



GOVERNOR'S CHALLENGE TO  
**PREVENT SUICIDE**

Among Service Members, Veterans,  
& Their Families

# Suicide Prevention Program FY24

**Aimee' Green, BSW**

**Nevada Department of Veteran Services (NDVS) Suicide Prevention Program Manager**

**Team Lead for the Governor's Challenge Team to prevent suicide among SMVF**

**Liaison for the 6 Mayor's Challenge Teams**

# Suicide Prevention Program

Suicide Prevention Program Manager, Aimee' Green



## Governor's Challenge

The Governor's Challenge to Prevent Suicide Among Service Members, Veterans, and their Families (SMVF) focuses on statewide initiatives for three key priorities: (1) Identify SMVF and screen for risk; (2) promote connectedness; and (3) increase lethal means safety and safety planning.

## Community Coalitions

Collaboration with community partners, organizations, and stakeholders statewide. These coalitions focus on meeting the needs of urban and rural communities, identifying the unique needs of veterans across Nevada.

## Mayor's Challenge

The Mayor's Challenge focuses on tailored, local initiatives for the same three priorities listed under the Governor's Challenge. There are six Mayor's Challenge teams: Las Vegas, Truckee Meadows, Winnemucca, Elko, Pahrump, & Mesquite.

## Education

Partner with the Office of Suicide Prevention (OSP) to promote ASIST, safeTALK, and Suicide Prevention 101 training. NDVS provides an annual grant to OSP for safeTALK training specifically for Service Members, Veterans, and their Families.

## Veterans Care Pocket Card

A key initiative to support health care professionals engage in dialogue about a patient's veteran status, identify key health risks and military exposures, suicide risk, a suicide screening tool, and veteran benefit information.

## Nevada National Guard Partnership (NVNG)

NDVS and NVNG partnered in 2019 for Operation Mission Ready, a resiliency program delivered by veterans now working in law enforcement. This program won the Abraham Lincoln Pillars of Excellence Award.

# Facts of Suicide

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- Veterans die from suicide at a higher rate than non-veterans.
- Suicide is the 11<sup>th</sup> leading cause of death in the United States, changing from the 10<sup>th</sup> leading cause in 2019 and the 12<sup>th</sup> leading cause in 2020.
- Talking about suicide **WILL NOT** give them the idea.
- One suicide impacts 135 people.
- Use Safe Messaging- died by suicide vs. committed suicide.

# Federal Statistics

## 2023 National Veteran Suicide Prevention Annual Report

- In 2021, suicide was the 13th-leading cause of death for Veterans overall, and the second-leading cause of death among Veterans under age 45-years-old.
- There were 6,392 Veteran suicide deaths in 2021. This was 114 more than in 2020.
- 17.5 suicide deaths per day among Veterans.
- In 2021, there were 6,042 suicide deaths among Veteran men and 350 suicide deaths among Veteran women.
- The unadjusted rate of suicide in 2021 among U.S. Veterans was 33.9 per 100,000, up from 32.6 per 100,000 in 2020.

*Department of Veteran Affairs, November 2023*

# State Statistics: Nevada

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## Nevada Office of Analytics Suicide Mortality Report for 2023

- In 2022, 123 Veterans died by suicide.
- The rates of suicide among the Veteran population fluctuate from year to year but overall remain higher than the rates of suicide among non-veteran populations.
- Suicide ranks as the 9<sup>th</sup> primary cause of death among both Veteran and Non-Veteran populations at 2% of the total deaths in Nevada.

# State Statistics: Nevada

## Nevada Office of Analytics Suicide Mortality Report for 2023

Between 2018 to 2022:

- 599 Veterans died by suicide.
- Highest percent of suicides occurred in the 75-84 age group among Veterans accounting for 29, n=123.
- The highest number of suicides between Veterans and Non-Veterans were caused by firearms accounting for 55% of Non-Veteran deaths and 77% of Veteran deaths.
- Among the male population, 78% of Veteran suicides were by firearms/explosives, compared to 62% of Non-Veteran suicides.
- Among the female population, the greatest difference in method was firearms/explosives, which accounted for 64% of Veteran suicide deaths and 37% of Non-Veteran suicide deaths.

