Badges
Public Website Standard Sizes



Print Materials

Multiple versions of full-color and black and white posters are available for downloading in 8 1/2" x 11" and 11" x 17" formats. You can also download and insert your own contact information or event details. A Veterans Crisis Line flyer, Public fact sheets are also available for print.

Print Materials



Logos

Include the Veterans Crisis Line logo on your own materials. It's available for download in a variety of formats. Please access and download the Veterans Crisis Line Branding Guidelines for guidance on how to consistently apply the various components of the Veterans Crisis Line brand.

Veterans Crisis Line Logos



VeteransCrisisLine.net/ResourceLocator

Resource Locator

The **Veterans Health Administration (VHA)** provides Suicide Prevention Coordinators, general inpatient and outpatient psychiatric services at medical centers and community-based outpatient clinics.



- Select a Resource**
 - Suicide Prevention Coordinators**
Specially trained Suicide Prevention Coordinators or teams are available at all VA Medical Centers across the country.
 - Crisis Centers**
Search for community-based crisis centers in your area.
 - VA Medical Centers**
VA Medical Centers offer a range of acute care and community-based outpatient services, including mental health care, diagnostics, homeless and alcohol/drug abuse programs, nursing home and respite care.
 - Outpatient Clinics**
Community Based Outpatient Clinics (CBOCs) are local VA locations that provide primary care, counseling, laboratory analysis, prescriptions and radiology services.
 - Veterans Benefits Administration Offices**
Veterans Benefits Administration Offices provide services to Veterans seeking benefits related to compensation, pension, vocational rehabilitation, home loans, death benefits, employment, and disability.
 - Vet Centers**
Vet Centers provide readjustment counseling and outreach services to all Veterans who have served in any combat zone, as well as their family members.
 - All**
See all VA and community-based services in your area.
- Choose Location**

Search by Zip Code Search OR Search by state



- Choose Location**

Search by Zip Code Search OR Search by state

Results for **Suicide Prevention Coordinators** in zip code **20002**

Toles-Lucas, Patricia approx. 3 miles away Washington, DC 20422 P: 202-745-8000x4999 F: 202-745-8169 Patricia.Toles@va.gov	Stonick, Zita approx. 33.4 miles away Baltimore, MD 21201 P: 410-605-7268 F: 410-605-7771 baltimoresuicidepreventionteam@va.gov
Jones, Nikole approx. 66.5 miles away Perryville, MD 21902 P: 410-642-2411x5020 F: 410-642-1707 perrypointsuicidepreventionteam@va.gov	Johnson, Kent approx. 92.8 miles away Wilmington, DE 19805 P: 302-275-5676 F: 302-633-5428 Kent.Johnson2@va.gov
Hohner, Richard approx. 97.6 miles away Coatesville, PA 19320-2096 P: 610-384-7711x6843 F: 610-466-2269 vhaconationalhotlinealerts@va.gov	Garrison-Dean, Jennifer approx. 100.6 miles away Richmond, VA 23249 P: 804-675-5000x3499 F: 804-675-5678 jennifer.garrison-dean@va.gov



National Suicide Statistics

- **10th leading cause of death**
- **Most victims** of suicide have **received health care services in the year** prior to death
- **Montana** has been among the **highest suicide rates** per capita over the past thirty years.
- An estimated **2.7 million people (1.1%)** made a **plan** about how they would attempt **suicide** in the past year⁴.
- **20-25%** of completed **suicides** are by **Veterans**.

Montana Veterans-FY2014

Montana has approximately
97,267 veterans

48,000 of those are
enrolled in Montana VA services.

37,000 were seen **annually**

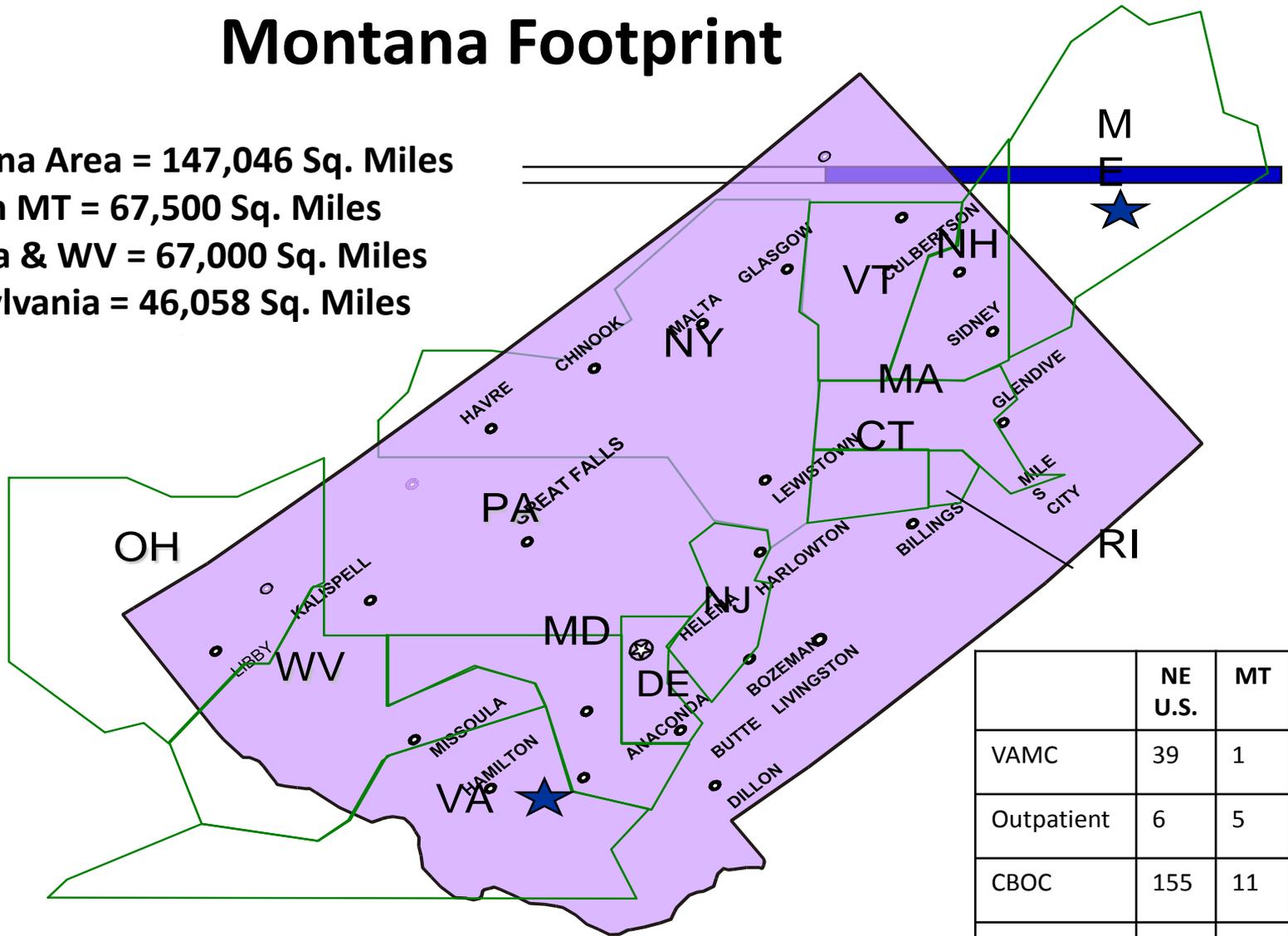
Montana Footprint

Montana Area = 147,046 Sq. Miles

Eastern MT = 67,500 Sq. Miles

Virginia & WV = 67,000 Sq. Miles

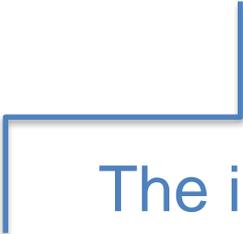
Pennsylvania = 46,058 Sq. Miles



Montana Veteran Suicides

(Data compiled through the Montana Suicide Mortality Review Team)

