

9TH ANNUAL LA COUNTY SUICIDE PREVENTION CONFERENCE

VETERAN CULTURE

"WE SERVE OUR COMMUNITIES. WE CHOOSE TO SERVE. WE GEAR UP EVERY DAY, PUTTING OURSELVES OUT THERE EVERY DAY FOR THE WORLD TO SEE. WE DO THIS BECAUSE WE BELIEVE IN SOMETHING GREATER THAN OURSELVES. WE BELIEVE THIS FREELY, WE BELIEVE IN THE IDEAS AND CONCEPT OF FREEDOM. OUR FAMILIES, FRIENDS AND NEIGHBORHOODS SLEEP SOUNDLY BECAUSE WE CHASE THE SHADOWS. WE SERVE FOR WE ARE THE PEACEKEEPERS."

-LT. DAN WILLIS

BULLETPROOF SPIRIT

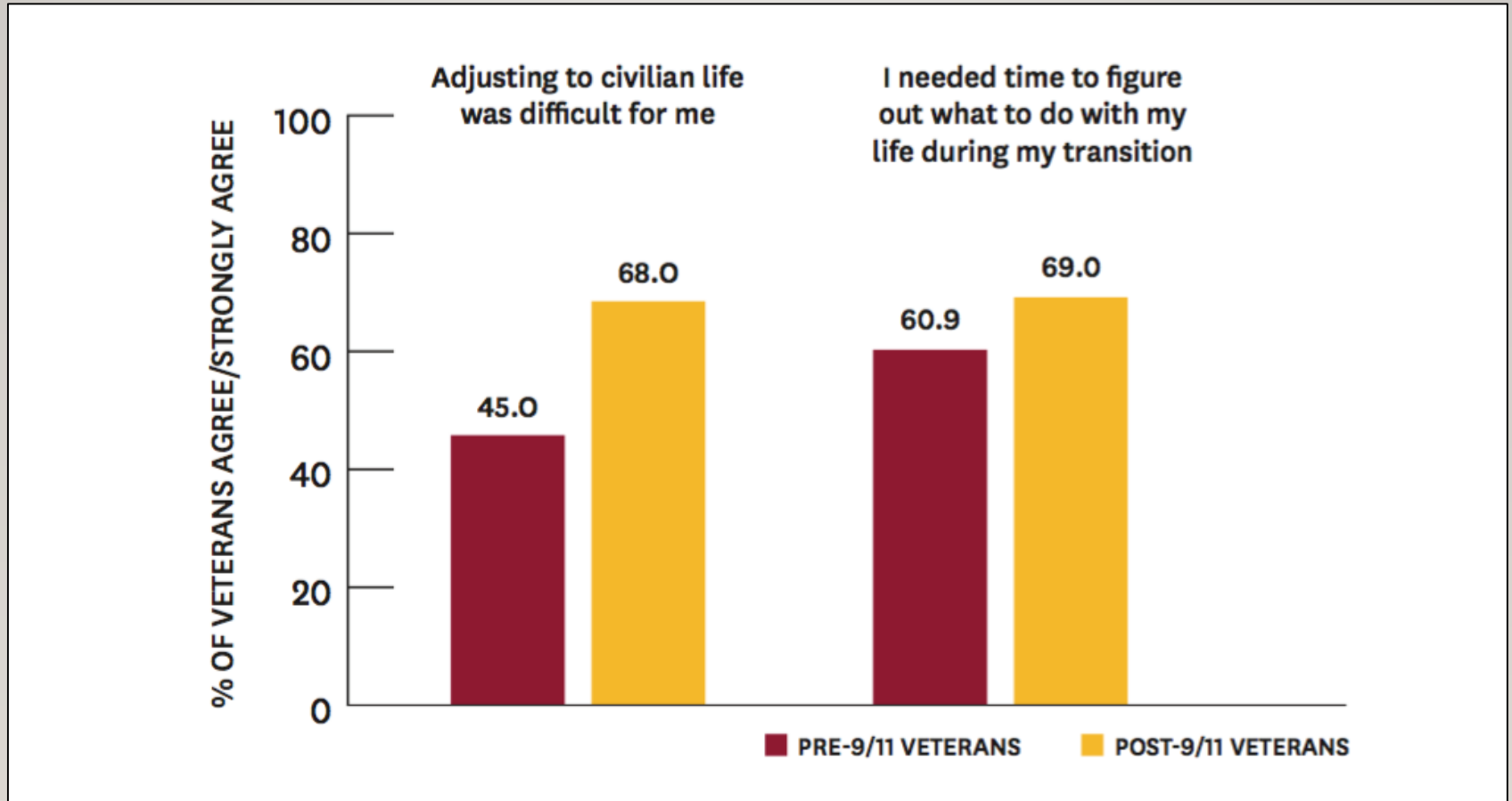


VETERANS IN LA COUNTY**

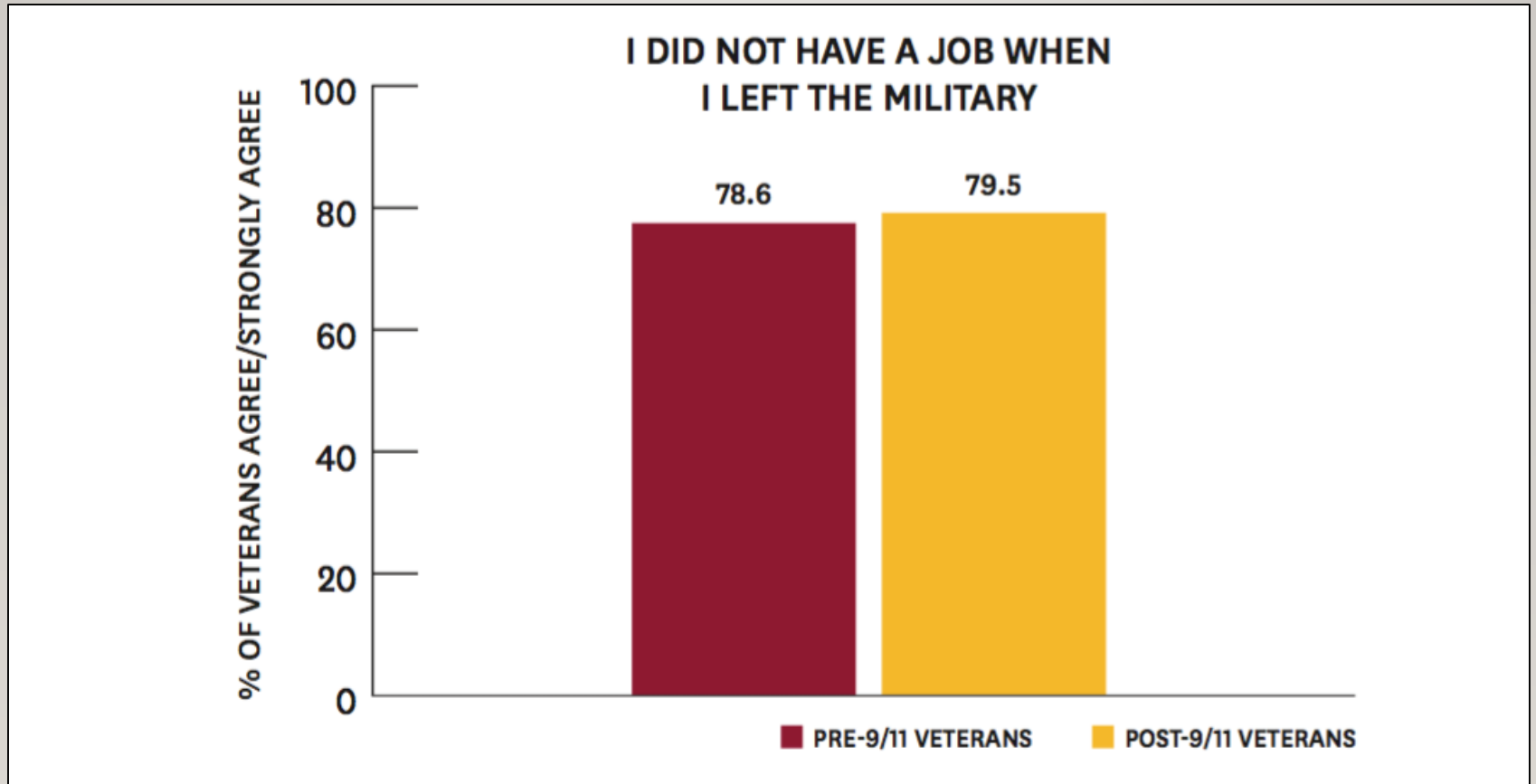
- LA County:
 - Over 325,000 Veterans residing in LA County
 - Each year, approximately 12,000 Post 9/11 Veterans are settling into LA County



