Center for Women Veterans Roundtable Nevada
Agenda

1:05pm Jacquelyn Hayes-Byrd
   Center for Women Veterans

1:20pm Beth Hemmila
   State and VA Benefits

1:30pm Shurhonda Love & Aimee Johnson
   Suicide Prevention

1:40pm Additional Q & A
Knowledge Experts

- Center for Women Veterans Staff
- VA Health Administration Staff
- Veterans Service Officers
- NDVS Staff
VA Healthcare

Janet R. Porter, Deputy Field Director
Women’s Health Veterans Health Administration
Janet.Porter2@va.gov

VA Sierra Nevada Health Care System (Reno)
Women Veterans Program Manager
Shana Schenck, 775-785-7225

VA Southern Nevada Healthcare System (Las Vegas)
Women’s Health Center 702-791-9176

VA Salt Lake City Healthcare System (Utah)
Women’s Clinic, 801-582-1565 Ext. 2685
Welcome

Fred Wagar
Deputy Director of Operations
Nevada Department of Veterans Services
Center for Women Veterans

Jacquelyn Hayes-Byrd
Executive Director
Center for Women Veterans
Center for Women Veterans

Briefing presented to
National Association of State Women Veteran Coordinators
Annual Training

Presented By Jacquelyn Hayes-Byrd, Executive Director
Center for Women Veterans
Our Mission:
• **Monitor** and **coordinate** administration of health care, benefits, services and programs for Women Veterans.
• Serve as an **advocate** for **cultural transformation** in recognizing the service and contributions of women Veterans
• **Raise awareness** of the responsibility to treat women Veterans with dignity and respect.

Our Vision:
**Modernize** the Center to become the portal for all things women Veterans and extend **outreach** to all women Veterans, reaching women Veterans nationally and internationally, ensuring **equity** in access, eligibility, care, and service delivery.
CWV Strategic Approach and Operating Plan

CWV’s Strategic Approach and Operating Plan identifies five critical areas in accordance with Public Law 103-446:

1. Outreach
2. Internal and External Advocacy
3. Research
4. Performance Management and Compliance
5. SECVA

Modernization and Alignment will ensure enterprise-wide performance management and compliance to ensure women Veterans receive equitable services and benefits.
Center for Women Veterans Executive Director
Jacquelyn Hayes-Byrd gives a
November – Veterans Month

Veterans Month
CWV Women Veterans Mosaic
1. #BringWomenVeteransHome2VA
   A. CWV and NASWVC Outreach Initiative
   B. I Am NOT INVISIBLE Campaign 2.0
   C. Monthly Partners Breakfast 2.0
   D. Women Veteran Trailblazers Initiative 2.0
   E. American Indian/Alaska Native Round Tables Initiative
   F. CWV and WIMSA Partnership Outreach Initiative
   G. CWV / OSDBU / Commerce Partnership Initiative (in development)
   H. Naming of VA Spaces After Women Veterans Initiative
   I. GoLive Webinar Initiative
   J. Women Veterans License Plate Program
   K. Women Veteran Book Authors Initiative (in development)

2. Women Veterans Summit (Postponed until 2021)

Special thanks to Veteran Canteen Service for their sponsorship of our initiatives
Contact Us

1) Phone: 1-855-VA-WOMEN or 1-855-829-6636
2) Email: 00w@VA.Gov
3) Find us online at www.va.gov/womenvet
4) Facebook and Twitter using @VAWomenVets
5) Women Veterans Call Center
6) Crisis Hotline:

Portal for All Things Women Veterans

Choose VA

Center for Women Veterans
Other VA Resources

• Call 202-461-6193
• Other Resources from www.va.gov
• eBenefits: (https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal)
• Caregiver Support: (http://www.caregiver.va.gov/)
• Make the Connection: (http://maketheconnection.net/)
• Homeless Veterans (http://www.va.gov/homeless/index.asp)
• Burials and Memorials: (http://www.cem.va.gov)
• MyHealthEVet: (https://www.myhealth.va.gov/)
• Office of Survivors Assistance: www.va.gov/survivors/
• Center for Minority Veterans (https://www.va.gov/centerforminorityveterans/)
How to Contact the Center