Based on 121 identified suicides between
January 1, 2014-March 1, 2016

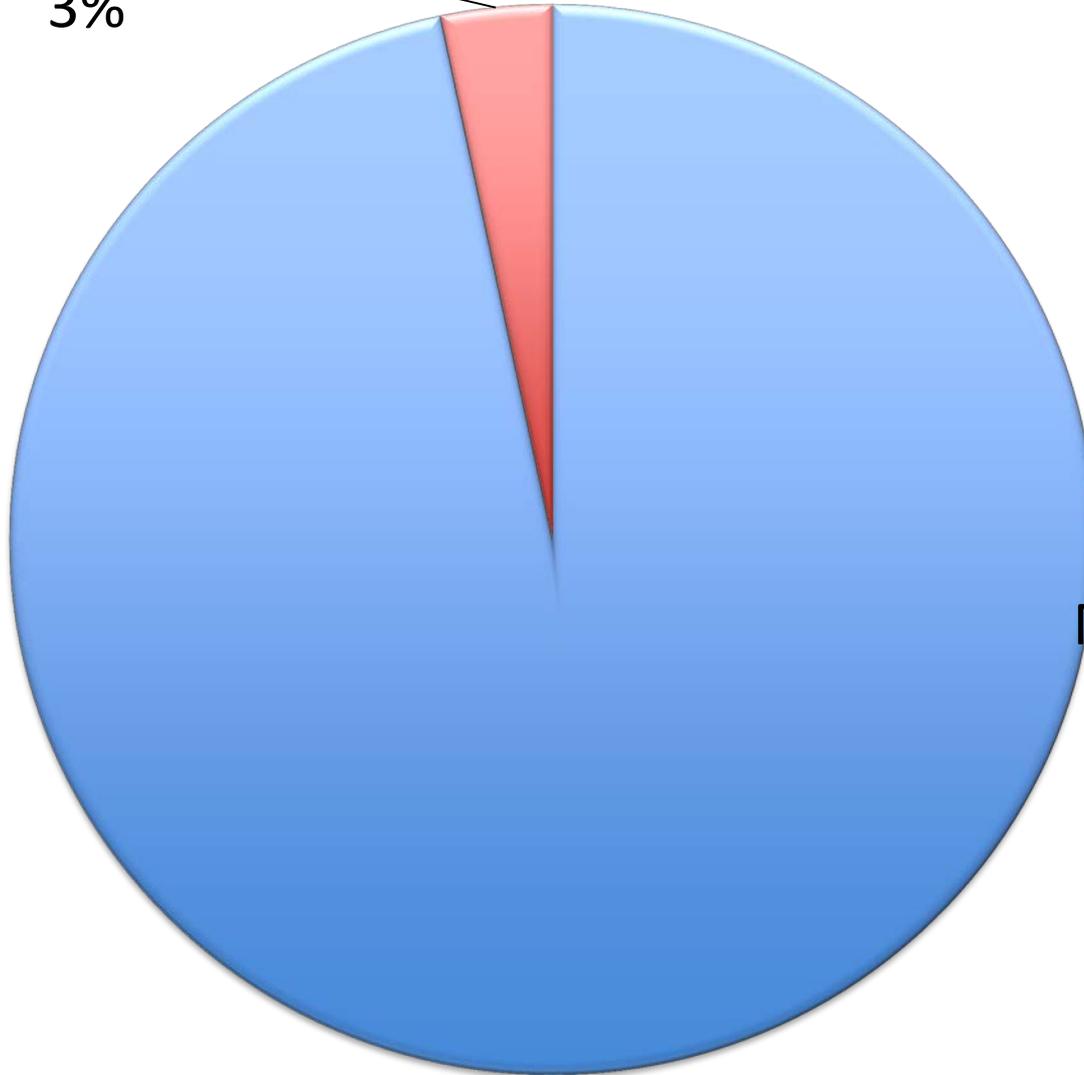


The information presented in the following slides is based on death certificates identifying that the deceased was in the armed services. Additional information was obtained from coroner reports, supplemental questionnaires, health records, and information obtained from families.

DUE TO THE SMALL SAMPLE SIZE, NO INFERENCES SHOULD BE MADE CONCERNING THE DATA PRESENTED. THIS IS ONLY MEANT TO GIVE NUMBERS AND PERCENTAGES CONCERNING VETERAN SUICIDES IN MONTANA.