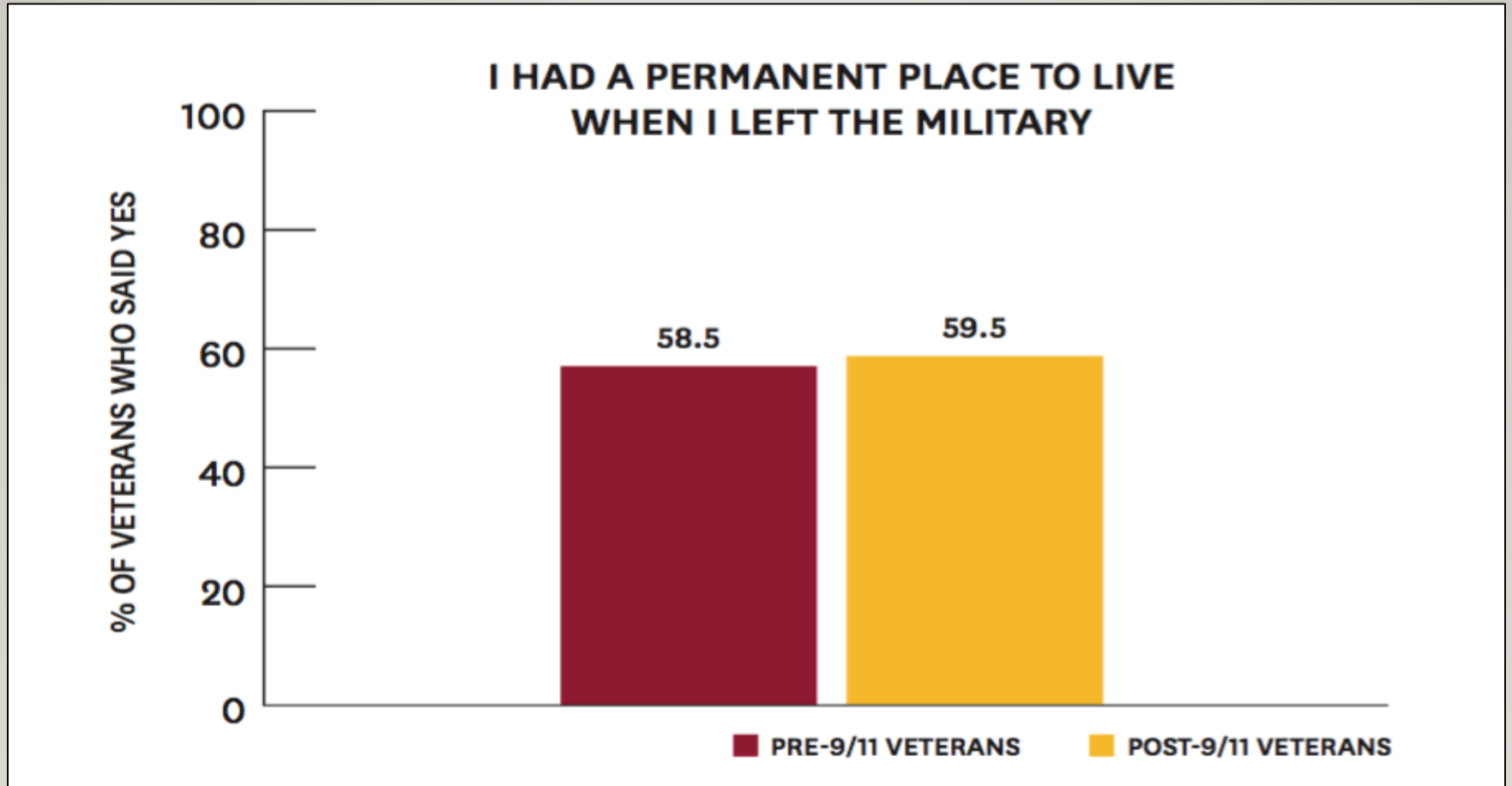
VETERANS IN LA COUNTY** ADJUSTING TO CIVILIAN LIFE



VETERANS IN LA COUNTY** POST-MILITARY EMPLOYMENT



VETERANS IN LA COUNTY** POST-MILITARY HOUSING



**USC School of Social Work, Center for Innovation and Research on Veterans & Military Families (CIR), The State of the American Veteran: The Los Angeles County Veterans Study (2014)

