



Suicide Prevention

Veterans Affairs Montana Health Care System

Fort Harrison Suicide Prevention Team:
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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
Confidential chat at VeteransCrisisLine.net
OR TEXT TO 832833



U.S. Department of Veterans Affairs

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

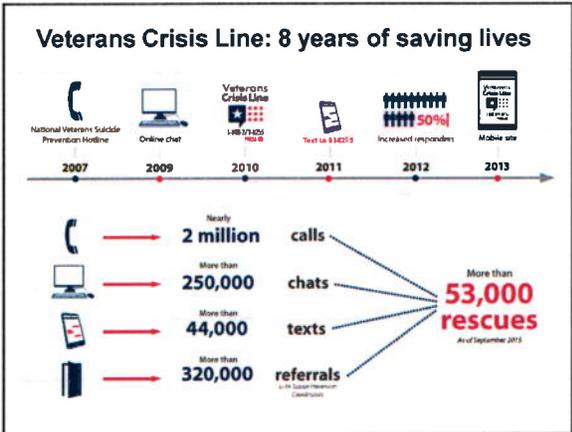
• • • Confidential chat at VeteransCrisisLine.net or text to 838255 • • •

Trained responders are standing by

Trained mental health professionals 24/7/365 Many are Veterans or Family members of Veterans

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

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



Referrals to Suicide Prevention Coordinators FYTD16

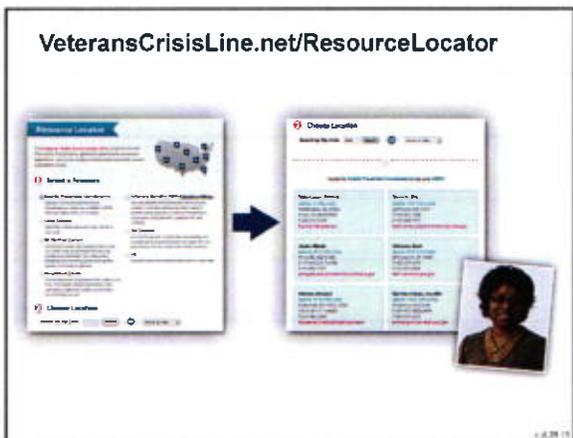
Location	Oct	Nov	Dec	Jan	Feb	Mar	YTD3/16
VISN 19	257	245	240	279	263	281	1565
CHEYENNE, WY	28	19	21	25	19	24	136
DENVER, CO	131	125	129	143	126	148	802
FORT HARRISON, MT	27	32	26	25	31	37	178
GRAND JUNCTION, CO	14	12	8	12	16	12	74
SALT LAKE CITY, UT	51	48	45	58	56	52	310
SHERIDAN, WY	6	9	11	16	15	8	65

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



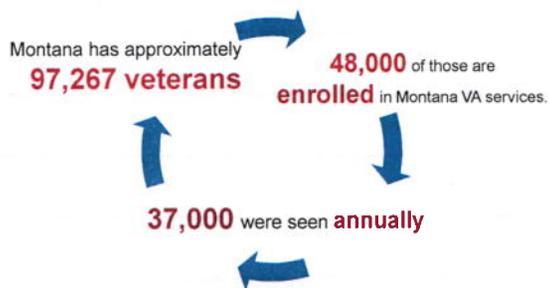




National Suicide Statistics

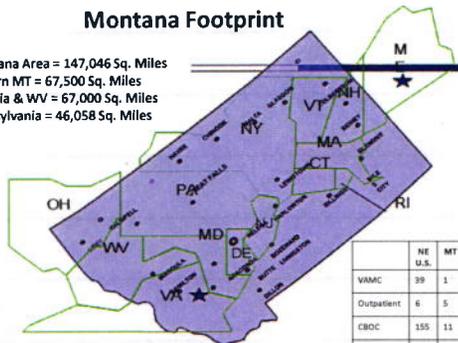
- **10th leading cause of death**
- **Most victims of suicide have received health care services in the year prior to death**
- **Montana** has been among the **highest suicide rates** per capita over the past thirty years.
- An estimated **2.7 million people (1.1%) made a plan** about how they would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

