

# Suicide

# Prevention

Veterans Affairs Montana Health Care System

Fort Harrison Suicide Prevention Team:

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*Presented to SAVA on June 8, 2016*

# Suicide Prevention is Everyone's Business

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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**

**patients**<sup>1</sup>.

# National Suicide Statistics

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- **10<sup>th</sup> 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 year<sup>4</sup>.
- **20-25% of completed suicides** are by **Veterans**.

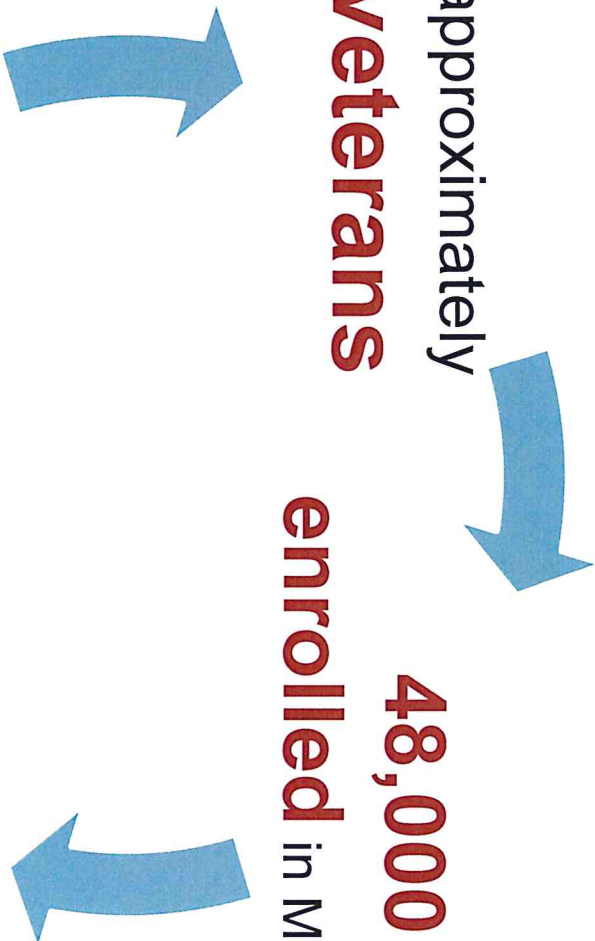
# Montana Veterans-FY2014

Montana has approximately