**CWV Staff**

- Executive Director, Jacquelyn Hayes-Byrd
- Deputy Director, Elizabeth Estabrooks
- Program Analyst, Shannon Middleton
- Communications Manager, Missina Schallus
- International & National Outreach Manager, Ana Claudio
- Outreach Program Manager, Michelle Terry

**Address:**
Department of Veterans Affairs
Center for Women Veterans (00W)
810 Vermont Ave, NW
Washington, DC  20420

Phone: 202-461-6193
Fax: 202-273-7092

**Website:** www.va.gov/womenvet
**Email:** 00W@mail.va.gov

**Social Media:** @VAWomenVets on Facebook and Twitter
#BringWomenVeteransHome2VA
State and VA Benefits

Beth Hemmila - Reno
Women Veterans Service Officer
hemmilalab@veterans.nv.gov
Veterans Service Officers

Nevada Department of Veterans Services
702-830-2000
Brandi Matheny – Pahrump
Kacie Ortiz – Elko
Beth Hemmila - Reno

Nation’s Finest
775-284-8387
Starlyn Lara - Reno
Graduation Day

• Create a plan
• Communicate your plan

Survivor Benefits Guide
Caregivers & Survivors Brochure
FOR CAREGIVERS
As a caregiver, you play an important role in caring for a veteran at home or in the community. To learn about benefit information, please contact a Veterans Service Officer.

VA PROGRAMS
The VA has two programs for caregivers: General Caregiver Support Services, which are available to all veterans; and the Program of Comprehensive Assistance for Family Caregivers, which is available to eligible post-9/11 veterans and veterans who served prior to May 7, 1975, that is, veterans who served before the Vietnam Era. The Program of Comprehensive Assistance for Family Caregivers is expanded to veterans who served before May 7, 1975, and Post-9/11 veterans, and will open to veterans of all war eras in 2022.

VA Caregiver Support
855-260-3274

VA Nevada Health Care System
Reno (775) 326-5775

VA Southern Nevada Health Care System
Las Vegas (702) 321-9000 ext: 1305

VA Salt Lake City Health Care System
Salt Lake City (801) 582-1565 Ext: 1520

CAREGIVER RESOURCE LIST
NEVADA RESOURCES
• Nevada Department of Health and Human Services Aging and Disability Services Division (775) 687-4210
  Senior Care Centers listed by county: https://nv.gov/Resources/NevadaSeniorCenters/
• Access To Health Care Network (775) 361-1893
• Carson City Senior Center (775) 363-0703
• Jewish Family Service Agency (775) 933-1191
  (Clark County)
• Lyon County Human Services (775) 577-5009
• Nevadacare Connection (775) 361-1893
• Nevada Lifeshop Respite Care Coalition
  (775) 327-1296
• Nevada Senior Services (775) 850-5113
  (Counties: Clark, Esmeralda, Lincoln and Nye)
  www.nevadacareconnection.org

PROGRAMS FOR MILITARY CAREGIVERS
• Elizabeth Dole Foundation’s Hidden Heroes (202) 249-7170
• Military and Veteran Caregiver Network
  Red Cross: info.military@redcross.org
• Military One Source (800) 342-9647
• Operation Family Caregiver (229) 928-1234

OTHER RESOURCES
• AARP Family Caregiving (877) 333-5885
• Spanish: (888) 971-2013
• Caregiver Action Network (855) 237-3640
• Endercare Locator (800) 677-1116
• Family Caregiver Alliance (800) 445-8106
• National Alliance for Caregiving (202) 918-1013
• National Association of Area Agencies on Aging (202) 488-1688
• National Family Caregiver Support Program, Administration for Community Living (ACF), (800) 677-1116
• Rosalyn Carter Institute for Caregiving (229) 928-1234