Montana Veterans-FY2014



Montana 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

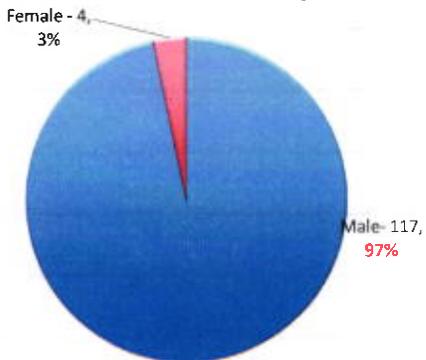
(Data compiled through the Montana Suicide Mortality Review Team)

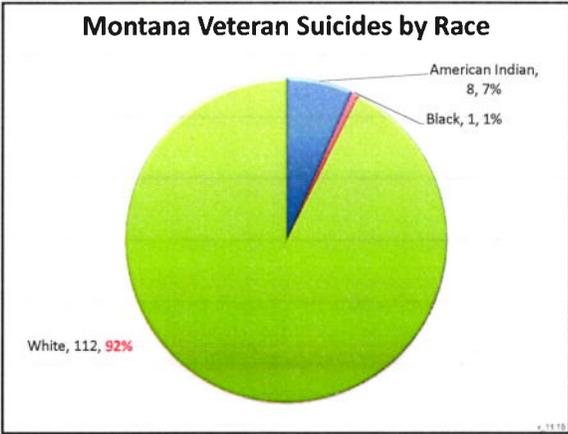
Based on 121 identified suicides between
January 1, 2014-March 1, 2016

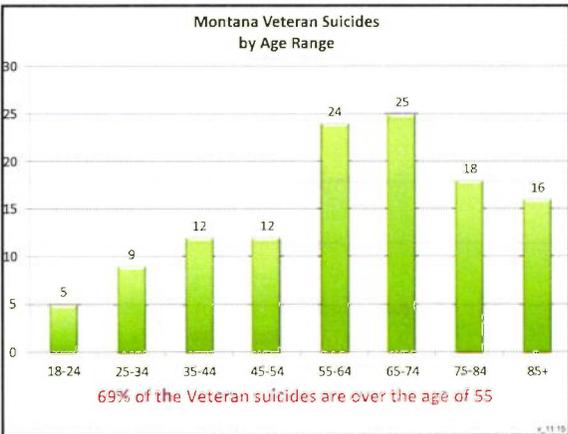
The information presented in the following slides is based on death certificates identifying that the deceased was in the armed services. Additional information was obtained from coroner reports, supplemental questionnaires, health records, and information obtained from families.

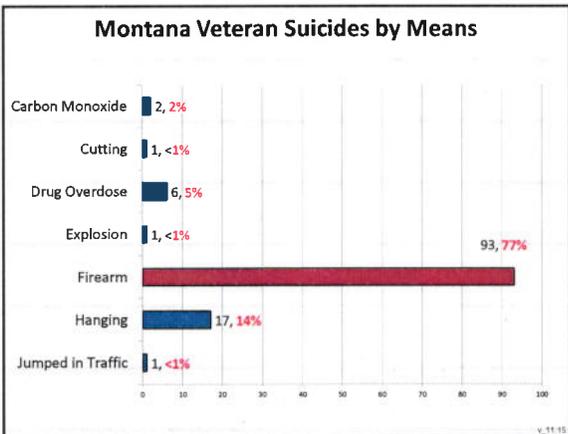
DUE TO THE SMALL SAMPLE SIZE, NO INFERENCES SHOULD BE MADE CONCERNING THE DATA PRESENTED. THIS IS ONLY MEANT TO GIVE NUMBERS AND PERCENTAGES CONCERNING VETERAN SUICIDES IN MONTANA.