**97,267 veterans**

**48,000** of those are

**enrolled** in Montana VA services.

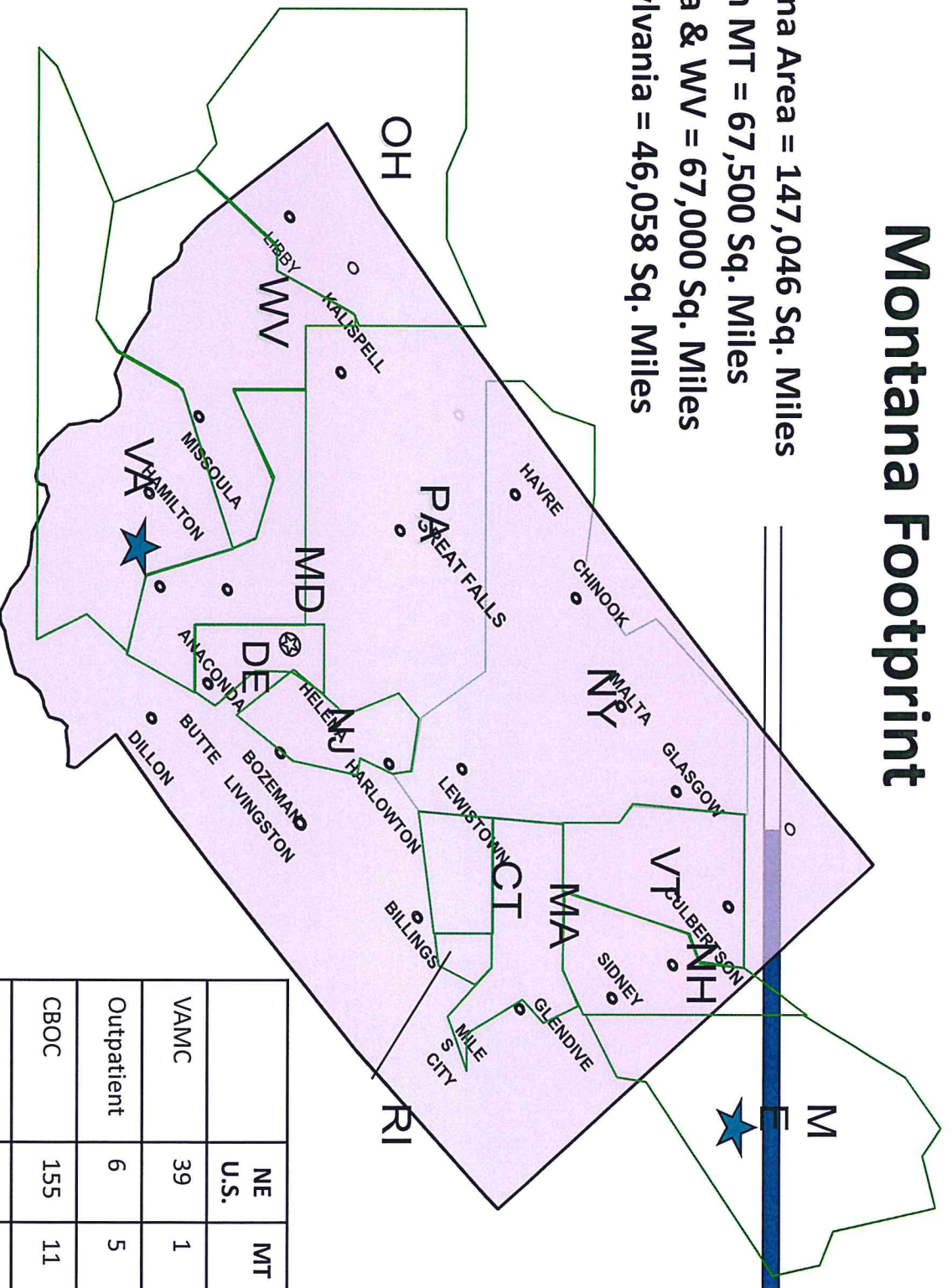


**37,000** were seen **annually**



# 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



	NE U.S.	MT
VAMC	39	1
Outpatient	6	5
CBOC	155	11
Vet Center	68	4

# Montana Veteran Suicides

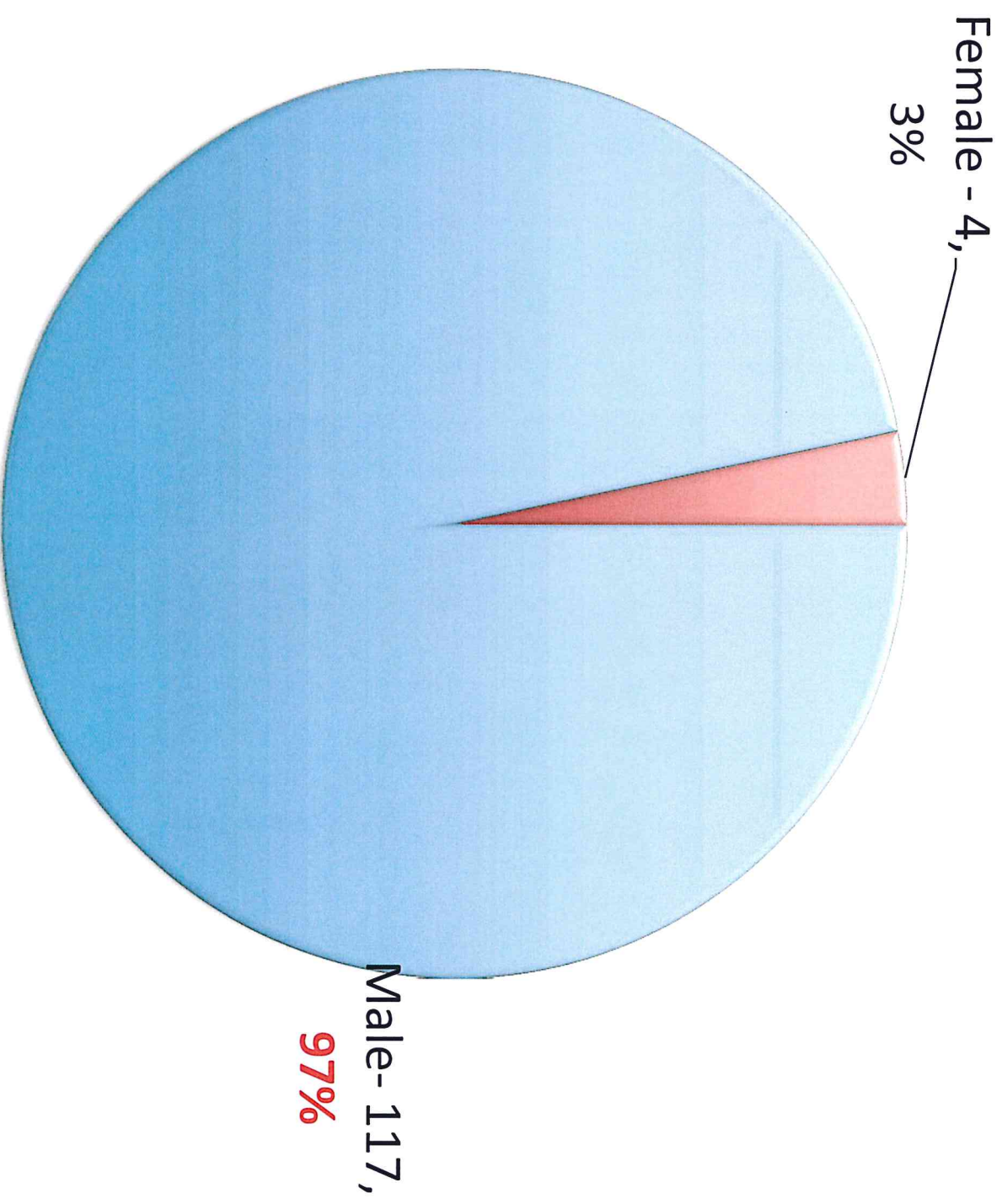
(Data compiled through the Montana Suicide Mortality Review Team)

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.

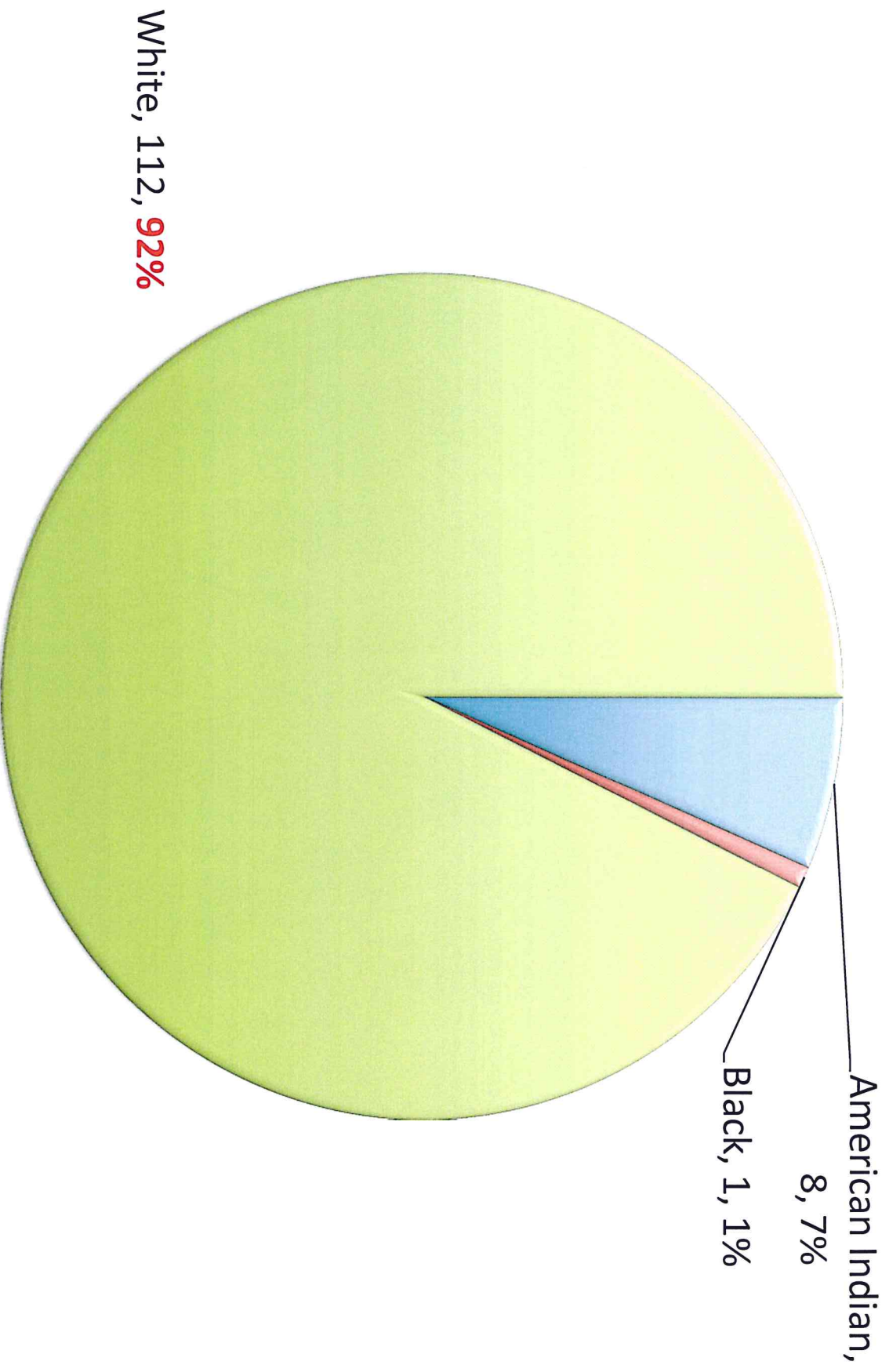
**DUE TO THE SMALL SAMPLE SIZE, NO INFERENCES SHOULD BE MADE CONCERNING THE DATA PRESENTED. THIS IS ONLY MEANT TO GIVE NUMBERS AND PERCENTAGES CONCERNING VETERAN SUICIDES IN MONTANA.**