CONTACT A VSO
• Las Vegas (702) 234-6025
• Reno (775) 321-4880
• Pahrump (775) 751-6372
• Carson City (775) 300-6796
• Elko (775) 777-1000
• Fallon (775) 428-1177

CAREGIVERS & SURVIVORS GUIDE
WHAT YOU NEED TO KNOW

www.veterans.nv.gov
Estate Planning

Office of Military Legal Assistance
Wills and Powers of Attorney

Nevada State Bar Referral Service
702-382-0504

Nevada Lockbox
Advance Directive Registry
Burial Benefits

Northern Nevada Veterans Memorial Cemetery
775-575-4441

Southern Nevada Veterans Memorial Cemetery
702-486-5920
VA Survivor Benefits

- Dependency and Indemnity Compensation (DIC)
- Survivors Pension
- VA Guaranteed Home Loan
- Education
- Healthcare Coverage (CHAMPVA)
Important Paperwork

- Military Discharge Documents
- Marriage Certificates
- Divorce Decrees
- Death Certificate
- VA Award Letter (helpful)
Other Resources

Women Veterans Web Page

Online Women Veterans Survey

Women Veterans Events

Connect on Social Media

Signup for eNewsletter
Get Involved

Women Veterans Advisory Committee
Next Meeting: December 9 at 1pm
Agenda and Zoom link

Nevada Veterans Advocate Program
Thank you for your service!
Suicide Prevention

Shurhonda Love
Community Relations Specialist
Partnerships Office of Mental Health and Suicide Prevention
U.S. Department of Veterans Affairs

Aimee Johnson
Program Analyst
VHA Office of Mental Health and Suicide Prevention
Preventing Suicide Through Lethal Means Safety

Nevada Department of Veterans Affairs & VA Center for Women Veterans Virtual Roundtable

December 1, 2020

Aimee Johnson, LCSW, Program Analyst, Office of Mental Health and Suicide Prevention (OMHSP)

Shurhonda Love, Community Relations Specialist, OMHSP
Brief Review of Lethal Means Safety
## Key Data Points

### 2017 Key Data Points

<table>
<thead>
<tr>
<th></th>
<th>The rate of suicide was</th>
<th>Male Veterans ages</th>
<th>Male Veterans ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>2.2 times higher</td>
<td>18–34</td>
<td>55 and older</td>
</tr>
<tr>
<td></td>
<td>among female Veterans</td>
<td>experienced the</td>
<td>experienced the</td>
</tr>
<tr>
<td></td>
<td>compared with non-Veteran adult women.</td>
<td>highest rates of suicide.</td>
<td>highest count of suicide.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* after accounting for differences in age</td>
<td>* after accounting for differences in age</td>
</tr>
<tr>
<td>Male</td>
<td>1.3 times higher</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>among male Veterans</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

69% of all Veteran suicide deaths resulted from a firearm injury.
Method of Suicide Among Veteran and Non-Veteran Adults Who Died by Suicide (2017)

<table>
<thead>
<tr>
<th>Method</th>
<th>Percentage of Non-Veteran Adult Suicide Deaths</th>
<th>Percentage of Veteran Suicide Deaths</th>
<th>Percentage of Male Non-Veteran Adult Suicide Deaths</th>
<th>Percentage of Male Veteran Suicide Deaths</th>
<th>Percentage of Female Non-Veteran Adult Suicide Deaths</th>
<th>Percentage of Female Veteran Suicide Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firearm</td>
<td>48.1%</td>
<td>69.4%</td>
<td>53.5%</td>
<td>70.7%</td>
<td>31.3%</td>
<td>43.2%</td>
</tr>
<tr>
<td>Poisoning</td>
<td>14.9%</td>
<td>9.9%</td>
<td>9.2%</td>
<td>8.9%</td>
<td>32.3%</td>
<td>28.7%</td>
</tr>
<tr>
<td>Suffocation</td>
<td>28.7%</td>
<td>15.8%</td>
<td>29.3%</td>
<td>15.6%</td>
<td>26.6%</td>
<td>19.9%</td>
</tr>
<tr>
<td>Other</td>
<td>8.4%</td>
<td>5.0%</td>
<td>7.9%</td>
<td>4.8%</td>
<td>9.8%</td>
<td>8.1%</td>
</tr>
</tbody>
</table>