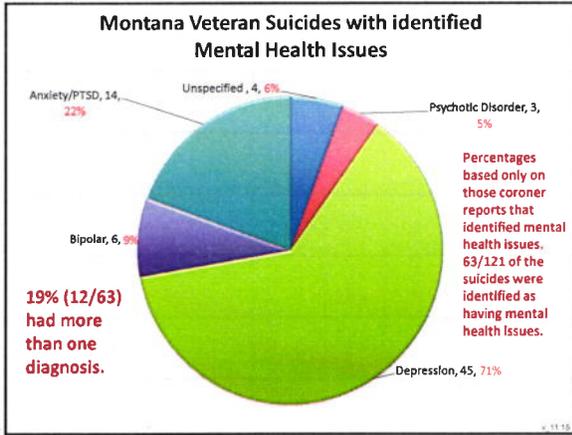
Montana Veteran Suicides by Gender

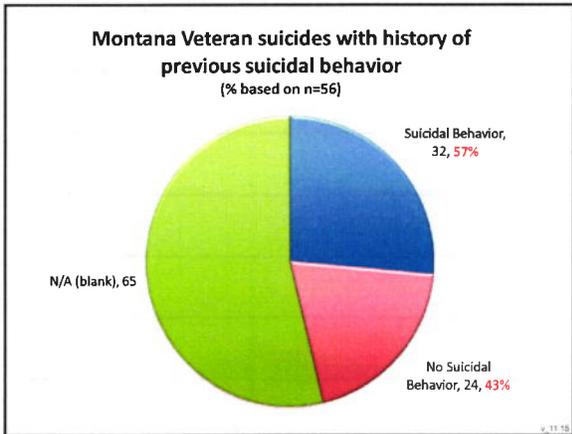


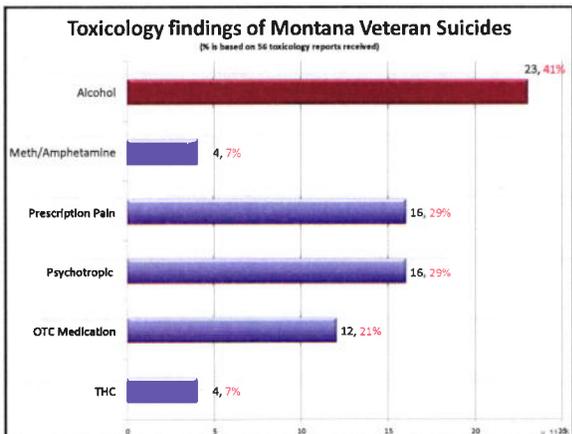


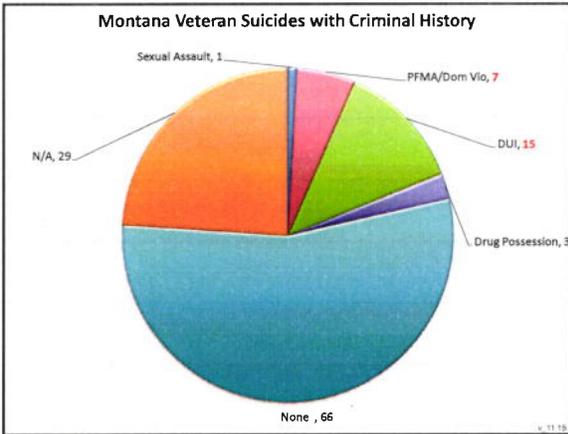


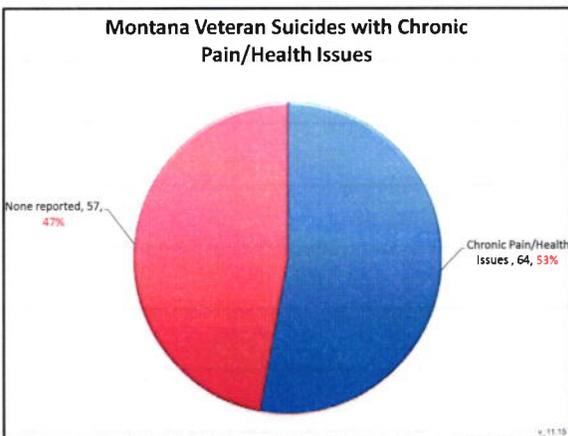


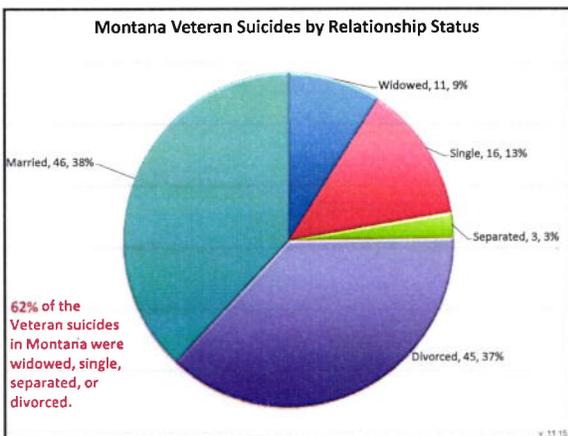


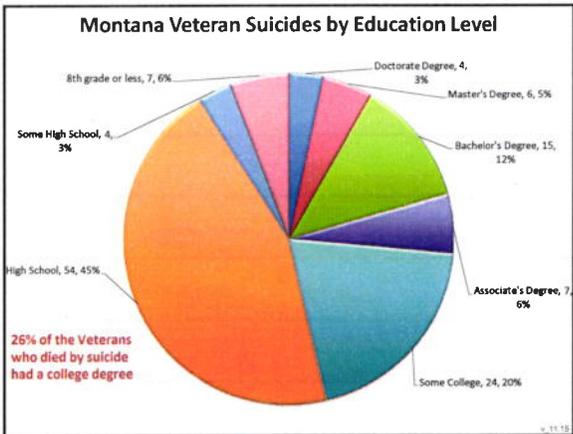


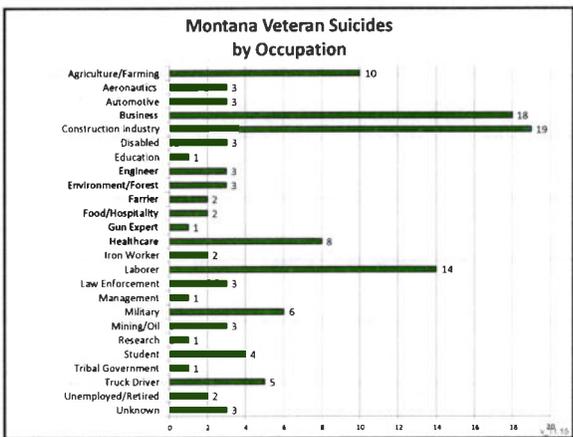


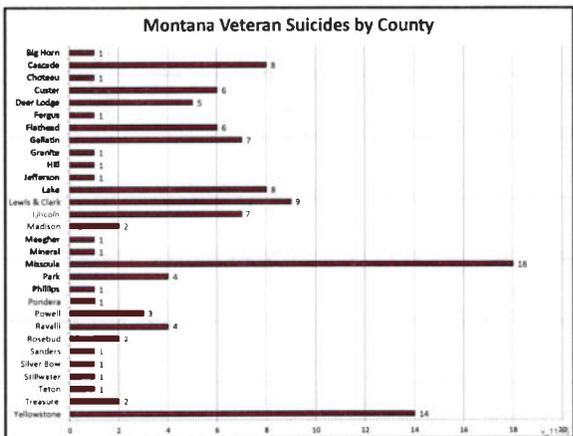












Montana Behavioral Health Services

- Focus on Recovery
Coordinated Care for the Whole Person
Care that is Sensitive to Gender & Cultural Issues
- Mental Health Treatment in Primary Care
Mental Health Treatment Coordinator
Evidence-Based Treatment
- Care that is Sensitive to Gender & Cultural Issues
Around-the-Clock Service
Family & Couple 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 Kamp May 2013, and Slides from VMHC SPC Presentation 5/19/2016****