# Montana Veteran Suicides by Gender

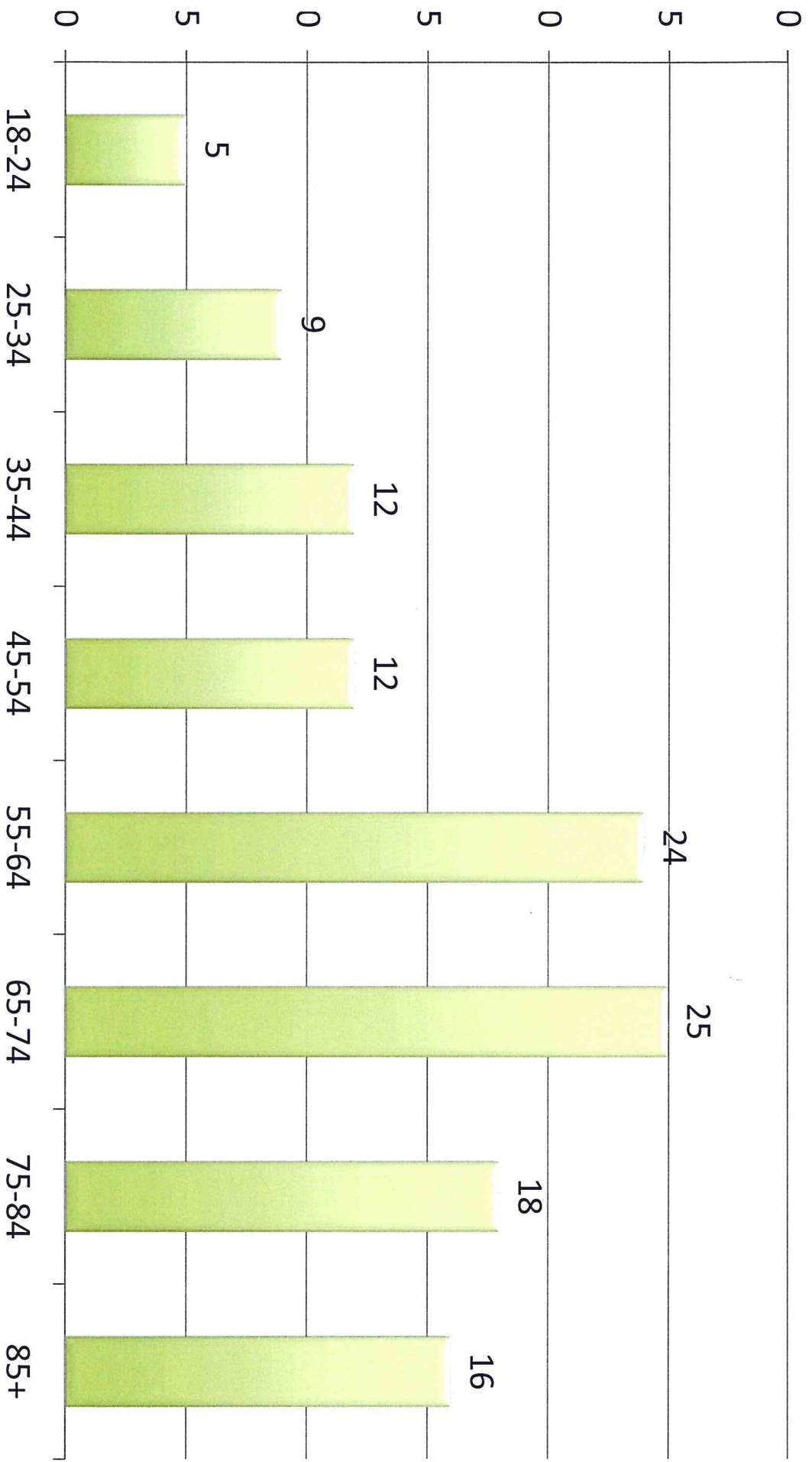




# Montana Veteran Suicides by Race

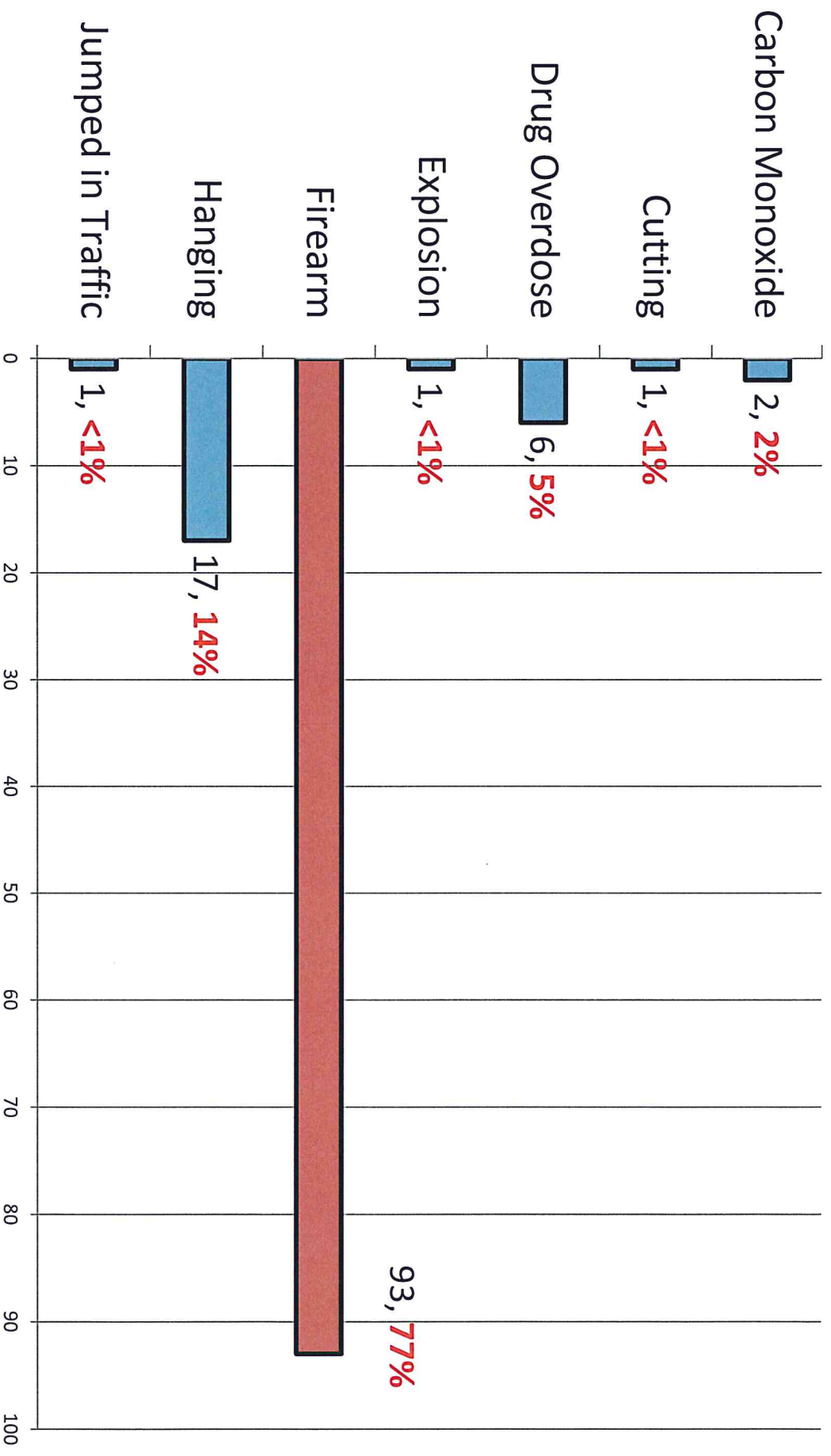


# Montana Veteran Suicides by Age Range

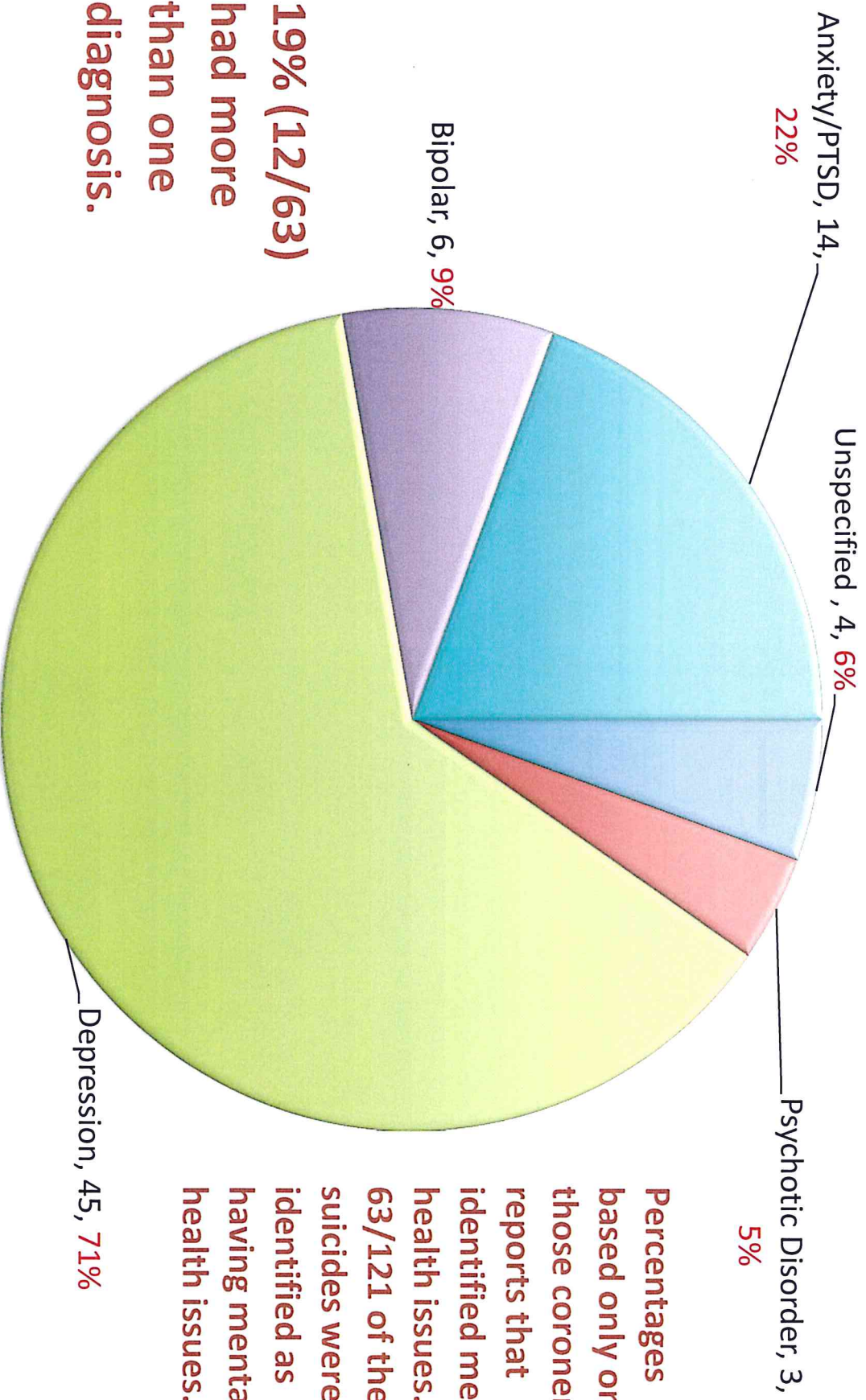


**69% of the Veteran suicides are over the age of 55**

# Montana Veteran Suicides