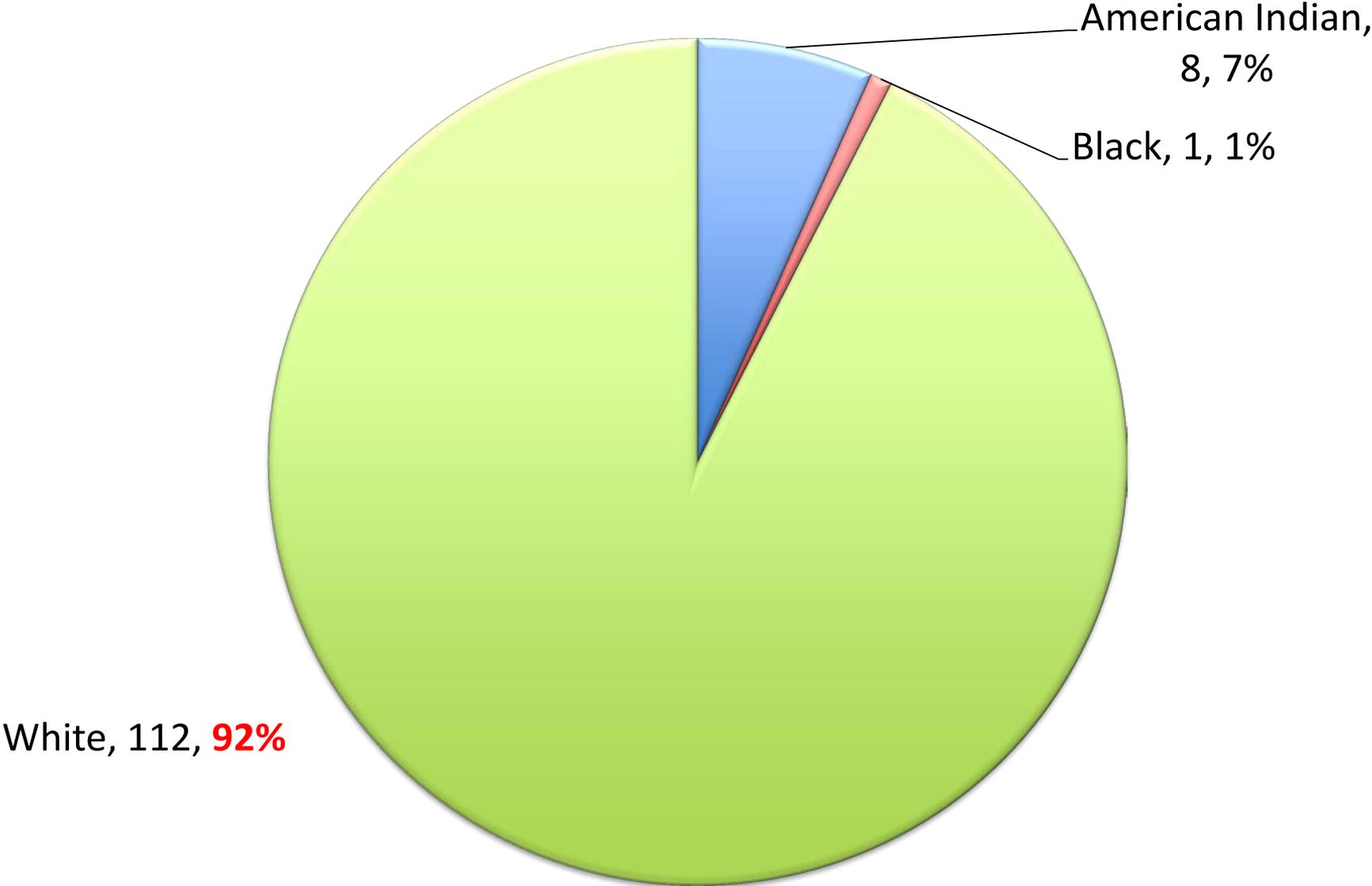
Montana Veteran Suicides by Gender

Female - 4,
3%

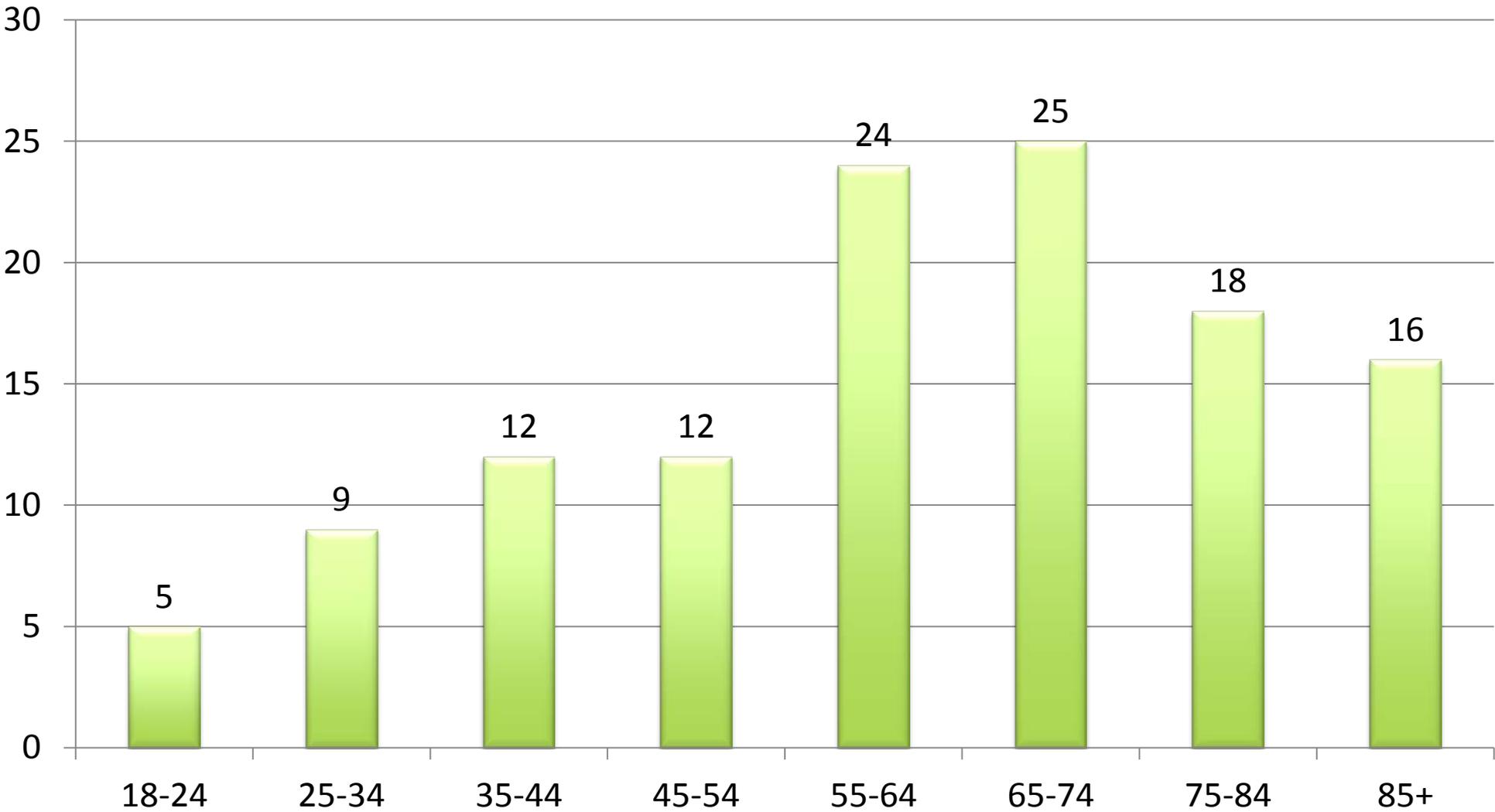


Male- 117,
97%

Montana Veteran Suicides by Race

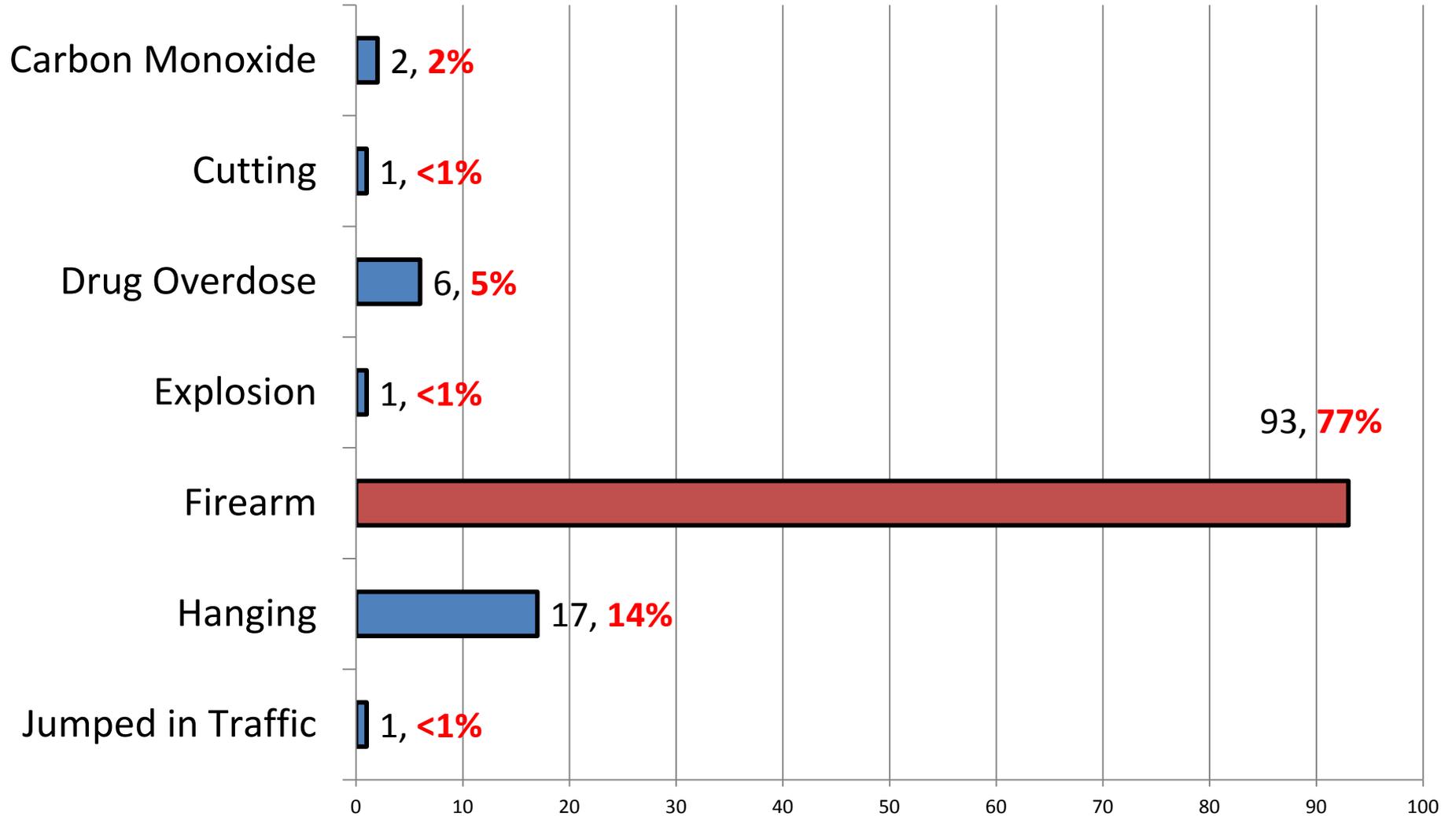


Montana Veteran Suicides by Age Range

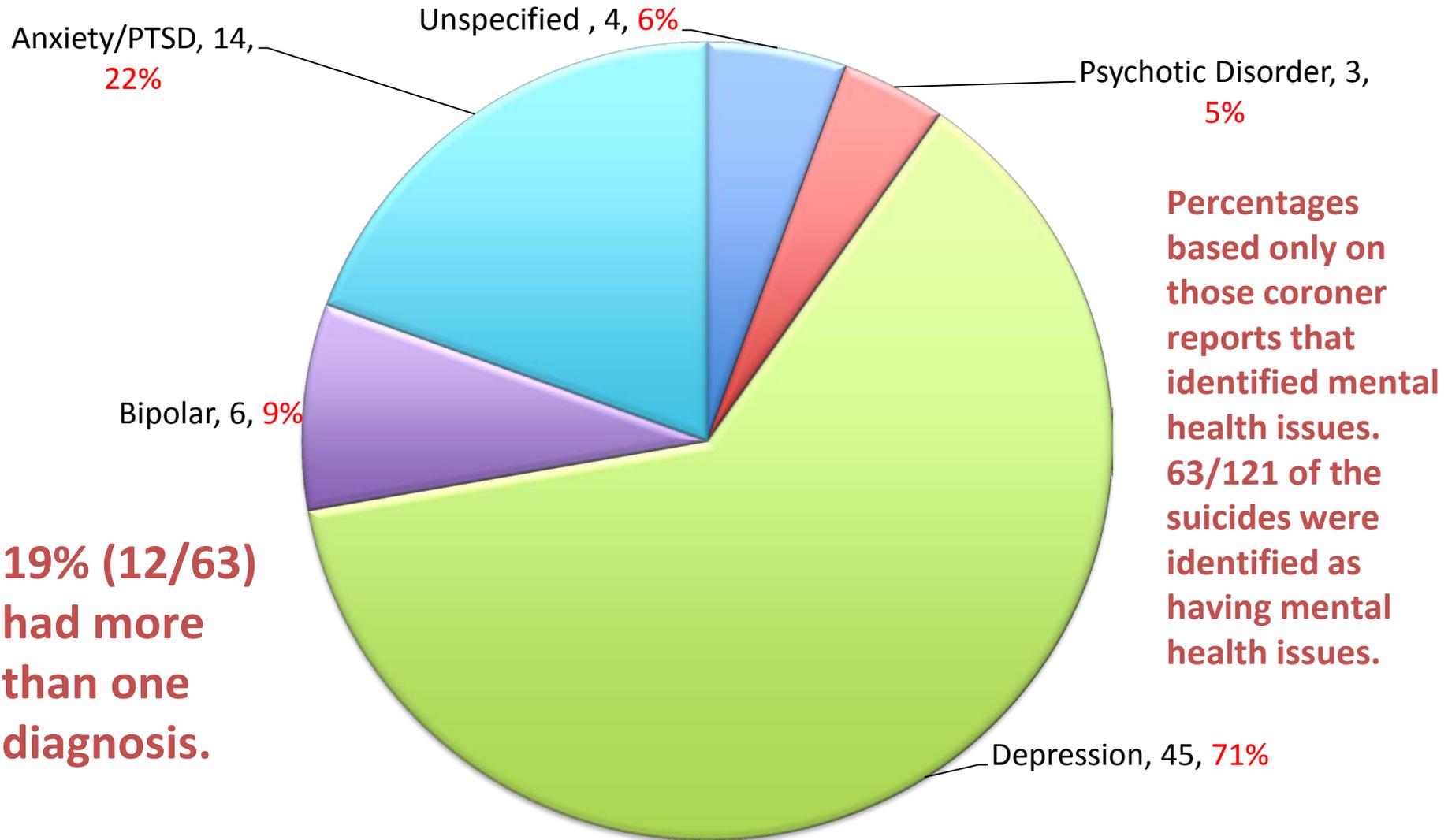