1. VA Mental Health Care Fact Sheet (2015) Retrieved from https://www.portal2.va.gov/sites/mentalhealth/van2008_sps/Training/Suicide%20Prevention%20-%20Mental%20Health%20Fact%20Sheet%20VA%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.
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5. The Assessment and Management of Risk for Suicide Working Group, *Suicide Full Guideline (2013)*. Retrieved from <http://www.oagv.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 TIE](http://www.sprc.org/library_resources/items/safety-plan-treatment-manual-reduce-suicide-risk-veteran-version), 3/17/2016.
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.vappusa.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

<p>Anaconda, Montana</p> <p>VA Community Based Outpatient Clinic 118 East 7th St., Suite 2A Anaconda, MT 59711</p> <p>Phone: 406-496-3000 Fax: 406-496-3030</p>	<p>Billings, Montana</p> <p>VA Community Based Outpatient Clinic 1775 Spring Creek Lane Billings, MT 59102 Phone: 406-373-3500 Fax: 406-373-3520</p> <p>VA Specialty Clinic 1766 Majestic Lane Billings, MT 59102 Phone: 406-373-3500</p>	<p>Bozeman, Montana</p> <p>VA Community Based Outpatient Clinic 100 N. Wilson, Suite 703G Bozeman, MT 59715</p> <p>Phone: 406-582-5300 Fax: 406-582-5399</p>
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VA Montana Community Clinic and other VA facilities Directory

<p>Cut Bank, Montana</p> <p>VA Community Based Outpatient Clinic #B 2nd Ave SE Cut Bank, MT 59427</p> <p>Phone: 406-873-9047 Fax: 406-873-2439</p>	<p>Glasgow, Montana</p> <p>VA Community Based Outpatient Clinic 630 Second Ave. South, Suite A Glasgow, MT 59230</p> <p>Phone: 406-228-4101 Fax: 406-228-4104</p>	<p>Glendive, Montana</p> <p>VA Community Based Outpatient Clinic 2000 Montana Ave. Glendive, MT 59330</p> <p>Phone: 406-377-4755 Fax: 406-377-4757</p>
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VA Montana Community Clinic and other VA facilities Directory

<p>Great Falls, Montana</p> <p>VA Community Based Outpatient Clinic 1417 9th Street South, Suite 200 and 300 Great Falls, MT</p> <p>Phone: 406-791-3200 Fax: 406-791-3230</p>	<p>Havre, Montana</p> <p>VA Community Based Outreach Clinic 130 13th Street, Suite 1 Havre, MT 59501</p> <p>Phone: 406-265-4304 Fax: 406-265-4305</p>	<p>Helena, Montana</p> <p>Helena VA Sleep Clinic 2271 Deerfield Lane Helena, MT 59601</p> <p>Phone: 1-406-447-7443</p>
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VA Montana Community Clinic and other VA facilities Directory

<p>Kalispell, Montana</p> <p>VA Community Based Outpatient Clinic 31 Three Mile Dr., Suite 102 Kalispell, MT 59901</p> <p>Phone: 406-758-2700 Fax: 406-758-2750</p>	<p>Lewistown, Montana</p> <p>VA Community Based Outpatient Clinic 629 NE Main St., Suite 1 Lewistown, MT 59457</p> <p>Phone: 406-535-4790 Fax: 406-535-4793</p>	<p>Miles City, Montana</p> <p>VA CBOC and Community Living Center 210 S. Winchester Miles City, MT 59301</p> <p>Phone: 406-874-5600 Fax: 406-874-5696</p>
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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

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VETERANS OUTREACH CENTERS:

<p>Billings Vet Center 2795 Enterprise Ave., Suite 1 Billings MT 59102 Phone: 406-657-6071 Fax: 406-657-6603</p>	<p>Kalspell Vet Center 690 North Meridian Rd., Suite 101 Kalspell MT 59901 Phone: 406-257-7308 Fax: 406-257-7312</p>
<p>Great Falls Vet Center 615 2nd Ave. North Great Falls MT 59401 Phone: 406-452-9048 Fax: 406-452-9053</p>	<p>Missoula Vet Center 910 Brooks St. Missoula MT 59801 Phone: 406-721-4918 Fax: 406-329-3006</p>
<p>Helena Vet Center Outstation (Fall 2016)</p>	

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