



DEFENSE SUICIDE PREVENTION OFFICE

QUARTERLY CONNECTION



News and Announcements

Annual Suicide Report Released

The Department of Defense (DOD) [Annual Report on Suicide in the Military](#) was released October 20, 2022, and serves as the official source for annual suicide counts and rates for DOD. It also includes information about DOD efforts and initiatives undertaken in calendar year 2021 that aim to reduce suicide risk among Service members and their families.

This report reflects DOD's transparency, accountability, and commitment to preventing suicide. The Department leverages standardized processes to collect Service member and military family suicide death data and to report these data in a transparent and timely manner each year.

Fireside Chat Series Recognizes Impactful and Creative Prevention Efforts

In honor of the 2021-2022 DOD Suicide Prevention Recognition recipients, Dr. Liz Clark sat down and talked with the winning installations about the creative ideas that made their programs successful. Efforts included an interactive virtual walk, a comprehensive resources mobile app, and a safer and more supportive transportation system for Service members needing treatment. Program personnel shared how they produced the recognition-winning techniques that solved some of their program's challenges. You can view the series in [DSPO's video library](#).

Training and Professional Development

Chaplains-CARE Training

MillLife Learning offers [Chaplains-CARE Training Program](#), an online course, that teaches best practices in how to help Service members who may be at risk for suicide. Through video demonstrations and practice activities, the course teaches eight specific techniques that will help you have open, honest, and direct dialogue for suicide intervention practices and care.



WINTER 2022-2023

Director's Corner



Dr. Liz Clark, Director

I am honored to serve in my new role as director of the Defense Suicide Prevention Office (DSPO). As a veteran and champion for Service members, I'm extremely aware of the awesome responsibility I now carry and what it represents.

The Department embraces a public health approach to suicide prevention that acknowledges a complex interplay of risk and protective factors and a bundled approach to suicide prevention. We depend on you and your experiences to help us resolve this very serious issue.

On behalf of DSPO, I'm excited to introduce this inaugural issue of *Quarterly Connection*, our new quarterly newsletter covering important developments at the Defense Suicide Prevention Office. It's our way to stay connected.

I look forward to connecting with you in future issues of *Quarterly Connection*!





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DOD Launches Two Online Courses

The Defense Department offers two new online courses that provide support and guidance for those affected by suicide. One of the courses, [After a Suicide](#), focuses on family members, friends, and community members who have experienced suicide loss. It covers communication techniques, ways you can connect or stay connected to a support system, and reminders for how to maintain your physical and mental health during a very difficult time.

The second course, [After a Suicide – Walking Through Providing Support](#), is for people in supportive roles, such as chaplains and casualty assistance officers. It helps you understand what it can be like to sit with someone who’s experienced a suicide loss, what that person might be going through, and what their needs might be. Follow the links above for registration info.

Resource Spotlight



Free Online Lethal Means Safety Training for Providers

Almost 70% of veteran suicides are death by firearm. With this fact in mind, VHA TRAIN is offering a free,

online Lethal Means Safety education and counseling course for providers serving the veteran community. The one-hour, self-pace course provides tools and skills for providers to use in working with veterans who are at risk for suicide. [Registration](#) is open to all health care providers via VA TRAIN and is available at any time. Providers can also earn accreditation.

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Event Recap

Nov. 17, 2022
National Harbor, MD
Northeast Air Force Wounded Warrior Program Care Event and Resource Fair
DSPO hosted a table at the fair and connected with the wounded warrior attendees and spoke with veterans about prevention resources.

Dec. 10, 2022
Cape Canaveral Space Force Station, FL
Space Force T-Minus 10-Miler
DSPO was honored to interact face-to-face with runners and their supporters at this inaugural run, which attracted over 2300 attendees.