69% of the Veteran suicides are over the age of 55

Montana Veteran Suicides by Means

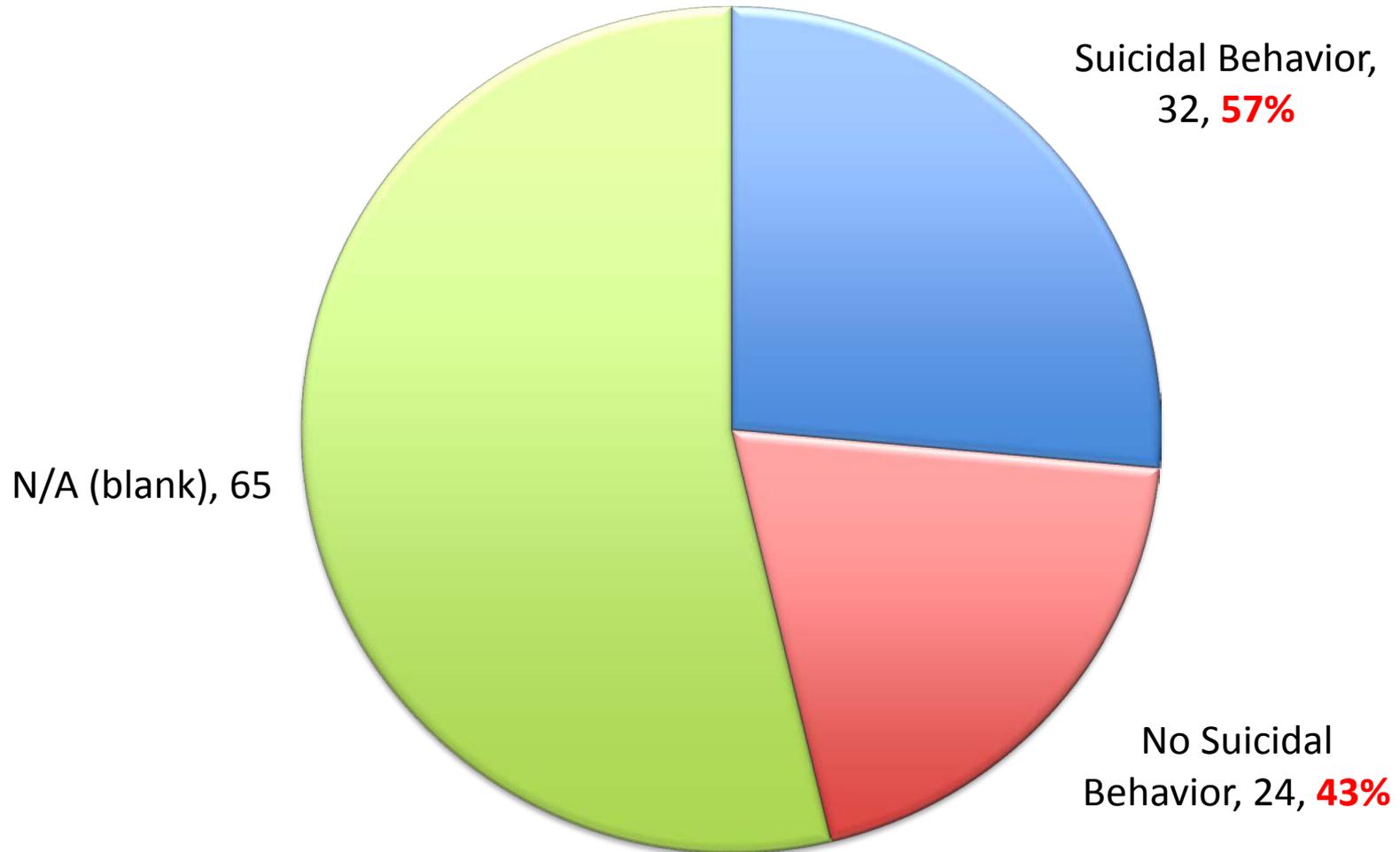


Montana Veteran Suicides with identified Mental Health Issues



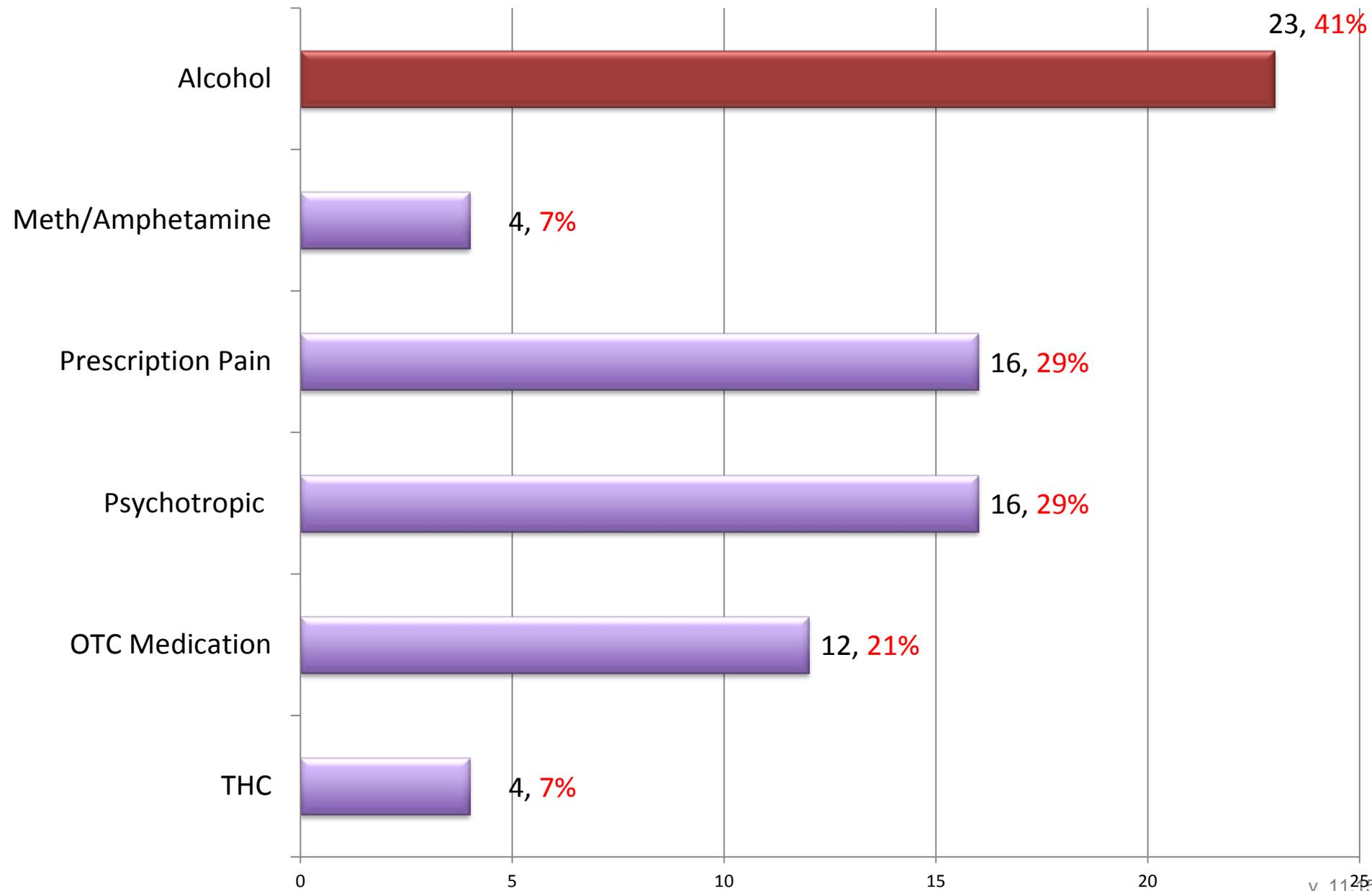
Montana Veteran suicides with history of previous suicidal behavior

