

Know the Warning Signs of Suicide:

- ◆ Thinking about or looking for ways of hurting or killing yourself or talking about death, dying or suicide
- ◆ Self-destructive behavior such as alcohol abuse, using drugs, not taking medications as prescribed, self-starvation, and “accidents”
- ◆ Calling old friends and acquaintances to say goodbye, particularly military companions
- ◆ Seeking access to weapons without use for them.
- ◆ Perception of self as a burden to family and friends around them
- ◆ Increased or lack of sleep
- ◆ Loss of social connections/withdrawing from family & friends
- ◆ Obsession with news about the war
- ◆ Becoming overly protective of family or standing guard over the house, obsessively locking doors and windows
- ◆ Hopelessness/feeling like there is no way out
- ◆ Anxiety, agitation, sleeplessness, mood swings
- ◆ Feeling like there is no reason to live
- ◆ Rage, uncontrolled anger or seeking revenge
- ◆ Engaging in risky activities without thinking about the consequences

Contact Your Suicide Prevention Team:

Patricia Glenn, LMSW-C, CTS
Suicide Prevention Coordinator
Fayetteville VAMC
910-488-2120 ext. 7264

Maira Munir, LCSW
Suicide Prevention Case Manager
Fayetteville VAMC
910-488-2120 ext. 5464

Kendra Danzer, LISW, LCSW
Suicide Prevention Coordinator
Fayetteville HCC
910-475-6359

Chenille D. Smith, MSW, LCSW
Suicide Prevention Case Manager
Fayetteville HCC
910-475-6353

Kaylynn Shepherd, MSW, LICSW
Suicide Prevention Coordinator
Wilmington & Jacksonville
910-343-5300 ext. 3533

TEAM EMAIL:

VHAFNCSuicidePreventionTeam@va.gov

#BeThere

**FAYETTEVILLE, NC
VA Medical Center**

SUICIDE PREVENTION PROGRAM

The Fayetteville Suicide Prevention Team provides consultation and training to all VA staff and the community in order to ensure we are continuously committed to the mission that:

***Suicide Prevention is
Everyone's Business.***

The 2007 Joshua Omvig Veterans Suicide Prevention Act is designed to address:

- ◆ Post-Traumatic Stress Disorder (PTSD) among veterans by requiring mental health training for Veterans Affairs staff.
- ◆ Suicide Prevention Coordinator (SPC) at each VA medical facility
- ◆ Mental Health screening and treatment for Veterans receiving VA care.
- ◆ Supports outreach and education for veterans and their families
- ◆ Peer support counseling
- ◆ Suicide Prevention Research

ADDITIONAL RESOURCES:

Fayetteville Vet Center
Counseling for Combat
Veterans & Families
2301 Robeson Street Suite 103
Fayetteville, NC 28305
www.vetcenter.va.gov

Steven A. Cohen Military Family Clinic
at Cape Fear Valley
3505 Village Drive
Fayetteville, NC 28304
Clinic Phone Number: (910) 615-3737
military.capefearvalley.com

FAMILY MEMBERS SEEKING SUPPORT FOR A LOVED ONE:

www.maketheconnection.net

**MAKE THE
CONNECTION**

www.mirecc.va.gov/coaching



SUICIDE PREVENTION SERVICES:

SUICIDE PREVENTION COORDINATORS (SPC):

- ◆ Facility subject matter experts related to suicide prevention **Assessment, Intervention** and **Documentation** with suicidal Veterans, assign High Risk Flags for enhanced care, facility and community trainings for best practices related to suicide prevention.
- ◆ **Consultation** on VA regulation for suicide prevention assessment, intervention and documentation. Provide guidance on activation, inactivation of **High Risk Flags** for suicide and requirements of enhanced care.
- ◆ Annual **Training** and direction for managing suicide risk. VA Regulation (MCM 116-11) for suicide prevention assessment, intervention and documentation. NEO Operation S.A.V.E.-T, the uniformed response to crisis calls and transfer to Veterans Crisis Line (VCL).
- ◆ **Community Events and Outreach** related to awareness and education including: Operation S.A.V.E., Suicide Prevention Program information, access to VA and/or Veterans Crisis Line material distribution.
- ◆ **Education** on documentation and risk stratification related to: Suicide Risk Assessments (SRA), Suicide Behavior Reports (SBR), Safety Plans, Self-Directed Violence (SDV).

PREVENTION SERVICES CONTINUED:

Suicide Prevention Case Managers (SPCM):

- ◆ Provide **Specialty Case Management** for Veterans at elevated risk for suicide, respond to the Veterans Crisis Line, provide face to face clinical assessments and follow-up.
- ◆ **Collaboration/Active Communication** with mental health and primary care providers for suicide specific assessment, treatment plan support, safety plan completion and follow-up notes, tracking no show appointments and assistance with rescheduling;
- ◆ **Monitoring** of high-risk veterans such as weekly contact for Veterans discharged from inpatient for first 30 days and monthly contact for veterans flagged as high-risk for suicide to assure continuity of care.
- ◆ **Evidenced-Based Treatment** to high-risk veterans (i.e., group, individual (e.g. CAMs/DBT) and completion of specialized training and certification in evidenced-based treatment for high-risk behavior (e.g. CAMs/DBT/CBT).

VETERANS CRISIS LINE (VCL)SUPPORT:

- ◆ All SPCs and SPCMs provide prompt response to all crisis call **Referrals** received from the VCL and referral to community resources and VA

