



DEFENSE SUICIDE PREVENTION OFFICE

QUARTERLY CONNECTION



News and Announcements

Partnerships Lead to New, Engaging Resources

DSPO collaborated with both DoDEA and Military OneSource to produce two new resources. First, the [“Acknowledge. Care. Tell.”](#) fact sheet is a resource for parents and educators to connect with younger, elementary kids. The coloring sheet/word search helps kids identify their emotions. It also has a parent’s corner with discussion topics. The second resource is a one-page infographic entitled [Healthy Relationships: Build Connections and Build Strength.](#) The infographic promotes the many resources aimed at helping Service members and their families nurture, grow, or maintain healthy relationships.

Fireside Chat Series Continues to Inspire

February was Black History Month and DSPO commemorated it with a [Black History Month Fireside Chat](#). Dr. James C. Palmer, Jr., Commandant of the U.S. Army Institute for Religious Leadership, discussed his successful 30-year career, reaching out to friends in times of need, and stigma regarding Service members asking for help.

In another chat, Dr. Clark talked to MSgt. Otero from [Davis-Monthan Air Force Base](#) about his program’s achievements and the importance of collaboration in the latest edition of the series promoting Suicide Prevention Awareness Month Recognition recipients.

SPIRIC Report Released

On February 24th the Suicide Prevention and Response Independent Review Committee released [a report](#) with recommendations to the Department of Defense on eliminating suicide in the military



SPRING 2023

Director’s Corner



Dr. Liz Clark, Director

In April we celebrate the Month of the Military Child which recognizes the over 1.6 million children of Service members who deal with challenges unique to military life. We honor their sacrifices and their strength in April by holding special events and participating in programs throughout the month. We also recognize them by wearing purple, a color worn to celebrate all branches of Service, on April 15th for Purple Up Day. Please join me in thanking military children for their courage and resilience.

We can learn from our kids by working on our own resilience and connectedness. DSPO’s goal is to help the community build these skills by keeping them informed about helpful resources in our *Quarterly Connection* newsletter. I hope you enjoy this edition, and I would like to wish everyone a happy Month of the Military Child!





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community. The report focused on four main areas: restructuring suicide prevention training, providing additional resources to help Service members access existing support services, promoting lethal means safety, and emphasizing leader stewardship in addressing Service member needs.

Resource Spotlight



Your Words Matter Fact Sheet

Words matter when talking about suicide. Use words that don't carry a stigma and help encourage help-seeking behavior. The [Your Words Matter Fact Sheet](#) provides guidance on effective word choices.

Happening Soon

<p>April 28, 2023, 4 p.m. — 5:25 p.m. EDT</p>	<p>Suicide Research Symposium: <i>Shifting the Mindset on Mental Health and Help-seeking with REACH and REACH-S</i> Presenters: Dr. Olga Shechter, Dr. Kate Holloway, Dr. Laura Neely, and Dr. Olivia Ashley</p>
<p>May 25 – 29, 2023 Crystal Gateway Marriott 1700 Richmond Highway Arlington, VA</p>	<p>29th Annual National Military Survivor Seminar and Good Grief Camp. Please stop by the DSPO table during the event.</p>
<p>Saturday, June 3, 2023 Washington, DC</p>	<p>Out of the Darkness Walk Hosted by The American Foundation for Suicide Prevention. Join the DSPO team, as a walker or part of a rest stop crew. Friends of DSPO Crew Friends of DSPO Walker</p>
<p>June 10-11, 2023 Pennsylvania Ave. NW Washington, DC</p>	<p>Capital Pride Parade (June 10th) Capital Pride Festival (June 11th) Please stop by the DSPO table during the event.</p>

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