

Risk Reduction

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2023 Statewide Symposium in Support of Service Members, Veterans & Their Families

APRIL 19-20, 2023 | PHOENIX, ARIZONA

 arizona coalition
for military families



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Risk Reduction

April 20, 2023



Prevention, Intervention and Postvention Approaches

Briefing II



Welcome!

Speakers & Facilitators



Nicki Bartram, MBA, MC, LPC
Be Connected Program Administrator

Martin Garcia, MPA
Risk Reduction Manager

Connie Martorano
Risk Reduction Program Specialist

Learning Objectives

- Reactive v. Proactive Suicide Prevention Strategies
- The Stress Continuum
- Three Stages of Risk Reduction

Before we begin . . .

Suicide can be an intense topic.

- Please watch for triggers and practice self care.
- If you need to step out of the room for any reason, please give us a ‘thumbs up’ if you’re okay, otherwise someone from our team will head out to check on you.



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Risk Reduction Framework

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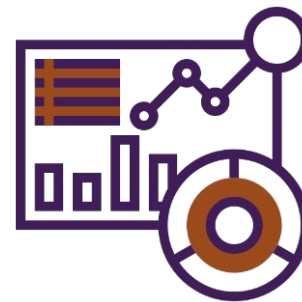
2011 – 2013

Took the suicide rate within the Arizona National Guard from highest ever for 3 years to **zero suicides for the 3 years** of program operation.



2017 – Present

Responsive program created after suicide rate for Arizona veterans was 3-4x higher than general population during an 18-month period. Focus is **all service members, veterans & their families**. Funded by state, VA and other partners.



2020 – 2022+

Development and implementation of a data tool and **risk reduction strategy** with CDC to focus on **proactive engagement of those at highest risk**.

**How do we reduce the disparity in veteran suicide
with a population of 500,000+ Arizona veterans?**

Responsive + Proactive



Responsive

Someone reaches out for help...
the BC team responds and provides assistance.

We will continue to focus on being responsive.

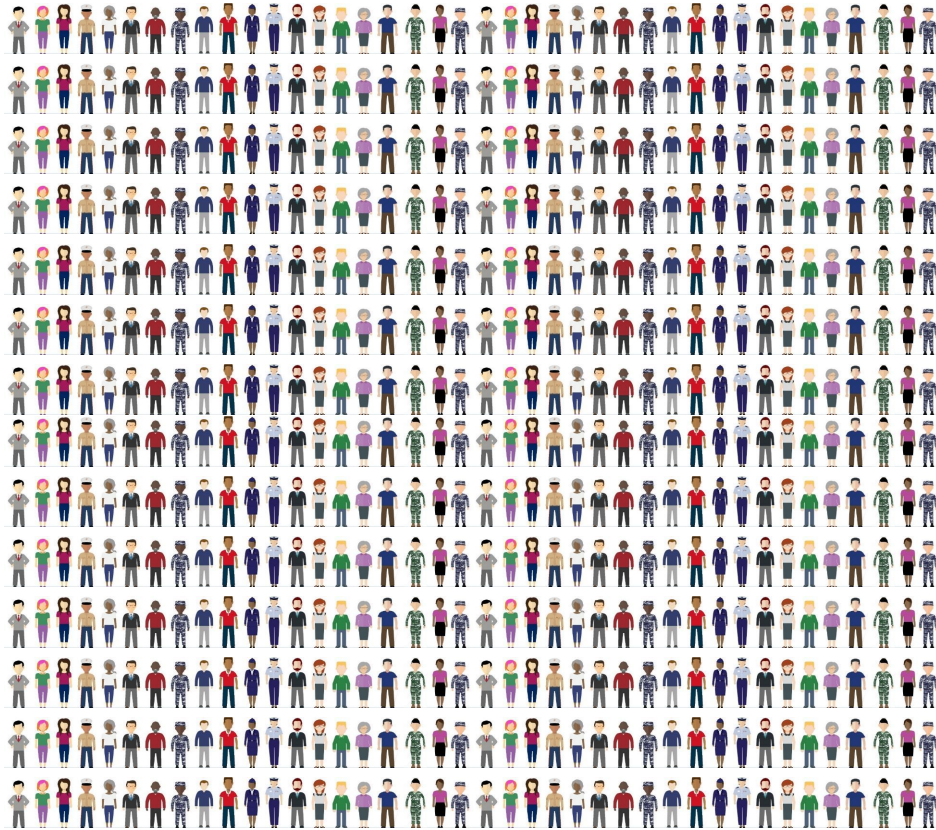


Proactive

Use data and community input to identify vulnerable populations...
and proactively engage those at higher risk.