by Means



# Montana Veteran Suicides with identified Mental Health Issues

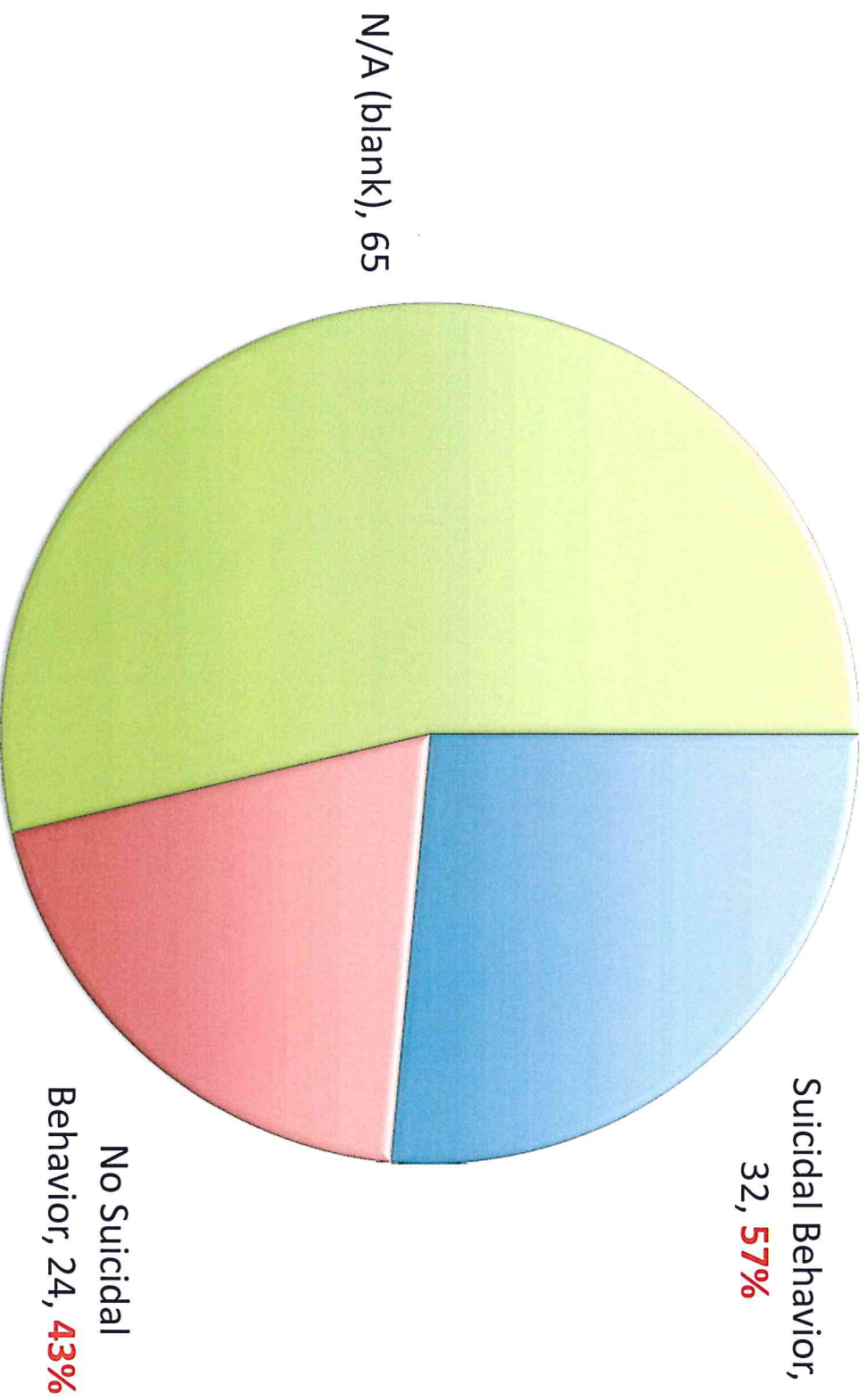


**19% (12/63) had more than one diagnosis.**

**Percentages based only on those coroner reports that identified mental health issues. 63/121 of the suicides were identified as having mental health issues.**