(% based on n=56)

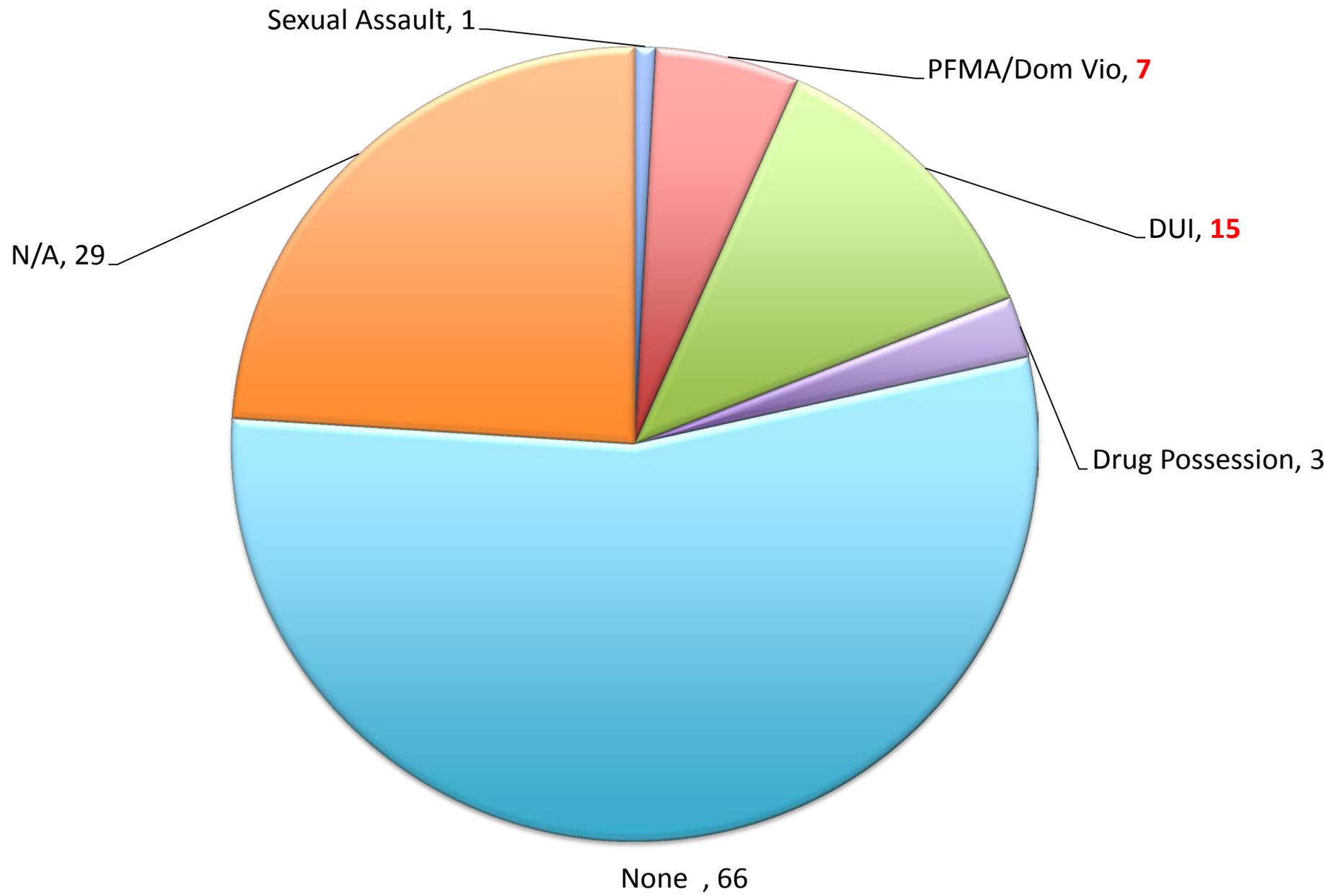


Toxicology findings of Montana Veteran Suicides

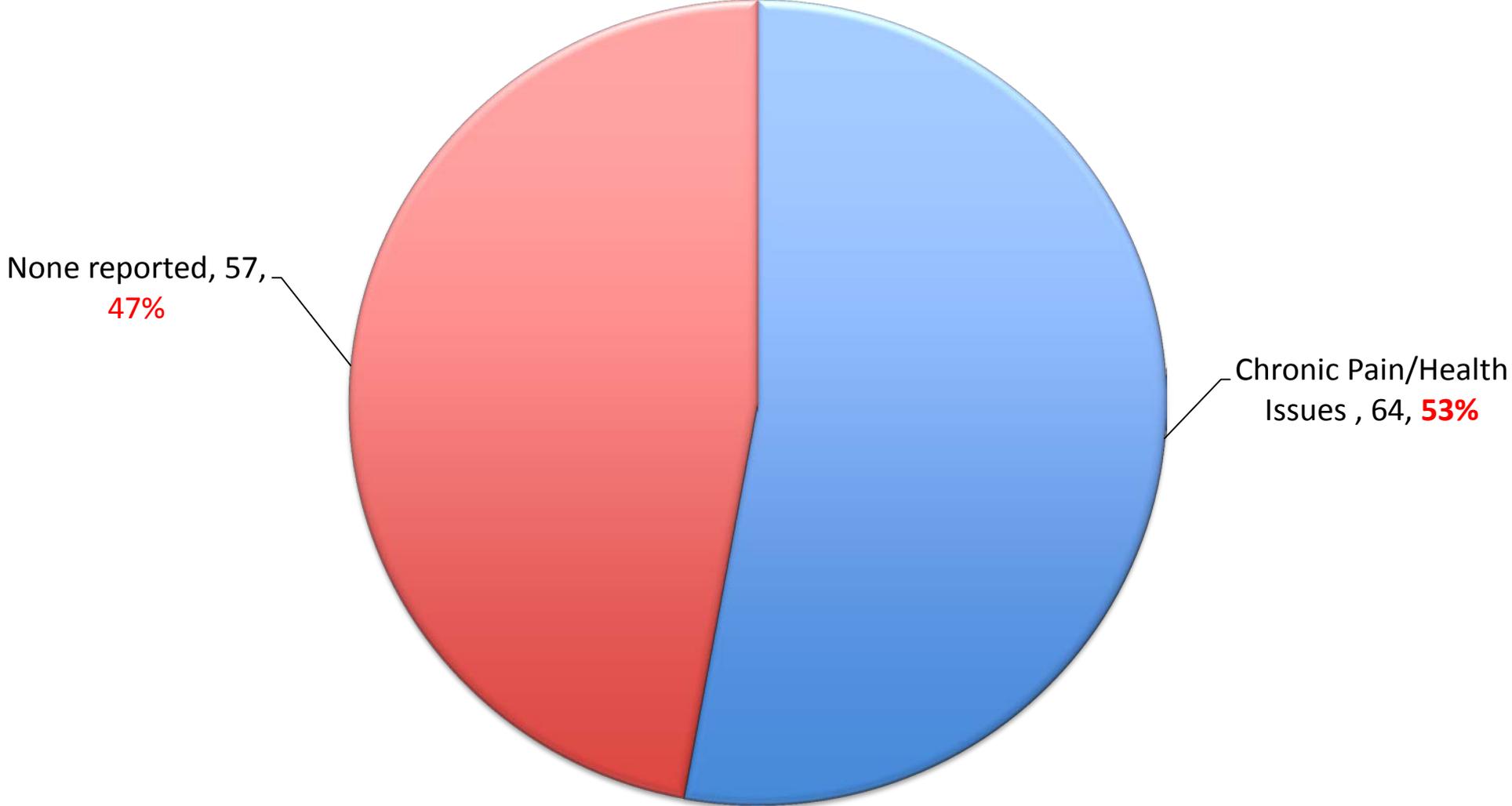
(% is based on 56 toxicology reports received)