We will expand the Be Connected focus to include proactive risk reduction.

Responsive to all

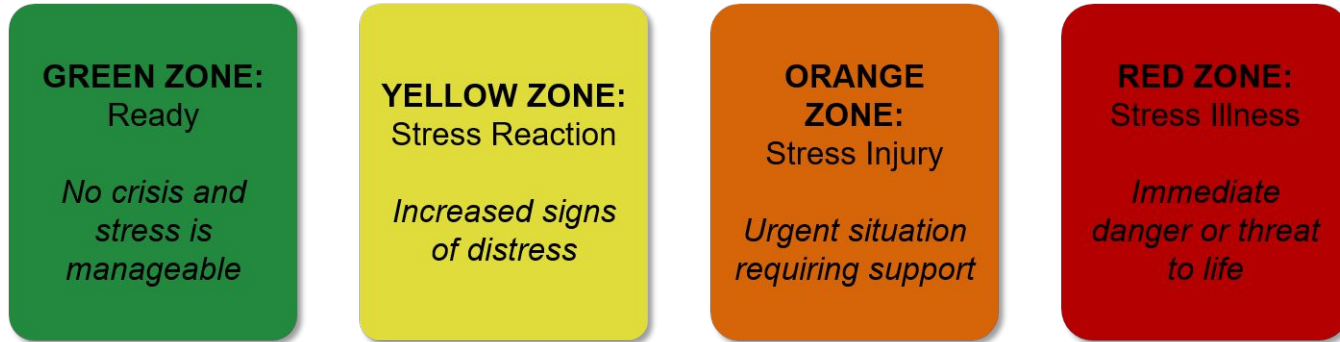


Proactive with those at higher risk

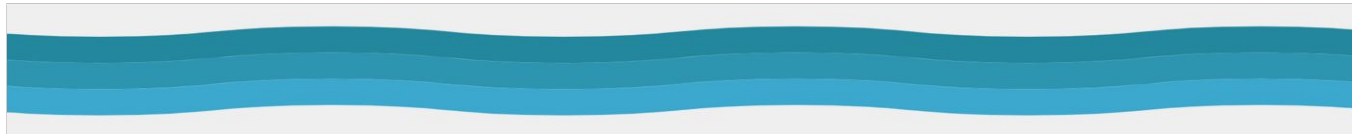


Upstream Prevention

(many talk about it...in AZ we're doing it!)



← **Goal = earlier intervention to positively impact social determinants of health**



Risk Reduction Strategy



Proactively **outreach, engage and serve** veterans and families within that segment



Focus on improving short and intermediate outcomes tied to reducing suicide risk

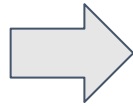


Iterate and evolve approaches and projects based on outcomes

Identify high risk segments through combining data, analysis and mapping

Current state

Disparity in suicide rates for Arizona's 500,000+ veterans



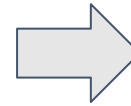
Short & intermediate outcomes

Increase access to care

Increase access to support

Improvement in social determinants of health

Increase in social connectedness



Goal end state

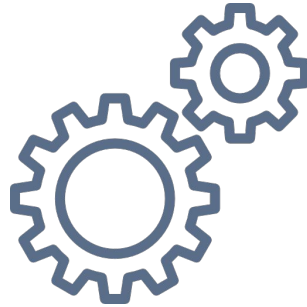
Reduction in attempts, deaths and disparity in veteran suicide

**How do we know if the risk reduction strategy
is an effective way to reduce suicide risk
within Arizona's veteran population?**

Risk Reduction Framework



Identify outcome measures for the short & intermediate outcomes



Implement a series of projects focused on improving short & intermediate outcomes with segments of the veteran population at higher risk



Conduct evaluation on the individual projects and the risk reduction strategy as a whole

Example Projects Past & Future



Transportation
support program to
remove barriers



**Addressing food
insecurity** as an initial
connection point to
address social
determinants of health



ADVS VBC proactive
referral process to
engage veterans with
a known or potential
disability