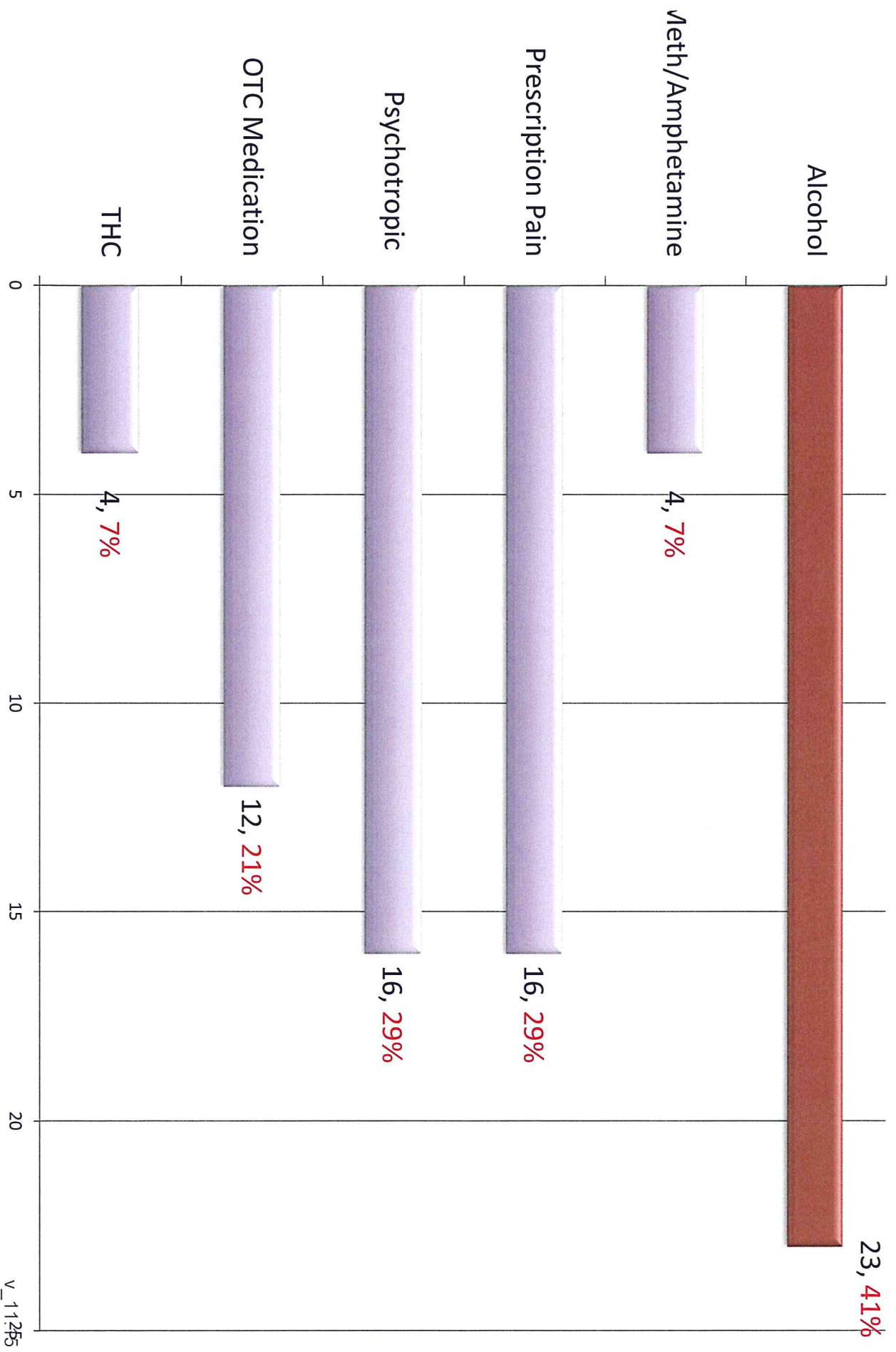
# Montana Veteran suicides with history of previous suicidal behavior

(% based on n=56)