VETERANS IN LA COUNTY** HOMELESSNESS

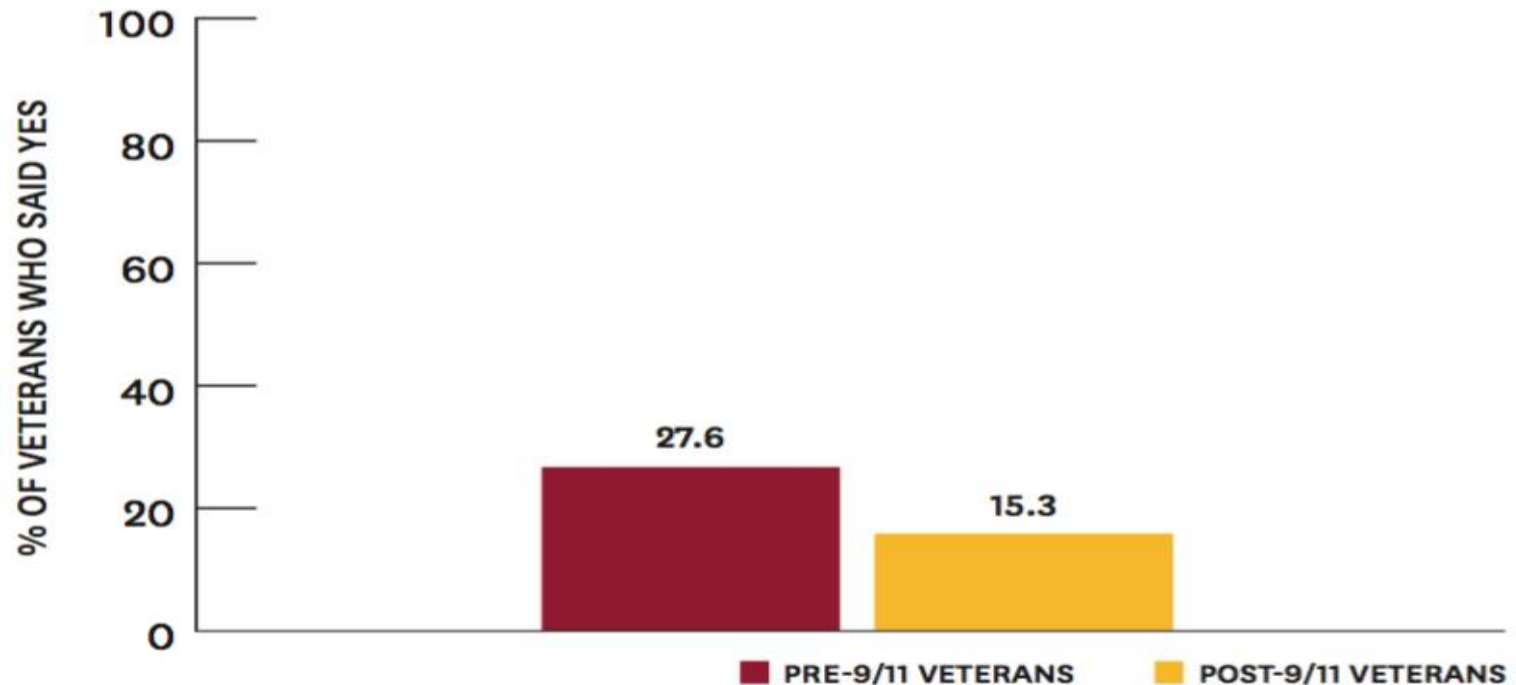


Figure 12. Percent of pre-9/11 and post-9/11 veterans reporting being homeless in the past year



“NOW AFTER FILM”



“NOW AFTER FILM”

Discussion:

WHAT DID YOU OBSERVE?

WHAT DID YOU HEAR?

VETERAN VISUAL INDICATORS



WHERE ARE YOU?