In 2017, 69.4% of Veteran suicide deaths were due to a self-inflicted firearm injury.
Risk and Protective Factors

**Risk**
- Prior suicide attempt
- Mental health issues
- Substance abuse
- Access to lethal means
- Recent loss
- Legal or financial challenges
- Relationship issues
- Unemployment
- Homelessness

**Protective**
- Access to mental health care
- Sense of connectedness
- Problem-solving skills
- Sense of spirituality
- Mission or purpose
- Physical health
- Employment
- Social and emotional well-being

**Goal:** Minimize risk factors and boost protective factors
Coronavirus (COVID-19) Pandemic Impact

- The pandemic and its consequences are associated with job losses among Veterans.
  - In July 2020, the veteran unemployment rate was 8.0%, down from 11.8% in April 2020; non-veteran unemployment rate was 10.3% in July.
    - Women Veteran unemployment rate was 10.3%, up from 5% in July 2019 (11.3% for non-veteran women)
    - Male Veteran unemployment rate was 7.5%, compared to 3.2% in July 2019 (9.7% for non-veteran men)
- Another consequence is increased access to lethal means and behaviors that may increase risk for suicide or other adverse consequences.
  - Record numbers firearm background checks continue from March thru July 2020, including 8 of the top 10 weeks since recording began in Nov 1998.
  - Firearm sales continue to rise, with almost 3 million more firearms have sold since March 2020 compared to these months in previous years, with half of these sales in June 2020.
    - June 2020 recorded the highest firearm sales in June (since beginning data collection in 1998), with 3.9 million firearms sold.
  - Total alcohol sales were 26% higher from March through June 20, 2020 compared to 3.4% for the 52 weeks ending Feb 29, 2020.
Suicide Surveillance in the COVID-19 Era: Initial Findings

• Assessment of the impact of COVID-19 on Veteran suicide requires cause-of-death data from national death records for 2020 (available in 2022).

• VHA facility reports provide a timely, though incomplete, source of information.
  • Current findings do not indicate an increase in facility-reported Veteran suicides since mid-March 2020.
  • This may be due to delayed notification and reduced information flow.

• Assessment of new indications of suicide attempts has identified fewer suicide attempts per week since mid-March 2020.

• The number of documented VHA On-Campus suicide attempts was lower in April and May than in earlier months.
Most Suicidal Crises are Brief
Time from Decision to Action < 1 hour


Source: CDC WISQARS: Deaths from death certificate data; nonfatal incidents estimated from national sample of hospital emergency departments

Source: CDC WISQARS and US Dept. of Veterans Affairs
https://www.mirecc.va.gov/lethalmeanssafety/facts/
Population Level: Lethal Means Safety Works

- Reducing access to lethal suicide methods is one of the few population level interventions that has been shown to decrease suicide rates.
- About 90 percent of people who survive a suicide attempt do not go on to die by suicide.
- If we can collaborate with Veterans ahead of time to help them survive a suicidal crisis, we have likely prevented suicide for the rest of their lives.
**VA Suicide Prevention Program Mission**

Implementing a National Plan at Local Level

<table>
<thead>
<tr>
<th><strong>KEY TENETS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Suicide is preventable.</td>
</tr>
<tr>
<td>2. Suicide prevention requires a public health approach, combining clinical and community-based approaches.</td>
</tr>
<tr>
<td>3. Everyone has a role to play in suicide prevention.</td>
</tr>
</tbody>
</table>

**SHORT TERM PLAN**
The NOW Plan outlines five prevention strategies to implement throughout 2020-2021.

**LONG TERM PLAN**

**Clinical:** Strategies grounded in evidence from the 2019 VA/DoD Clinical Practice Guidelines.

**Community:** National call to reach the 11 Veterans who die by suicide each day who are outside VHA care.

Executive in Charge approved implementation to reach all Veterans.
Firearms & Guns
New Lethal Means Safety Course TMS # 34560