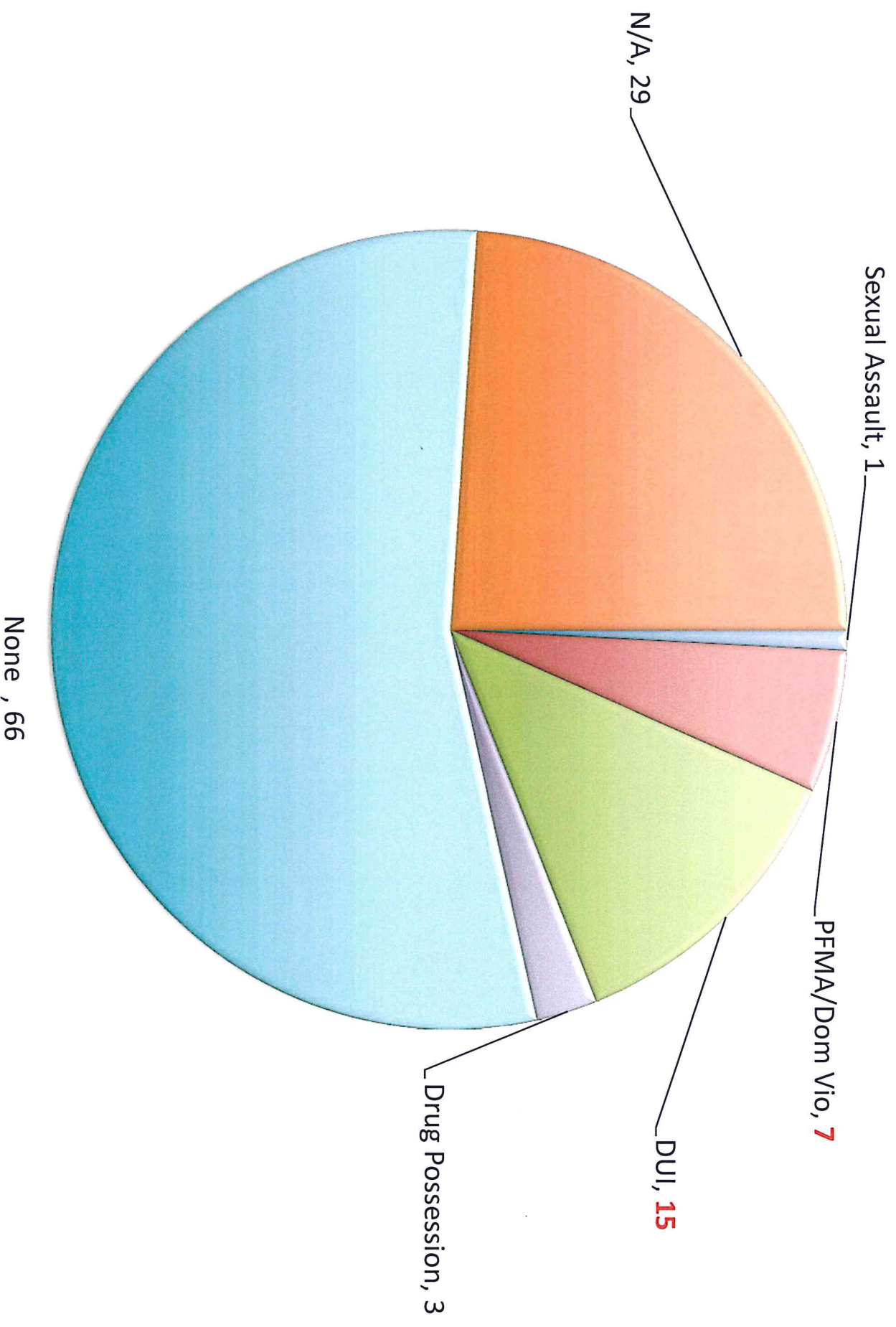


# Toxicology findings of Montana Veteran Suicides

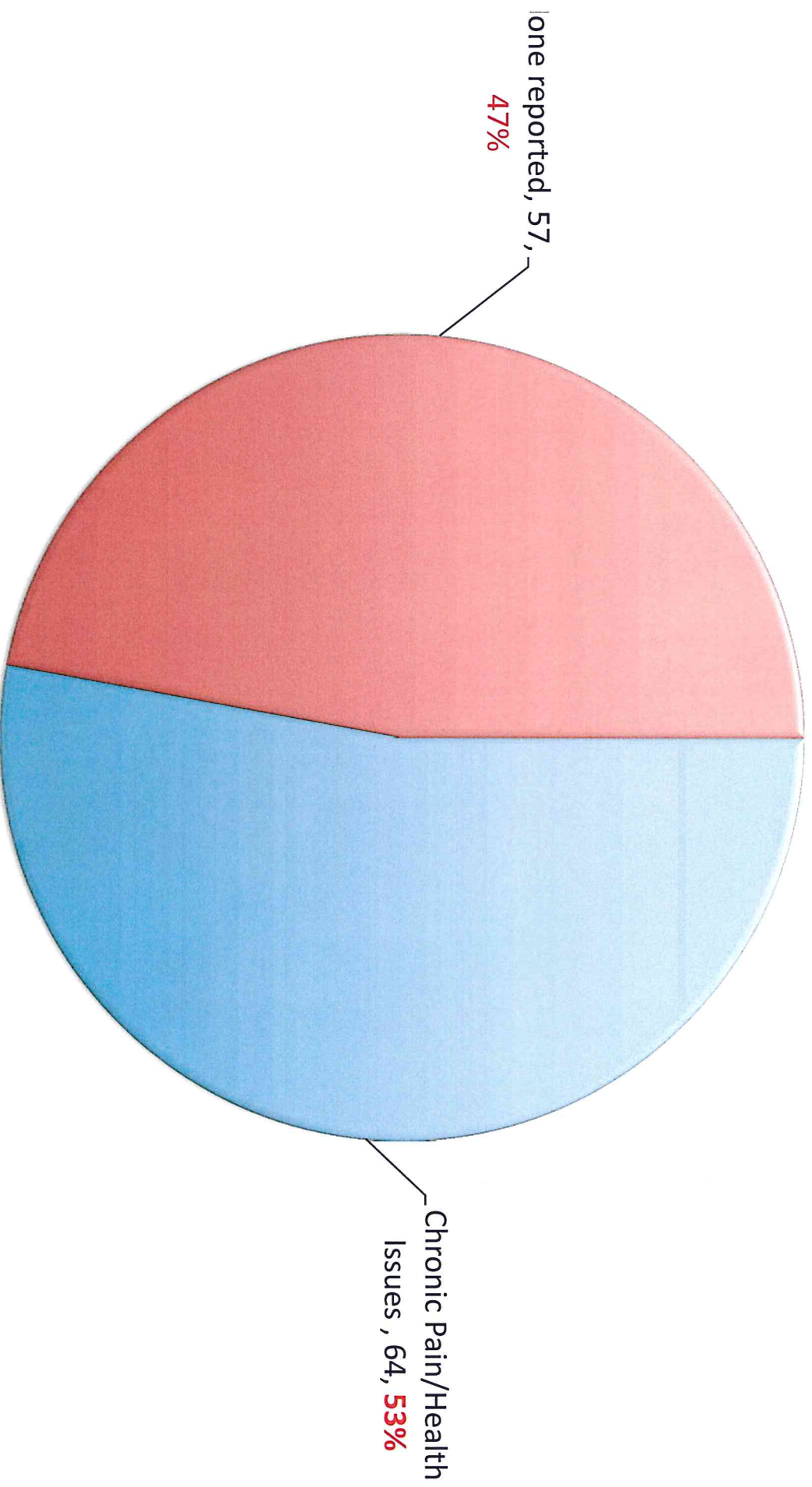
(% is based on 56 toxicology reports received)