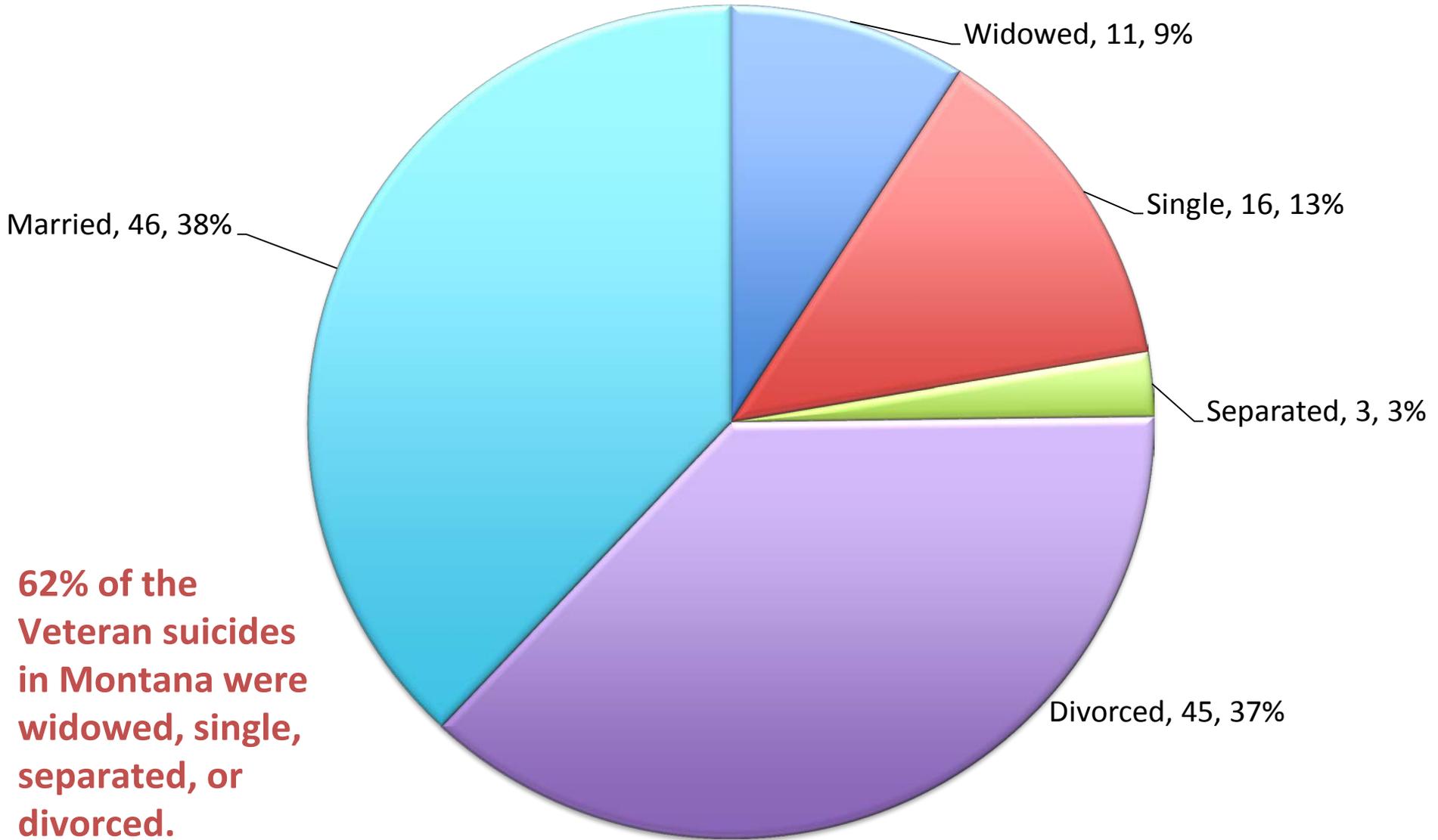
Montana Veteran Suicides with Criminal History



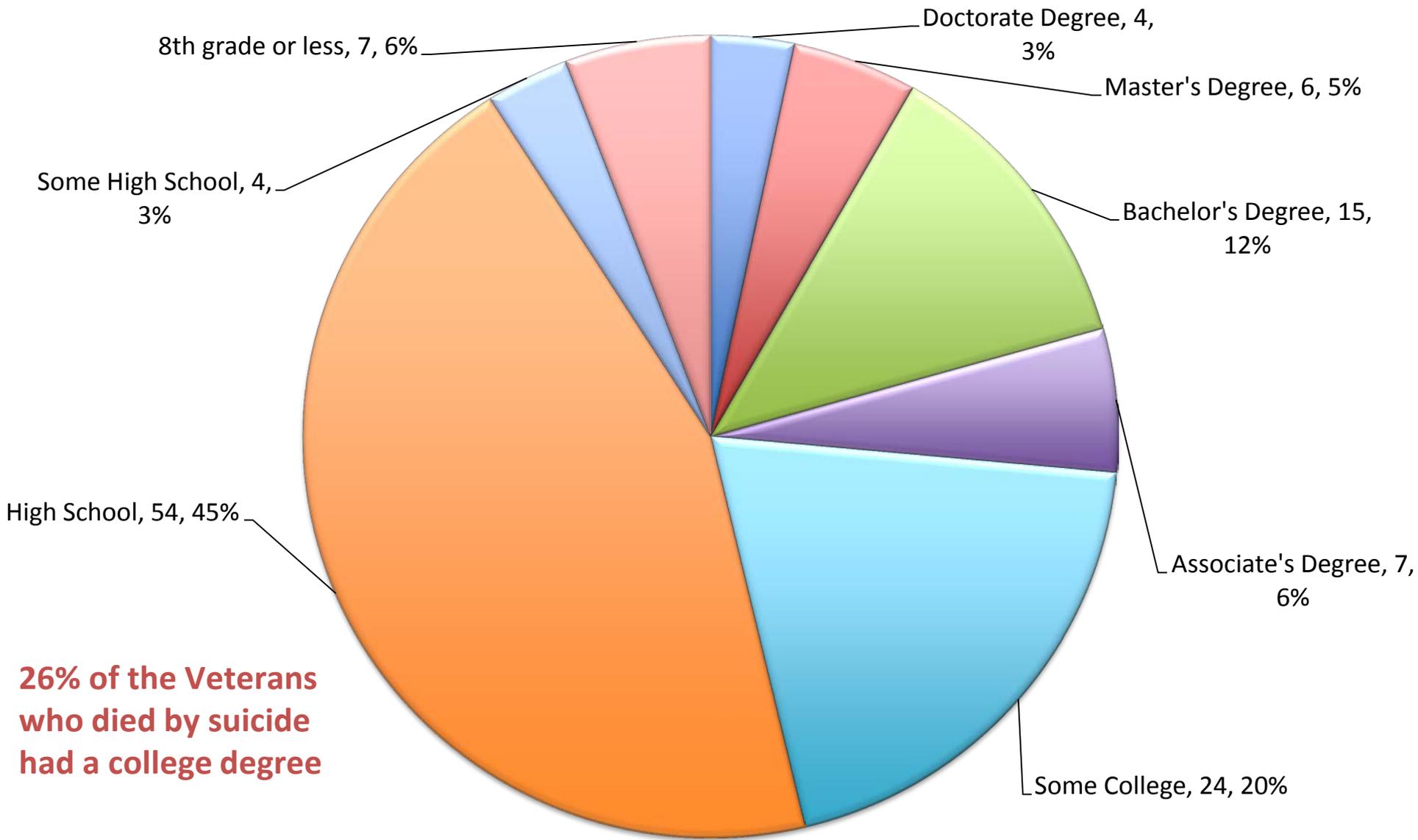
Montana Veteran Suicides with Chronic Pain/Health Issues



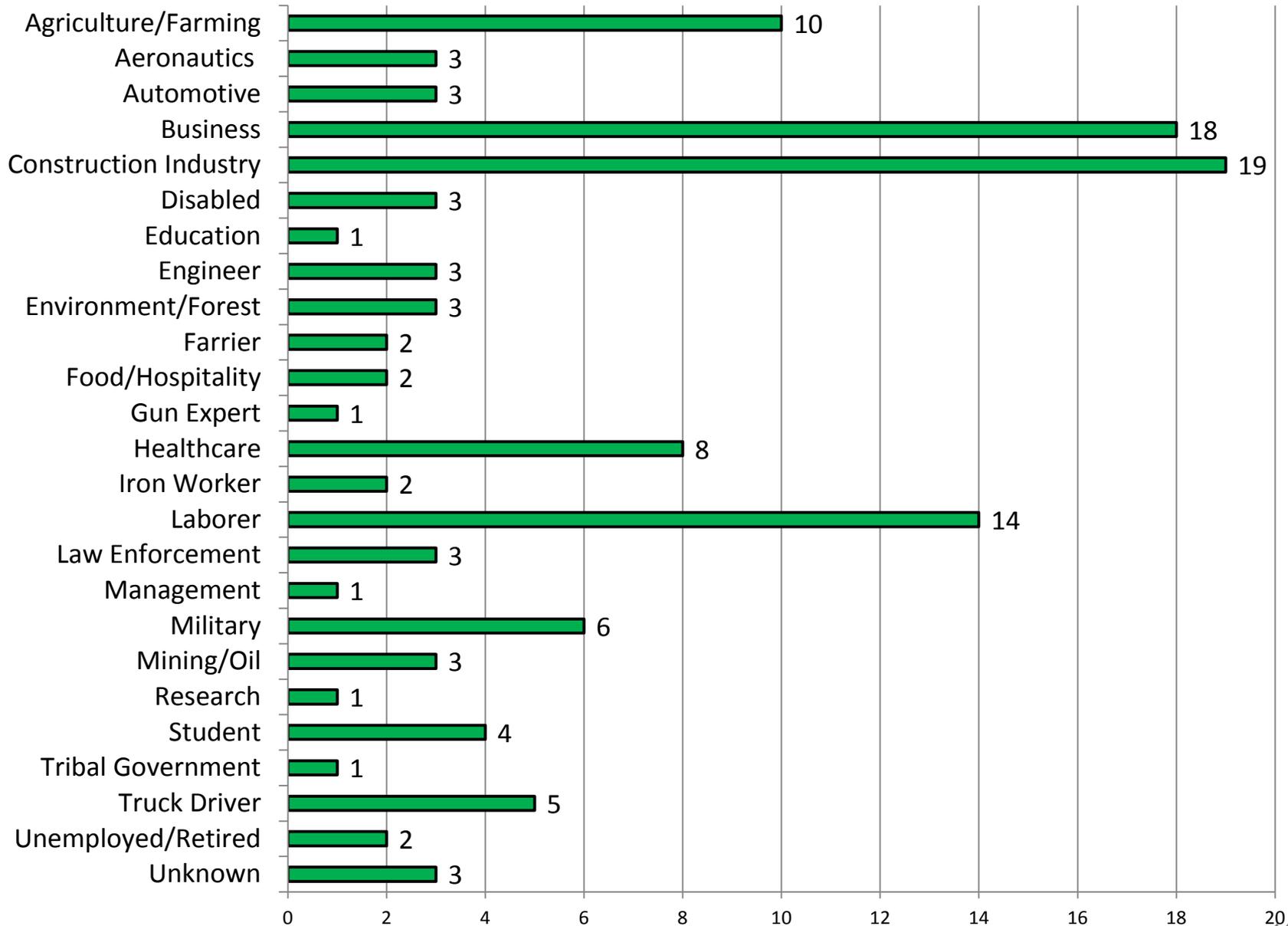
Montana Veteran Suicides by Relationship Status