- Dr. Joe Simonetti & Dr. Bridget Matarazzo of the VISN 19 Rocky Mountain MIRECC lead the course about the key role all providers have in lethal means safety planning with Veterans
- Naloxone is another prevention strategy for those diagnosed with Opioid Use Disorder or with access to Opioids
- All providers will need to take the course by 12/31/2020 (upcoming memo)
- Course is available in TRAIN for non-VA employees in your networks and community care

Outline

- Epidemiology of Veteran suicide
- Veteran suicide methods
- What is Lethal Means Safety (LMS)?
- Why is LMS important?
- How can providers promote LMS?
  - Lethal Means Safety Counseling (LMSC)
- Who should receive LMSC?
- LMSC Specifics
  - Firearms & medications
- LMSC Examples and documentation
National Shooting Sports Foundation, American Foundation for Suicide Prevention & VA Partnership

- The partnership is a community-level program that delivers a community toolkit and messaging to Veterans, their families, and communities about putting “time and space” between a Veteran in crisis and a firearm
- United States Concealed Carry Association webcast Protecting Mental Health and Preventing Veteran Suicide During COVID-19
- Co-branding materials for use throughout the VHA and community
- AFSP/NSSF Toolkit for gun shop outreach
GUN STORAGE FOR YOUR LIFESTYLE

As a gun owner, you can choose from multiple options for safely storing and protecting your firearms when they’re not in use. Use this guide to determine which mechanism best suits your lifestyle, priorities and environment.

CABLE LOCK
Price Range: $10–$50
A cable lock can be used on most firearms, allows for quick access in an emergency and adds extra security from theft. The cable runs through the barrel or action of a firearm to prevent it from being accidentally fired, requiring either a key or combination to unlock it.

GUN CASE
Price Range: $15–$199
For those looking to conceal, protect or legally transport a registered firearm, a gun case is an affordable solution available in a variety of materials including plastic, fabric or metal. Be sure to lock it with an external device for added security.

LOCK BOX
Price Range: $25–$50
With an integrated lock, a storage box provides an affordable protective solution for firearms, and allow gun owners to legally transport them outside of their home.

ELECTRONIC LOCK BOX
Price Range: $50–$199
Electronic lock boxes are an effective way to store or legally transport firearms, and they also prevent theft as only the person with the code can access the contents. Some electronic lock boxes are specially designed for quick access to stored firearms.

FULL-SIZE AND BIOMETRIC GUN SAFES
Price Range: $500–$3,500
A gun safe protects the contents from the elements and allows owners to safely store multiple firearms in one place. Gun safes of all sizes are now available with biometric options to ensure only certain people have access.

A RANGE OF OPTIONS

PLEASE HELP PREVENT ACCIDENTS. STORE FIREARMS RESPONSIBLY.

These are just a few of the storage options available to firearms owners. For the greatest level of security, consider using a combination of safety mechanisms and educate family members about handling firearms properly.

To learn more about firearms safety, visit ProjectChildSafe.org

Project ChildSafe is a program of the National Shooting Sports Foundation®

The Firearm Industry Trade Association

U.S. Department of Veterans Affairs
Encourage Storage of Guns & Firearms

- Discuss securing firearms with Veterans, their friends and families, promote community-wide
- Increase in firearm sales (2.5M new gun owners in the first quarter of 2020 (reference NSSF)
- Firearms should be stored unloaded with ammunition separately
- Use a cable lock on the firearm
- Store behind a locking mechanism
- Consider out of home storage (refer to your state laws here)
- Place on the storage device:
  - Pictures of loved ones & reasons for living
  - Suicide Prevention Safety Plan
  - Veterans Crisis Line Sticker
Leading Community Messaging & Action

TOGETHER WE CAN PREVENT SUICIDE:
Store Your Firearms Responsibly

HELP PREVENT SUICIDE:
Store Your Firearms Responsibly
Lethal Means Safety Kits

By the end of Suicide Prevention Month (September 2020) lethal means safety materials were shipped to:

- All Vet Centers & VA Women’s Health Clinics and the VA Mental Health Clinics and VA Primary Care Clinics who requested kits

Materials are meant to be distributed through each location to providers, Caregivers, Veterans and their families

- Kits included:
  - 1,000 Brochures
  - 1,000 Know the Warning Signs Postcards
  - 1,000 ProjectChildSafe.org Stickers
  - 1,000 Large Veterans Crisis Line Stickers
  - 100 Pocket Cards for Providers
  - 25 Large Posters (Firearm Storage)
Medications & Substances
New Lethal Means Safety Resources

Reducing Firearm & Other Household Safety Risks Brochure provides best practices for safely storing firearms and medications along with advice for loved ones on how to talk to the Veteran in their life about safe storage.
Medication Storage & Safety

- Have a family member or friend help manage medication dosages
- Limit the amount of medication access (ask your doctor or pharmacist)
- Keep medications out of children’s sight and reach
- Place Veterans Crisis Line & Safety Plan or other visual reminders where medications are stored
- Use a week-long medication box and store the remaining medications
- Dispose of medication that is:
  - Past expiration date
  - You haven’t used in the past 12 months
  - If you no longer need it
Lethal Means Safety Counseling for Patients Using Opioids

- Naloxone nasal spray and autoinjectors available via the VHA pharmacy
- Important to train patients, family & friends
- Trainings and patient materials available at PBM.VA.GOV
Suicide Prevention Resources
S.A.V.E. Training

- Suicide prevention training video that’s available to everyone, 24/7
- Less than 25 minutes long
- Offered in collaboration with the PsychArmor Institute at https://psycharmor.org/S.A.V.E.

Available online for free: psycharmor.org/courses/s-a-v-e/
New Lethal Means Safety Course TMS # 34560

• Dr. Joe Simonetti & Dr. Bridget Matarazzo of the VISN 19 Rocky Mountain MIRECC lead the course about the key role all providers have in lethal means safety planning with Veterans
• All providers will need to take the course by 12/31/2020 (upcoming memo)
• Course is available in TRAIN for non-VA employees in your networks and community care

Outline
• Epidemiology of Veteran suicide
• Veteran suicide methods
• What is Lethal Means Safety (LMS)?
• Why is LMS important?
• How can providers promote LMS?
  • Lethal Means Safety Counseling (LMSC)
• Who should receive LMSC?
• LMSC Specifics
  • Firearms & medications
• LMSC Examples and documentation
New Lethal Means Safety Resources

Means Safety Messaging for Clinical Staff: This pocket card provides medical professionals with digestible information on ways to talk with Veteran patients about safe storage.
National Shooting Sports Foundation, American Foundation for Suicide Prevention & VA Partnership

- The partnership is a community-level program that delivers a community toolkit and messaging to Veterans, their families, and communities about putting “time and space” between a Veteran in crisis and a firearm
- United States Concealed Carry Association webcast Protecting Mental Health and Preventing Veteran Suicide During COVID-19
- Co-branding materials for use throughout the VHA and community
- AFSP/NSSF Toolkit for gun shop outreach
VA Suicide Prevention Toolkit for Caregivers

• Includes important information about suicide prevention, as well as evidenced based mental and substance use disorder treatments that can help Veterans recover and meet their goals.

• Learn what you can do at home to make your environment safer for someone going through an emotional crisis.

• The toolkit offers practical examples of the life saving importance of storing firearms and other lethal means to prevent suicide.

• Explore the resource section to review VA and partner organizations and what they have to offer Caregivers.

• Visit VA’s Tips & Tools Website for Caregivers at https://www.caregiver.va.gov/Tips_Tools.asp
Lethal Means Safety and Suicide Prevention

VA clinicians and community-based providers have a unique opportunity to prevent suicide through education on lethal means safety. This video offers guidance on talking to Veterans about the safe storage of lethal means, such as firearms and poisons.