# Montana Veteran Suicides with Criminal History

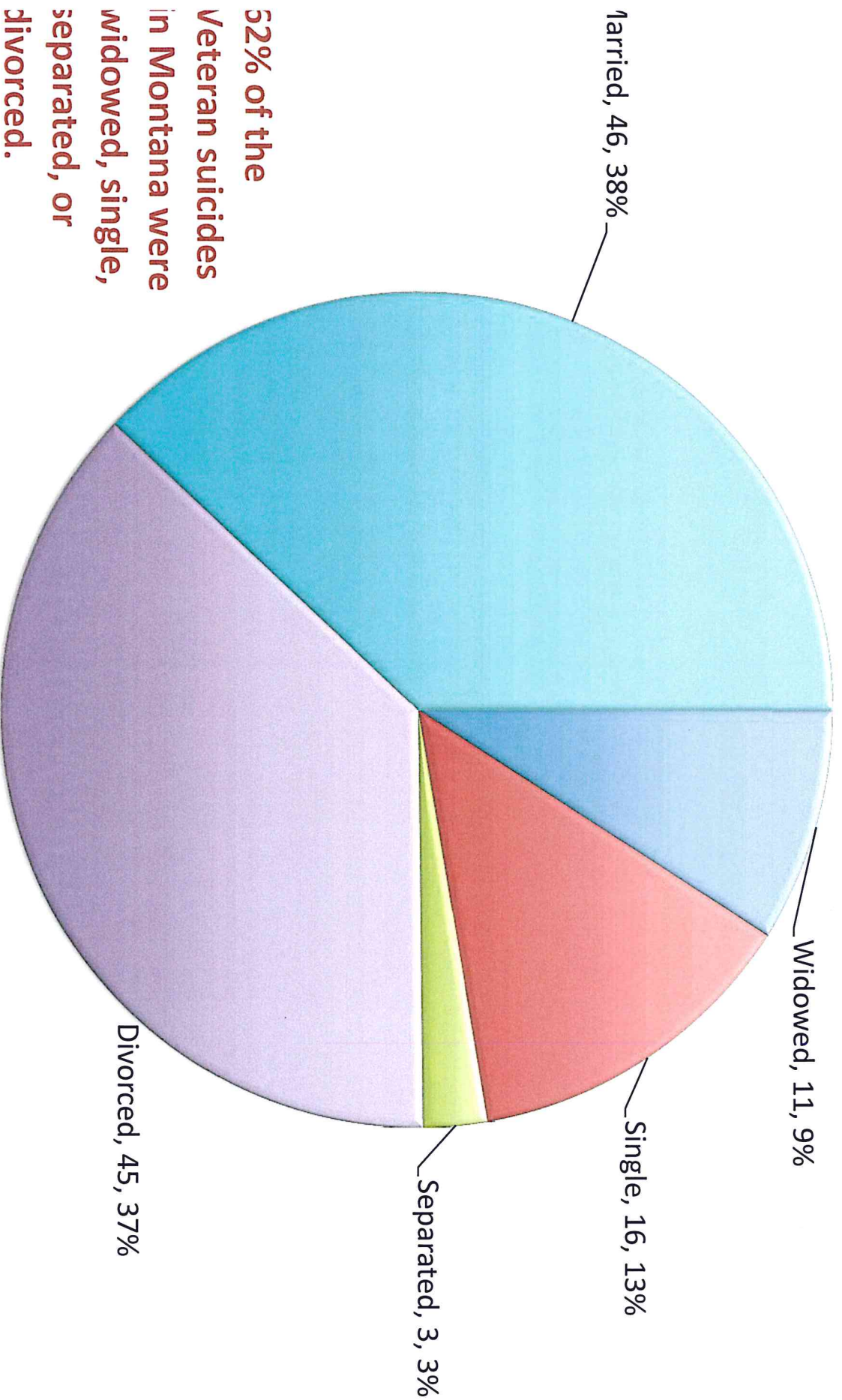


# Montana Veteran Suicides with Chronic Pain/Health Issues



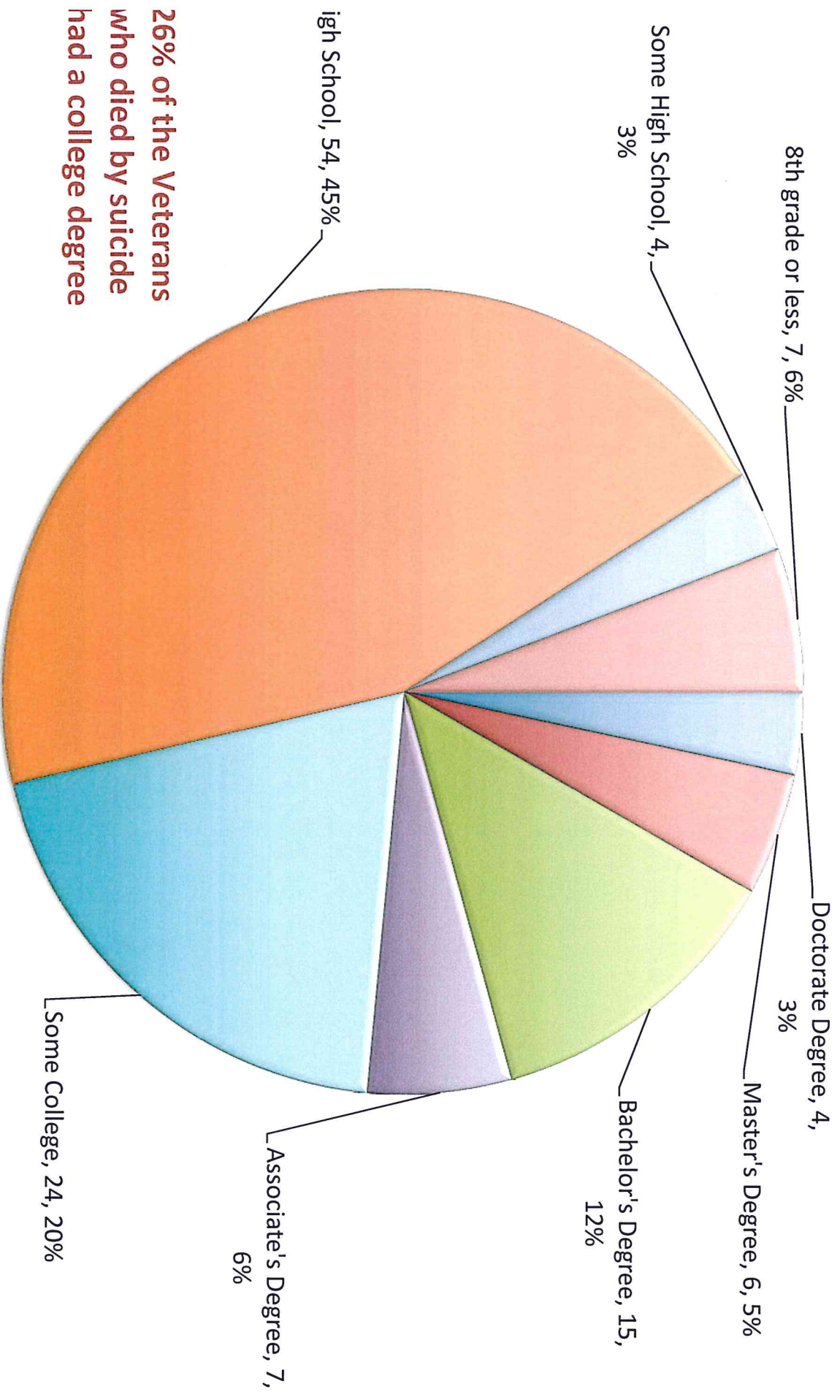


# Montana Veteran Suicides by Relationship Status



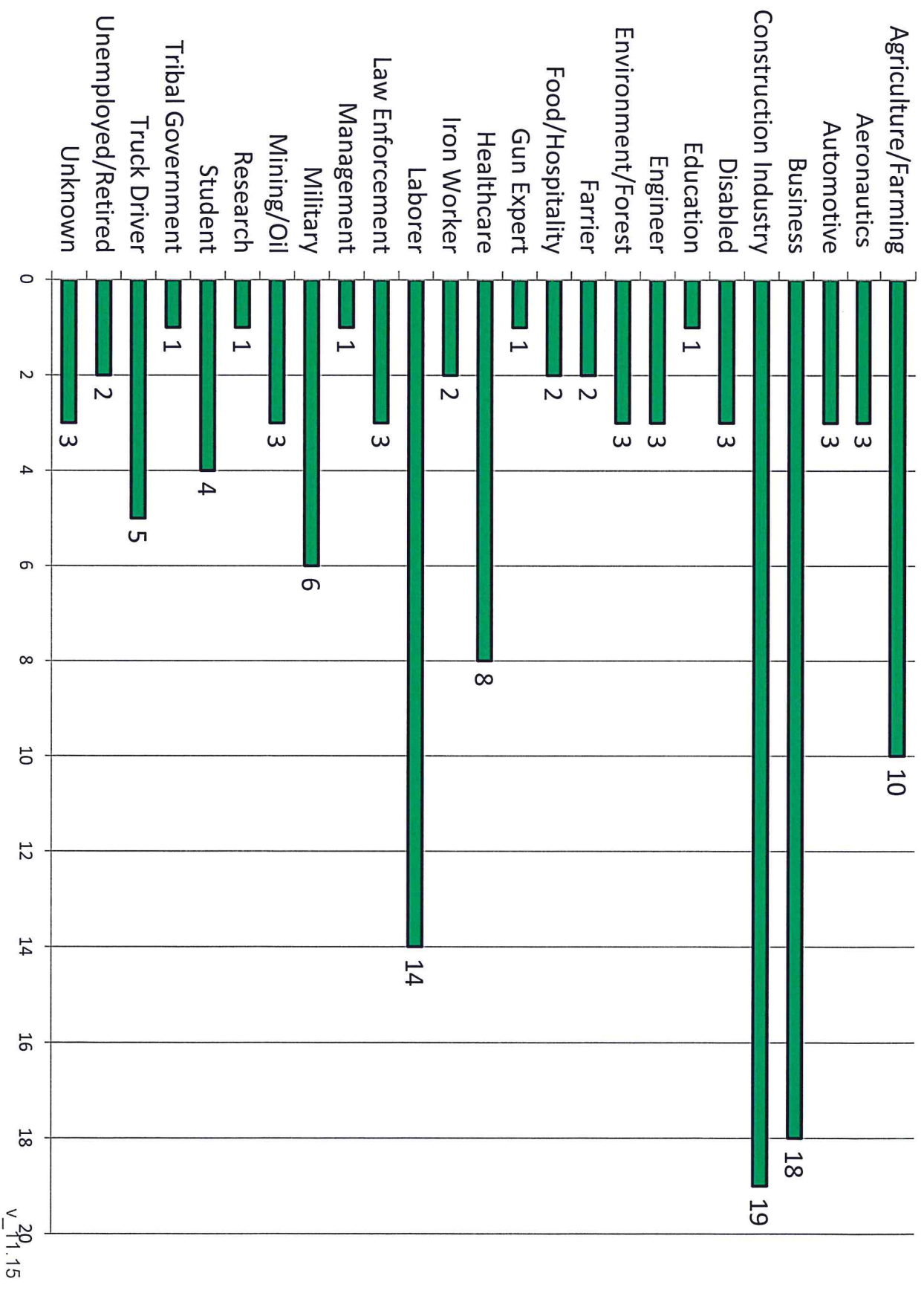
52% of the Veteran suicides in Montana were widowed, single, separated, or divorced.