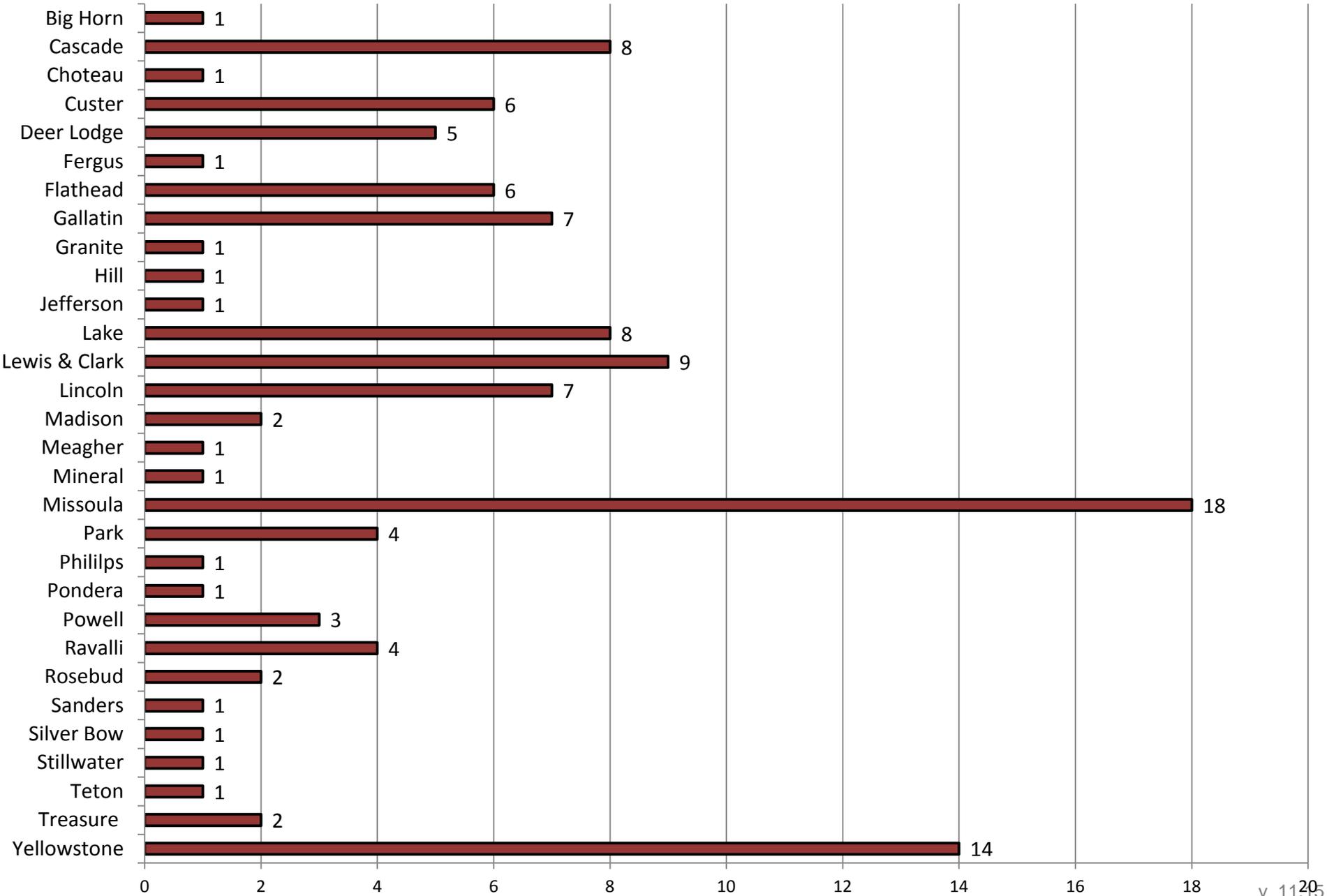
Montana Veteran Suicides by Education Level



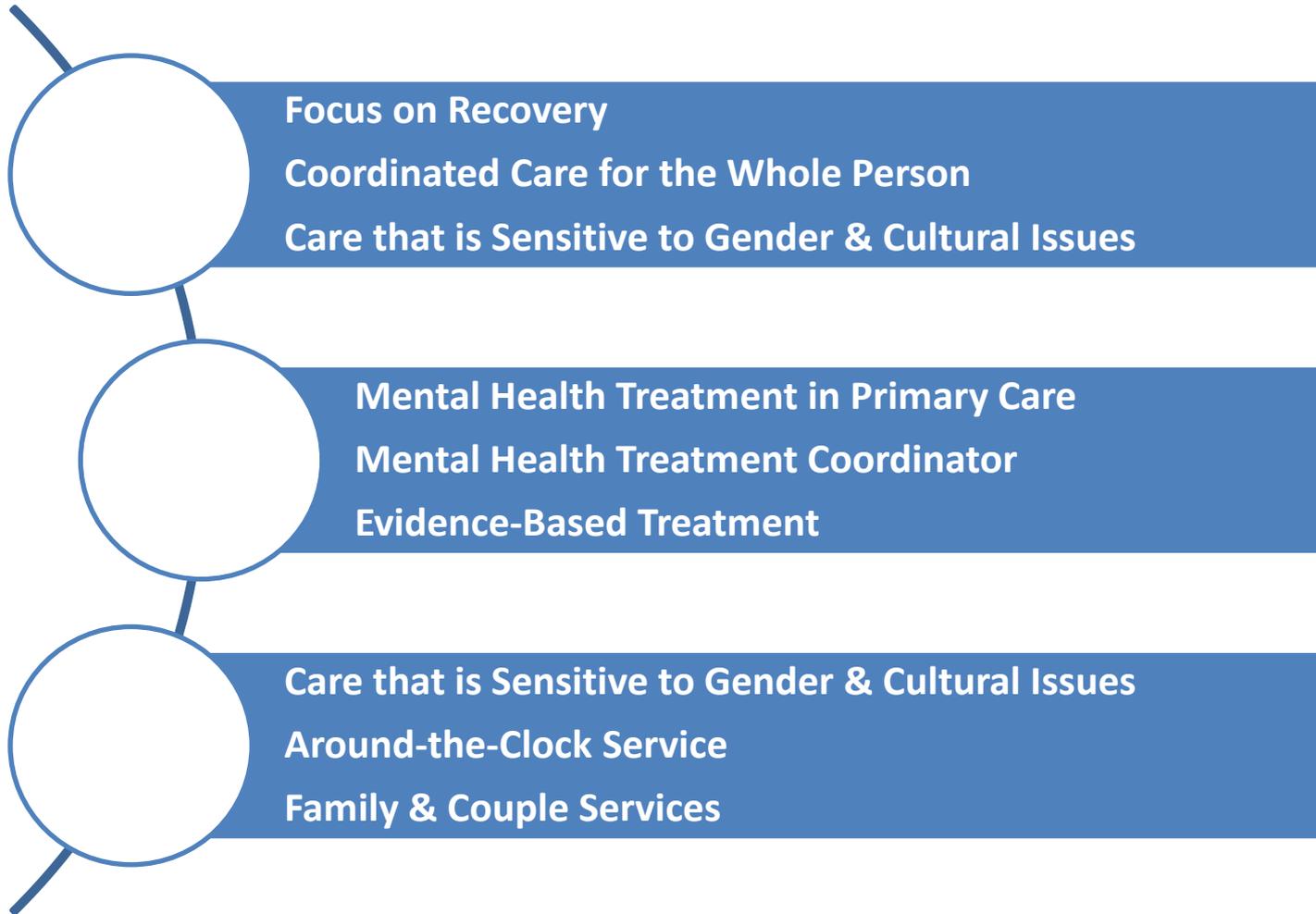
Montana Veteran Suicides by Occupation



Montana Veteran Suicides by County



Montana Behavioral Health Services



Resources

- Mental Health
 - VHA provides specialty inpatient and outpatient mental health services at its medical centers and community-based outpatient clinics. All mental health care provided by VHA supports recovery, striving to enable a person with mental health problems to live a meaningful life in their community and achieve full potential.
 - For more information on VA Mental Health Services visit www.mentalhealth.va.gov.
- Vet Centers
 - Vet Centers are VA community based centers that provide a range of counseling, outreach and referral services.
 - For more information about Vet Centers and to find the closest Vet Center to you visit www.vetcenter.va.gov

