

The Defense Suicide Prevention Office (DSPO) was established in 2011 in response to the Defense Health Board Task Force.

VISION

### MISSION

DSPO provides advocacy, program oversight and policy for the Department of Defense (DoD) suicide prevention, intervention and postvention efforts to reduce suicidal behaviors in Service members and their families. Actively engage and partner with the Military Services, other Governmental Agencies Non-Governmental Agencies non-profit organizations and the community to reduce the risk for suicide for Service members, their families and DoD Civilians.

The DoD integrates a holistic approach to suicide prevention, intervention and postvention using a range of medical and non-medical resources.

## YOU'RE STRONG. YOU'RE READY. YOU'RE ESSENTIAL

### RESOURCES

NON-CRISIS:

Call. 800-342-9647 Click. www.MilitaryOneSource.mil SOURCE

CRISIS:

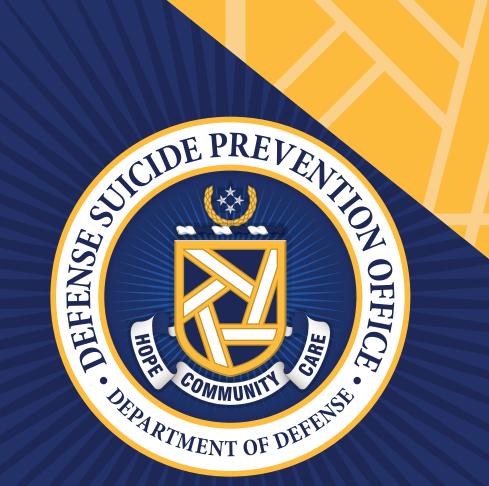




Make it Your Mission to... #BeThere

#### DEFENSE SUICIDE PREVENTION OFFICE facebook.com/DSPOmil twitter.com/DSPOmil instagram.com/DSPOmil

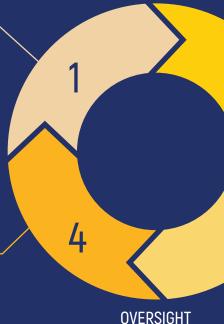
# DEFENSE SUICIDE PREVENTION OFFICE



# **Dod PUBLIC HEALTH APPROACH TO SUICIDE PREVENTION**

The Department of Defense (DoD) suicide prevention efforts leverage a holistic public health approach. This approach involves continuous surveillance of known risk and protective factors in an effort to assist individuals and populations most at risk and a host of targeted interventions. The DoD also evaluates the effectiveness of these interventions, and makes adjustments to the models as new research emerges.

### POLICY



#### MONITOR & ANALYZE DATA

- Department of Defense Suicide Event Report
  - Suicide Data Repository •
- Quarterly Suicide Report/Weekly Suicide Report •

# **TOP RISK FACTORS** FOR SUICIDE

### INEFFECTIVE LIFE AND COPING SKILLS

Approximately 42% of Service members were EXPERIENCING SIGNIFICANT RELATIONSHIP PROBLEMS prior to dying by suicide

### ACCESS TO LETHAL MEANS

Approximately 70% of military suicide deaths **RESULT FROM A FIREARM.** as compared to 47% for civilians

# MENTAL HEALTH

Approximately 40% of Service members who died by suicide had MENTAL HEALTH PROBLEMS

PROBLEMS

### FALL FROM GLORY

Approximately 33% of Service members were EXPERIENCING LEGAL PROBLEMS or a HUMILIATING EVENT within 90 days of dying by suicide

### **TRANSLATE & DISSEMINATE FINDINGS**

- Outreach and Education
  - Means Safety •
  - Social Media
  - Caring Contacts •
- Safety Planning and Suicide Risk Assessment
  - Columbia Suicide Severity Rating Scale •

### **PRIORITIZE RISK & PROTECTIVE FACTORS**

- Published Research
- Military Suicide Research Studies
- DoD-Wide Suicide Death Reviews
- DEOMI Equal Opportunity Climate Survey
- Status of Forces Surveys of Active Duty Members

### **DEVELOP & EVALUATE INTERVENTIONS**

- Problem-Solving
- Skills Training
- Peer Support
- Applied Suicide Intervention Skills Training
- Gun Shop Owner

- Marine Intercept & SAIL Program
- Chaplain Training
- National Guard Provider Training
- Zero Suicide