# Montana Veteran Suicides by Education Level

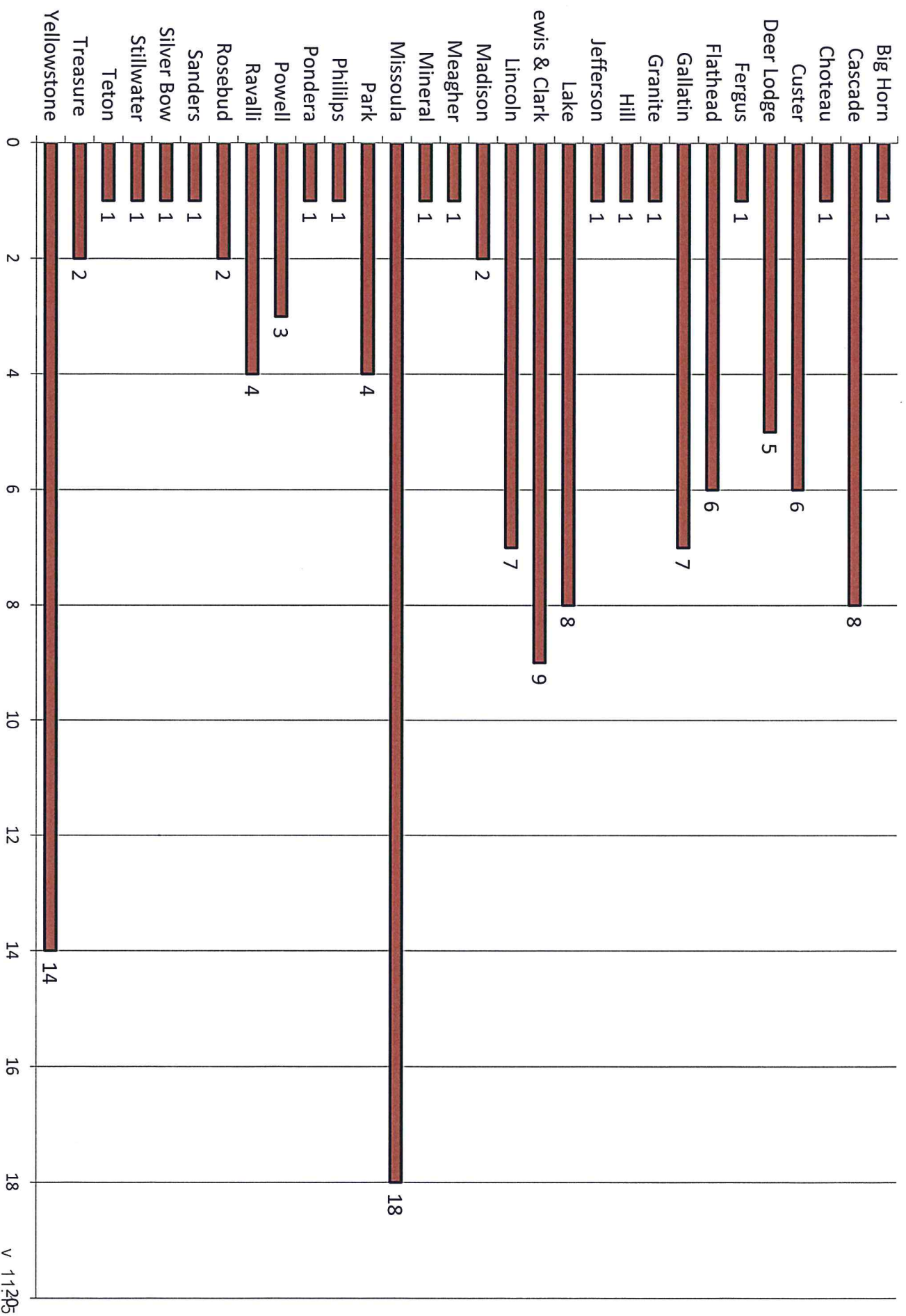


**26% of the Veterans who died by suicide had a college degree**

# Montana Veteran Suicides by Occupation



# Montana Veteran Suicides by County



# VA Montana Community Clinic and other VA facilities Directory

## Anaconda, Montana

VA Community Based  
Outpatient Clinic  
118 East 7th St, Suite 2A  
Anaconda, MT 59711

Phone: 406-496-3000  
Fax: 406-496-3030

## Billings, Montana

VA Community Based  
Outpatient Clinic  
1775 Spring Creek Lane  
Billings, MT 59102  
Phone: 406-373-3500  
Fax: 406-373-3520

VA Specialty Clinic  
1766 Majestic Lane  
Billings, MT 59102  
Phone: 406-373-3500

## Bozeman, Montana

VA Community Based  
Outpatient Clinic  
300 N. Willson, Suite 703G  
Bozeman, MT 59715

Phone: 406-582-5300  
Fax: 406-582-5399

# VA Montana Community Clinic and other VA facilities Directory

## Cut Bank, Montana

VA Community Based  
Outpatient Clinic  
#8 2nd Ave SE  
Cut Bank, MT 59427

Phone: 406-873-9047  
Fax: 406-873-2439

## Glasgow, Montana

VA Community Based  
Outpatient Clinic  
630 Second Ave. South,  
Suite A  
Glasgow, MT 59230

Phone: 406-228-4101  
Fax: 406-228-4104

## Glendive, Montana

VA Community Based  
Outpatient Clinic  
2000 Montana Ave.  
Glendive, MT 59330

Phone: 406-377-4755  
Fax: 406-377-4757

# VA Montana Community Clinic and other VA facilities Directory

## Great Falls, Montana

VA Community Based  
Outpatient Clinic  
1417 9th Street South,  
Suite 200 and 300  
Great Falls, MT

Phone: 406-791-3200  
Fax: 406-791-3230

## Havre, Montana

VA Community Based  
Outreach Clinic  
130 13th Street, Suite 1  
Havre, MT 59501

Phone: 406-265-4304  
Fax: 406-265-4305

## Helena, Montana

Helena VA Sleep Clinic  
2271 Deerfield Lane  
Helena, MT 59601

Phone: 1-406-447-7443

# VA Montana Community Clinic and other VA facilities Directory

## Kalispell, Montana

VA Community Based  
Outpatient Clinic  
31 Three Mile Dr., Suite  
102  
Kalispell, MT 59901

Phone: 406-758-2700  
Fax: 406-758-2750

## Lewistown, Montana

VA Community Based  
Outpatient Clinic  
629 NE Main St., Suite 1  
Lewistown, MT 59457

Phone: 406-535-4790  
Fax: 406-535-4793

## Miles City, Montana

VA CBOC and  
Community Living  
Center  
210 S. Winchester  
Miles City, MT 59301

Phone: 406-874-5600  
Fax: 406-874-5696



# 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

# VETERANS OUTREACH CENTERS:

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

# 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](http://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](http://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](http://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](http://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](http://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 Kemp May 2013. and Slides from VMHC SPC Presentation 5/18/2016\*\**
1. VA Mental Health Care Fact Sheet (2015) Retrieved from [https://vawww.portal2.va.gov/sites/mentalhealth/visn2coe\\_sp/sp/Training/Suicide%20Prevention%20+%20Mental%20Health%20Fact%20Sheets/VHA%20Mental%20Health%20Fact%20Sheet%202015.09.pdf](https://vawww.portal2.va.gov/sites/mentalhealth/visn2coe_sp/sp/Training/Suicide%20Prevention%20+%20Mental%20Health%20Fact%20Sheets/VHA%20Mental%20Health%20Fact%20Sheet%202015.09.pdf), Page 4 of 13, 2/24/2016.
  2. Sentinel Event Alert, retrieved from [www.jointcommission.org](http://www.jointcommission.org), Issue 56, 2/24/2016.
  3. Rosten, Karl, Suicide in Montana (2012), Retrieved from [www.prc.mt.gov/suicideprevention](http://www.prc.mt.gov/suicideprevention), 2/23/2016.
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  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](http://www.sprc.org/library_resources/items/safety-plan-treatment-manual-reduce-suicide-risk-veteran-version_2/29/2016).
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  8. Columbia-Suicide Severity Rating Scale (C-SSRS). Retrieved from [http://cssrs.columbia.edu/about\\_cssrs.html](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.vapulse.net/people/david.shulkin%40va.gov/blog/2016/02/01/a-call-to-action-preventing-veteran-suicides>, 3/11/2016.