• Learn more about lethal means safety at https://www.mirecc.va.gov/lethalmeanssafety/.
Firearm Storage Options

- Nearly half of all Veterans own a firearm, and most Veteran firearm owners are dedicated to firearm safety. Firearm injuries in the home can be prevented by making sure firearms are **unloaded, locked, and secured** when not in use, with ammunition stored in a separate location.

- There are several effective ways to safely secure firearms, as shown below. Learn more and find the option that works best for you and your family from the National Shooting Sports Foundation at [www.nssf.org/safety](http://www.nssf.org/safety)

![Firearm Storage Options](image)
Free, Confidential Support 24/7/365

Veterans Crisis Line
1-800-273-8255 PRESS 1

Confidential chat at VeteransCrisisLine.net or text to 838255

- Veterans
- Service members
- Family members
- Friends
Make the Connection

- Online resource featuring hundreds of Veterans telling their stories about overcoming mental health challenges.

MAKE THE CONNECTION
www.MakeTheConnection.net

https://maketheconnection.net/conditions/suicide
Coaching into Care

Program for families and loved ones of Veterans, helping them encourage the Veteran in their lives to seek support.

CALL 888-823-7458
Community Provider Toolkit

- Free online training on Veteran issues, including military culture, for health care providers
- Includes tips for screening clients for military service
- Military culture training can count for continuing education credits (CEUs): https://www.mentalhealth.va.gov/communityproviders/military.asp

Access the toolkit online: www.mentalhealth.va.gov/communityproviders
Together We Can

• VA recently released a suicide prevention informational series for Veterans, their families, and caregivers about common suicide risks and protective factors.

• Families and caregivers can also learn about available resources and practical steps they can take to **Be There** for a Veteran in their lives.

https://www.mentalhealth.va.gov/suicide_prevention/resources.asp
Suicide Postvention Podcasts

- The Rocky Mountain MIRECC recently released podcasts on postvention hosted by Dr. Sarra Nazem.
- The podcasts feature discussion from Dr. Nazem and experts in the field of suicide postvention on the following topics:
  - The experience of losing family or friends to suicide
  - The professional and personal impact of losing a patient to suicide
  - How to manage legal and ethical concerns after a suicide loss
  - Implementing postvention practices in medical, mental health, military, school, community and workplace settings.

Podcasts are available on the Rocky Mountain MIRECC Short Takes on Suicide Prevention Channel.

https://www.mirecc.va.gov/visn19/education/media/#PostventionPodcasts
TRAIN Learning Network

- TRAIN is a national learning network that provides quality training opportunities to over 1.8 million professionals who protect and improve the public's health.

- Many of the trainings used for internal VA staff and clinicians are included on this public portal as an opportunity to train community providers.

- The Suicide Prevention Program wants to ensure the high level of training provided to VA employees is also accessible to those assisting Veterans in their communities.

www.train.org
SUICIDE RISK MANAGEMENT Consultation Program
FOR PROVIDERS WHO SERVE VETERANS

Why worry alone?
The Suicide Risk Management Consultation Program provides free consultation for any provider, community or VA, who serves Veterans at risk for suicide.

Common consultation topics include:
- Risk Assessment
- Conceptualization of Suicide Risk
- Lethal Means Safety Counseling
- Strategies for How to Engage Veterans at High Risk
- Best Practices for Documentation
- Provider Support after a Suicide Loss (Postvention)

#NeverWorry Alone

To initiate a consult email: SRMconsult@va.gov

www.mirecc.va.gov/visn19/consult
Posttraumatic Stress Disorder (PTSD) Consultation Program

- Any provider who treats Veterans with PTSD can ask a question or request consultation about PTSD-related issues. Consultation is free and includes:
  - Expert Consultation
  - Treatment Questions
  - Continuing Education
  - Assessment and Screening Tools
  - PTSD Resources
- Periodic in-person trainings are additionally offered for providers.
- [https://www.ptsd.va.gov](https://www.ptsd.va.gov)

Contact PTSDconsult@va.gov or 866-948-7880