**Connection
coaching** to
reduce social
isolation
(VA Fox Grant)

Risk Reduction Framework



Development of Framework

Finalize framework, including outcome measures, with input of partners and subject matter experts

Implementation planning for 2023



Implementation of Risk Reduction Projects

Project implementation

Evaluation of individual projects

Report to partners



Final Evaluation

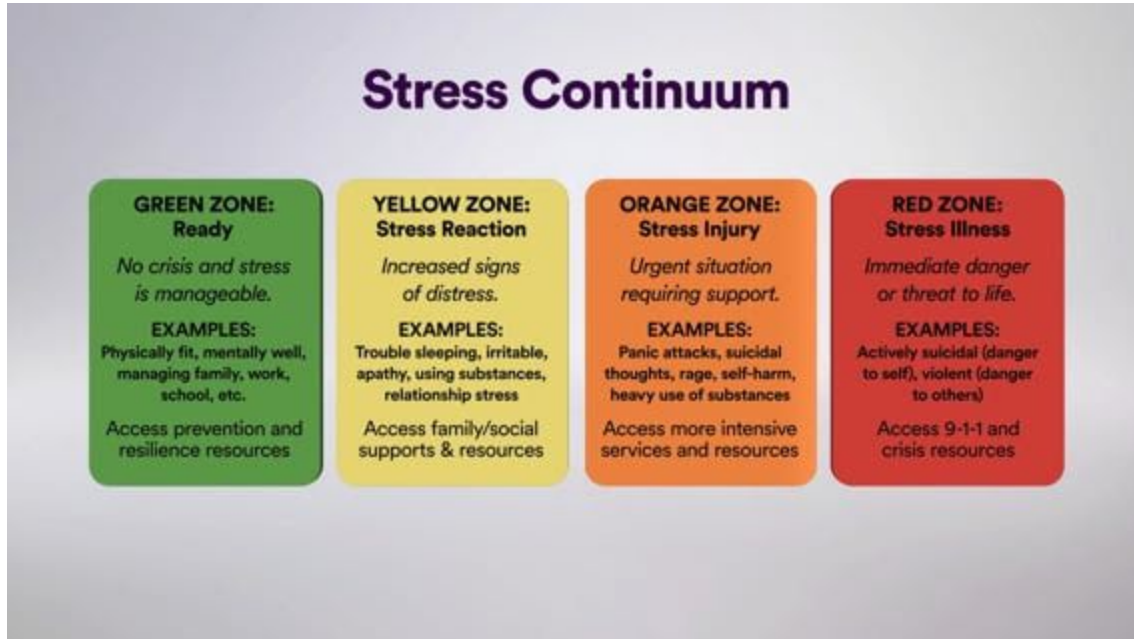
Evaluation of Risk Reduction Strategy overall



Iterate & Implement

Planning and implementation of future activities based on evaluation

Stress Zones



[RESPOND - Stress Zones on Vimeo](#)