Resources

- Make the Connection
 - MakeTheConnection.net is a one-stop resource where Veterans and their families and friends can privately explore information about physical and mental health symptoms, challenging life events, and mental health conditions. On this site, Veterans and their families and friends can learn about available resources and support. Visit www.MakeTheConnection.net to learn more.
- PTSD
 - Each VA medical centers have PTSD specialists who provide treatment for Veterans with PTSD. For more information about PTSD and to locate the VA PTSD program nearest you visit www.ptsd.va.gov.
 - PTSD Coach App The PTSD Coach application, allows phone users to manage their symptoms, links them with local sources of support and provides information on post-traumatic stress disorder (PTSD). Visit www.ptsd.va.gov/public/pages/PTSDCoach.asp

Resources

- [Veterans Chat - Veterans Crisis Line](#): Veterans Chat enables Veterans, their families, and friends to go online where they can anonymously chat with a trained VA counselor. This same service is also available to Service members through [Military Crisis Line chat](#).
- [Locate Your Local Suicide Prevention Coordinator](#): Each VA Medical Center has a suicide prevention coordinator to make sure Veterans receive needed counseling and services. Calls to the Veterans Crisis Line are referred to those coordinators.
- [DoD/VA Suicide Outreach: Resources for Suicide Prevention](#): Provides ready access to hotlines, treatments, professional resources, forums, and multiple media designed to link you to others.
- [Veterans Crisis Line Behind the Scenes](#): Take a look into the Veterans Crisis Line call center, housed at a VA Center of Excellence in Canandaigua, N.Y., where qualified, caring responders answer the calls of Veterans, Service members, and their friends and families in times of crisis.
- [Additional Resources](#): Learn more about VA and other organizations' suicide prevention resources and other Veterans' issues.
 - [National Suicide Prevention Lifeline](#)
 - [American Association of Suicidology](#)

References

*** Slides adapted from: Janet Kemp RN, PhD, Mental Health Program Director, Suicide Prevention Overview Kemp May 2013. and Slides from VMHC SPC Presentation 5/18/2016***

1. VA Mental Health Care Fact Sheet (2015) Retrieved from https://vaww.portal2.va.gov/sites/mentalhealth/visn2coe_sp/sp/Training/Suicide%20Prevention%20+%20Mental%20Health%20Fact%20Sheets/VHA%20Mental%20Health%20Fact%20Sheet%202015.09.pdf, Page 4 of 13, 2/24/2016.
2. Sentinel Event Alert, retrieved from www.jointcommission.org, Issue 56, 2/24/2016.
3. Rosten, Karl, Suicide in Montana (2012), Retrieved from www.prc.mt.gov/suicideprevention, 2/23/2016.
4. CDC Suicide Data Sheet, Retrieved from <http://www.cdc.gov/violenceprevention/pdf/suicide-datasheet-a.pdf>, 2/26/2016.
5. The Assessment and Management of Risk for Suicide Working Group, *Suicide Full Guideline (2013)*, Retrieved from <http://vaww.oqsv.med.va.gov/functions/integrity/cpg/cpgSuicide.aspx>, 2/29/2016.
6. Stanley, B., & Brown, G.K. (with Karlin, B., Kemp, J.E., & VonBergen. H.A.). (2008). *Safety Plan Treatment Manual to Reduce Suicide Risk: Veteran Version*. Retrieved from http://www.sprc.org/library_resources/items/safety-plan-treatment-manual-reduce-suicide-risk-veteran-version, 2/29/2016.
7. Memo: Patients at High Risk for Suicide (2008). Retrieved from [2008.04 Patients at High Risk for Suicide Apr 24 2008 TIF](#), 3/1/2016.
8. Columbia-Suicide Severity Rating Scale (C-SSRS). Retrieved from http://cssrs.columbia.edu/about_cssrs.html, 3/2/2016.
9. Shulkin, David: A Call to Action: Preventing Veteran Suicide (2016). Retrieved from <https://www.vapulse.net/people/david.shulkin%40va.gov/blog/2016/02/01/a-call-to-action-preventing-veteran-suicides>, 3/11/2016.

VA Montana Community Clinic and other VA facilities Directory

Anaconda, Montana

VA Community Based
Outpatient Clinic
118 East 7th St., Suite 2A
Anaconda, MT 59711

Phone: 406-496-3000
Fax: 406-496-3030

Billings, Montana

VA Community Based
Outpatient Clinic
1775 Spring Creek Lane
Billings, MT 59102
Phone: 406-373-3500
Fax: 406-373-3520

VA Specialty Clinic
1766 Majestic Lane
Billings, MT 59102
Phone: 406-373-3500

Bozeman, Montana

VA Community Based
Outpatient Clinic
300 N. Willson, Suite 703G
Bozeman, MT 59715

Phone: 406-582-5300
Fax: 406-582-5399

VA Montana Community Clinic and other VA facilities Directory

Cut Bank, Montana

VA Community Based
Outpatient Clinic
#8 2nd Ave SE
Cut Bank, MT 59427

Phone: 406-873-9047
Fax: 406-873-2439

Glasgow, Montana

VA Community Based
Outpatient Clinic
630 Second Ave. South,
Suite A
Glasgow, MT 59230

Phone: 406-228-4101
Fax: 406-228-4104

Glendive, Montana

VA Community Based
Outpatient Clinic
2000 Montana Ave.
Glendive, MT 59330

Phone: 406-377-4755
Fax: 406-377-4757

VA Montana Community Clinic and other VA facilities Directory

Great Falls, Montana

VA Community Based
Outpatient Clinic
1417 9th Street South,
Suite 200 and 300
Great Falls, MT

Phone: 406-791-3200
Fax: 406-791-3230

Havre, Montana

VA Community Based
Outreach Clinic
130 13th Street, Suite 1
Havre, MT 59501

Phone: 406-265-4304
Fax: 406-265-4305

Helena, Montana

Helena VA Sleep Clinic
2271 Deerfield Lane
Helena, MT 59601

Phone: 1-406-447-7443

VA Montana Community Clinic and other VA facilities Directory

Kalispell, Montana

VA Community Based
Outpatient Clinic
31 Three Mile Dr., Suite
102
Kalispell, MT 59901

Phone: 406-758-2700
Fax: 406-758-2750

Lewistown, Montana

VA Community Based
Outpatient Clinic
629 NE Main St., Suite 1
Lewistown, MT 59457

Phone: 406-535-4790
Fax: 406-535-4793

Miles City, Montana

VA CBOC and
Community Living
Center
210 S. Winchester
Miles City, MT 59301

Phone: 406-874-5600
Fax: 406-874-5696

VA Montana Community Clinic and other VA facilities Directory

Missoula, Montana

VA Community Based
Outpatient Clinic
2687 Palmer Street, Suite C
Missoula, MT 59808

Phone: 406-493-3700
Fax: 406-493-3772

PRIMARY CARE TELEHEALTH OUTREACH CLINICS (PCTOC)

VA Primary Care Telehealth Outreach Clinic
(PCTOC)

299 Fairgrounds Suite A
Hamilton, MT 59840
Phone: 406-363-3352
Fax: 406-363-7522

VA Primary Care Telehealth Outreach Clinic
(PCTOC)

Sheridan Memorial Hospital
440 West Laurel Avenue
Plentywood, MT 59254
Phone: 406-765-3718
Fax: Not Available

VETERANS OUTREACH CENTERS:

Billings Vet Center

2795 Enterprise Ave., Suite 1

Billings MT 59102

Phone: 406-657-6071

Fax: 406-657-6603

Kalispell Vet Center

690 North Meridian Rd., Suite 101

Kalispell MT 59901

Phone: 406-257-7308

Fax: 406-257-7312

Great Falls Vet Center

615 2nd Ave. North

Great Falls MT 59401

Phone: 406-452-9048

Fax: 406-452-9053

Missoula Vet Center

910 Brooks St.

Missoula MT 59801

Phone: 406-721-4918

Fax: 406-329-3006

Helena Vet Center Outstation (Fall 2016)