Sounds of Trauma by David Lynch Foundation

ADJUSTMENT CONSIDERATIONS

- Peer group (Active Duty vs. Guard/Reserve)
- War Zone Skills Transition to Civilian Life
- Unemployment
- Relationships
- Substance Abuse
- Military Sexual Trauma
- Traumatic Brain Injury
- Physical Health
- Stigma of Mental Health & Seeking help





Loyalty
Duty
Respect
Selfless-service
Honor
Integrity
Personal courage



Honor
Courage
Commitment



Integrity first
Service before self
Excellence in all we do



Honor
Courage
Commitment



Honor
Respect
Devotion to duty

Core Values

ADJUSTING TO CIVILIAN LIFE

BATTLEMIND SKILLS

WHILE DEPLOYED

HOME

Buddies (cohesion)

vs. Withdrawal

Accountability

vs. Controlling

Targeted Aggression

vs. Inappropriate Aggression

Tactical Awareness

vs. Hypervigilance

Lethally Armed

vs. “Locked & Loaded” at home

Emotional Control

vs. Anger/Detachment

Mission OPSEC

vs. Secretiveness

Individual Responsibility

vs. Guilt

Non-Defensive Driving

vs. Aggressive Driving

Discipline and Ordering

vs. Conflict



OVERVIEW OF TIPS

- ✓ Remain calm
- ✓ Listen more than you speak
- ✓ Maintain eye contact
- ✓ Act with confidence
- ✓ Do not argue
- ✓ Do not pass judgment
- ✓ Limit questions-let them do the talking
- ✓ Use supportive, encouraging comments
- ✓ Be honest-there are no quick solutions, but help is available

De-Escalation “Universal Truths”

- All people want to be treated with dignity and respect.
- All people want to be asked rather than told to do something
- All people want to be told why they are being asked to do something.
- All people want to be given options rather than threats.
- All people want a second chance.



FACTS ABOUT VETERANS AND SUICIDE

- It is estimated that close to **one million people** make a suicide attempt each year.
- One attempt every 34 seconds.
- Suicide is the 10th leading cause of death in the U.S.
- **18%** of all deaths by suicide among U.S. adults were Veterans
- An average of **20** Veterans died by suicide each day. Six of the 20 were users of VHA services.
- Homicide is the 15th leading cause of death in the U.S., which is approximately half the number of annual suicides

WARNING SIGNS OF SUICIDE

- Hopelessness
- Rage, anger, seeking revenge
- Acting recklessly or engaging in risky activities, seemingly without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug abuse
- Withdrawing from friends, family, and society
- Anxiety, agitation, inability to sleep, or sleeping all the time
- Dramatic changes in mood
- Perceiving no reason for living, no sense of purpose in life



VETERAN-SPECIFIC RISKS

- Veterans are more likely than the general population to use firearms as a means for suicide
- Frequent Deployments to hostile environments (though deployment to combat does not necessarily increase risk).
- Exposure to extreme stress
- Physical/sexual assault while in the service (not limited to women)
- Length of deployments
- Service-related injury



VETERANS CRISIS LINE: CALL, CHAT, OR TEXT

Confidential chat at
VeteransCrisisLine.net
or text to 838255



1 PERSON
can save a LIFE

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

VA Healthcare Resources

PRIMARY MEDICAL CARE
SPECIALTY CARE
GERIATRIC CARE (INCLUDING LONG TERM
RESIDENTIAL
DEMENTIA, HOSPICE CARE)
SPECIALTY WOMEN'S HEALTH

ADDITIONAL RESOURCES & PROGRAMING
HOMELESS SERVICES
EMPLOYMENT SUPPORT
RECREATION THERAPY
HEALTHY LIVING (WEIGHT MANAGEMENT, QUIT
SMOKING)
LINK TO BENEFITS RELATED TO VA DISABILITY,
EDUCATION BENEFITS (GI BILL,VOC REHAB)

VA Mental Healthcare

EMERGENCY AND INPATIENT PSYCHIATRIC
OUTPATIENT AND DAY TREATMENT
MEDICATION EVALUATION
SPECIALTY THERAPY FOR ALL TYPES OF MENTAL HEALTH DIAGNOSIS
INDIVIDUAL, GROUP, PEER SUPPORT SERVICES
COLLABORATION WITH VET CENTER

ADDICTION TX RESOURCES
DETOX
INPATIENT & OUTPATIENT DAY TREATMENT
MEDICATION MANAGEMENT (EX: SUBOXONE)
AFTERCARE FOR RELAPSE PREVENTION

*HEALTHCARE MAY BE *FREE* OR LOW COST! (ESPECIALLY FOR OEF/OIF VETERANS)



THANK YOU!

Questions?