Prevention, Intervention and Postvention

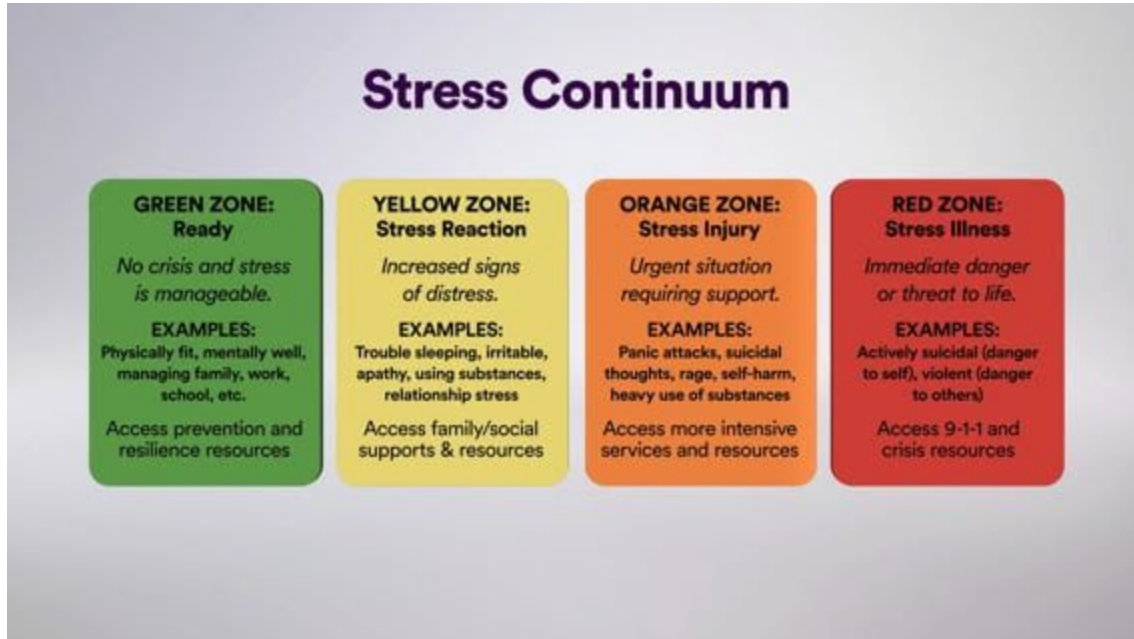


Finding an approach that works best for you and the situation . . .

Prevention Scenario - Yellow Zone (Emory & Connie)

Scenario: Emory doesn't seem himself during a virtual meeting. Connie calls him to see if everything is okay. Emory states he received news that a friend and fellow airman died by suicide over the weekend.

Stress Zones



[RESPOND - Stress Zones on Vimeo](#)

Prevention ~ Yellow Zone

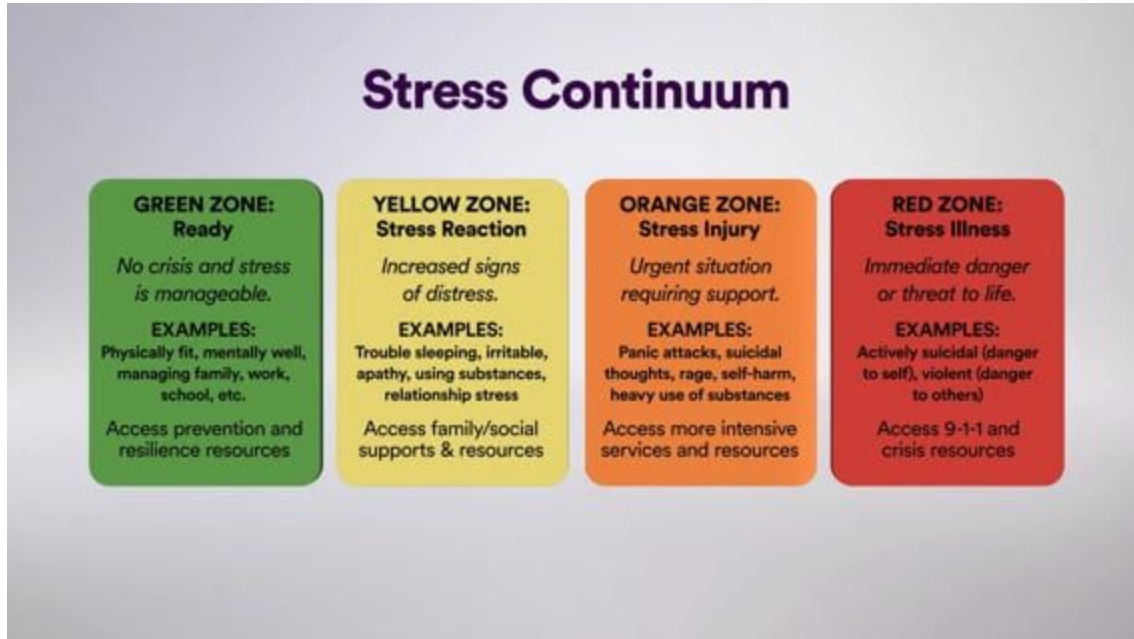
Supports:

- Psychology/Therapies: individual/couples/family
- Groups: grief and loss, peer support groups (e.g., Vet Centers, TAPS, AFSP, Alliance of Hope)
- Psychiatry: medication, ketamine infusion therapy, TMS stimulation, ECT
- Social Support: family, friends, neighbors, battle buddies
 - Be Connected Connection Coaches (SSG Fox SPGP)

Intervention Scenario - Orange Zone (Emory & Connie ~ with Nicki/Joel as a Crisis Team)

Scenario: In addition to prior information, Emory is not taking meds/self medicating with alcohol; went to a gun show, bought new firearms, going to the range more, etc.

Stress Zones



[RESPOND - Stress Zones on Vimeo](#)

Intervention ~ Orange Zone

Supports:

- Psychology/Therapies: Individual/couples/family
- Groups: mental health counseling or substance abuse counseling/support groups e.g. depression, anxiety, grief and loss, peer support groups, e.g. NA/AA
- Psychiatry: medication, Ketamine infusion therapy, TMS Stimulation, ECT
- Hospitals: in-patient short-term/long-term/residential programs
- Means Safety: Firearm Locks/Safe, Dispose of or turn in unused meds, sharps restriction/toxic chemicals, household toxic items
- Case management

Postvention Scenario - Red Zone (Emory & Martin/Oscar)

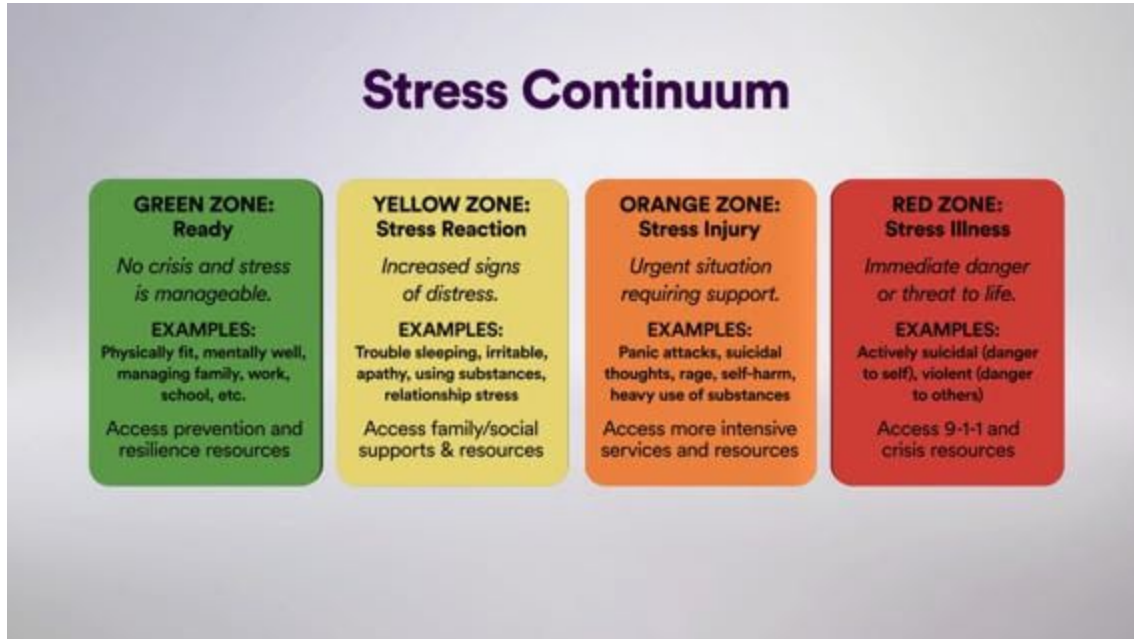
Scenario: Lost a friend to suicide, goes to hospital after crisis intervention and team's recommendation due to having own suicidal thoughts. Martin is the social worker, Oscar is a Peer Support Specialist at the VA, both are offering discharge options.

Postvention ~ Red Zone

Supports:

- Psychology/Therapies: Individual/couples/family
- Groups: mental health counseling, substance abuse counseling, support groups for depression, anxiety, grief and loss (e.g., NA/AA, Postvention Alliance)
- Psychiatry: medication, Ketamine infusion therapy, TMS Stimulation, ECT
- Means Restriction: Give firearms to a family member/friend, medication restricted to one week supply, alcohol removed from home or locked up
- Intensive case management and connections
 - Be Connected High Acuity Care Transition Team (SSG Fox SPGP)
 - VA Peer Support

Stress Zones



[RESPOND - Stress Zones on Vimeo](#)

Suicide Prevention, Intervention & Postvention Training

- VA S.A.V.E. (Signs, Ask, Validate, Encourage/Expedite)
- Applied Suicide Intervention Skills Training (ASIST)
- PsychArmor
- Mental Health First Aid

Q & A



Session 2 Evaluation

We want to hear from you!