# Suicide Prevention Program Initiatives:

- Governor's Challenge team attended the Implementation Academy hosted by SAMHSA & Department of the VA to create a Strategic Action Plan for priority area 3 (Lethal Means Safety & Safety Planning) last month and working on implementing it by FY25 to create a one pager, pamphlet, and training curriculum on firearm and medicine safety.
- NDVS partnered with Northern Nevada Public Health initiative; Washoe Suicide Prevention Alliance (WSPA) to create a firearm secure storage and medicine drop off map for Washoe County with the goal to implement throughout Nevada.
- NDVS partnered with National Guard to host annually a Suicide Prevention Forum for Guardsmen and Guardswomen, alternating each year to service Reno and Las Vegas Armories.
- NDVS partnered with Nevada Tribes- Nevada Urban Indians, Reno Sparks Indian Colony, Pyramid Lake, Stillwater, and Las Vegas Indian Center to provide suicide prevention and mental health resources and services for Tribal Veterans and their Families.



# Suicide Prevention Program Initiatives:

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- NDVS Suicide Prevention Program expanded the Mayor's Challenge teams FY24 to service the rural Veteran Communities in Pahrump and Mesquite with a total of 6 Mayor's Challenge teams which is the most out of any state.
- NDVS partnered with the Perry Foundation to provide a free webinar training for Suicide Prevention which will be hosted on Tuesday, May 14<sup>th</sup> at 1pm.
- NDVS partnered with PTSD Now to have two Licensed Clinical Therapists to offer services on the National Guard bases - one in Las Vegas & the other in Reno.
- NDVS collaborated with Military Animal Project (MAP) and the VA to provide a suicide prevention training and MAP's services to Veterans in Washoe County on Thursday, April 25<sup>th</sup> at 10am.
- NDVS collaborated with the VA and three Veteran Community Organizations to host the first Annual Northern Nevada Veteran Block Party for Suicide Prevention on Saturday, May 4<sup>th</sup>, 2024, to bring together the community and promote services and resources for Service Members, Veterans, and their Families.



# Suicide Prevention Program Initiatives:

## Veteran Care Pocket Card:

← Back 3 sides →

Front Page:

Columbia Suicide Severity Rating Scale		Resources for Veterans & their Families		Nevada Veterans Service Officers	
Assessing Suicide Risk	Past Month	<p><b>VA Sierra Nevada Health Care System</b> (775) 786-7200 or toll-free (888) 838-6256 Reno, NV 89502</p> <p><b>VA Southern Nevada Healthcare System</b> (702) 791-9000 or toll-free (888) 633-7554 North Las Vegas, NV 89086</p> <p><b>VA Salt Lake City Healthcare System</b> <i>Serving Eastern NV</i> (801) 582-1565 or toll-free (800) 613-4012, select 0 Salt Lake City, UT 84148</p> <p><i>All VA systems offer inpatient care, 24/7 emergency care, and a wide variety of services to meet the needs of our nation's veterans.</i></p>  <p><b>Scan the QR Code!</b> For a comprehensive webpage of resources.</p> <p>Veterans and their families may benefit from the included resources, but may require a warm handoff. This resource list is meant to increase the utilization of community services across Nevada and help assist their needs.</p> <p><a href="https://veterans.nv.gov/veteran-care-pocket-card-resources/">https://veterans.nv.gov/veteran-care-pocket-card-resources/</a></p>		<p><b>NDVS Veterans Advocacy and Support Team (VAST)</b> VA accredited Veteran Services Officers (VSO) that assist veterans and their families with connecting to benefits, submitting claims, and filling appeals for denied claims for FREE. <i>Hours dependent on location.</i></p> <p><b>Carson City: (775) 300-6796</b> 106 E. Adams St., Suite 203, Carson City, NV 89706</p> <p><b>Elko: (775) 777-1000</b> 1500 College Parkway, McMullen Hall, Room 114, Elko, NV 89801</p> <p><b>Fallon: (775) 428-1177</b> 485 W. B St., Suite 103, Fallon, NV 89406</p> <p><b>Las Vegas: (702) 224-6025</b> 6900 N. Pecos Rd., Rm. 1C238, North Las Vegas, NV 89086</p> <p><b>Pahrump: (775) 751-6372</b> 1981 E. Calvada Blvd. #110, Pahrump, NV 89048</p> <p><b>Reno: (775) 321-4880</b> 5460 Reno Corporate Dr., Suite 131, Reno, NV 89511</p> <p><b>Winnemucca: (775) 339-2300</b> 3300 Bengochea Circle, Winnemucca, NV 89445</p> <p>Or visit <a href="https://veterans.nv.gov/ask-a-vso/">https://veterans.nv.gov/ask-a-vso/</a> to submit an online form.</p> <p> Veterans Service Officers are also available through organizations such as DAV, PVA, VFW, American Legion, and others.</p>	
1. Have you wished you were dead or wished you could go to sleep and not wake up?	✓ ✗				
2. Have you had any thoughts about killing yourself?	✓ ✗				
If YES to question 2, answer questions 3, 4, 5, and 6. If NO to question 2, go directly to question 6.					
3. Have you thought about how you might do this?	✓ ✗				
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you having thoughts but you would not act on them?	High Risk				
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?	High Risk				
Always ask question 6.	Lifetime   Past 3 months				
6. Have you done anything, started to do anything, or prepared anything to end your life? <small>Examples: collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</small>	High Risk				

**Veteran Care Pocket Card**  
For care providers containing questions to identify veterans, information on military exposures, suicide protective factors, local resources, and more.

**HAVE YOU OR A LOVED ONE EVER SERVED IN THE U.S. ARMED FORCES?**

**Questions to Ask:**

- When did you serve? Which branch?
- What did you do while you were in the military?
- Were you ever assigned to a hostile or combative area?
- Did you experience enemy fire, see combat, or witness casualties?
- Were you wounded, injured, or hospitalized?
- Did you participate in any experimental projects or tests?
- Were you exposed to noise, chemicals, gases, demolition of munitions, pesticides, or other hazardous substances?

If an exposure or health risk is identified, use this guide to refer or connect Veterans to available resources.

 **THE COLUMBIA LIGHTHOUSE PROJECT**  
IDENTIFY RISK. PREVENT SUICIDE.

 **Columbia Protocol app available**

 **GOVERNOR'S CHALLENGE TO PREVENT SUICIDE**  
Among Service Members, Veterans, & Their Families

 **NDVS**  
Nevada Department of Veterans Services




 **Veterans Crisis Line**  
DIAL 988 then PRESS 1

*Veteran Care Pocket Card- won the National Abraham Lincoln Pillar of Excellence Award FY24 for Innovation of Suicide Prevention.*



# Veteran Care Pocket Card

## Inside View of Panels:

Other Areas of Concern	Identified Military Exposures	Veteran and Military Families	Suicide Prevention		
<p><b>Blast Concussions/Traumatic Brain Injury</b></p> <ul style="list-style-type: none"> <li>During your service, did you experience: heavy artillery fire, vehicular or aircraft accidents, explosions, or fragment of bullet wounds above the shoulders?               <ul style="list-style-type: none"> <li>If yes, did you experience any loss of consciousness, being dazed, seeing stars, not remembering the event, or diagnosis of concussion or head injury?</li> </ul> </li> </ul> <p><b>Military Sexual Trauma</b></p> <ul style="list-style-type: none"> <li>During military service did you receive unwanted sexual attention like touching, pressure for sexual favors or remarks?</li> <li>Did anyone ever use force or threat of force to have sexual contact with you against your will?</li> </ul> <p><b>Post-Traumatic Stress</b></p> <ul style="list-style-type: none"> <li>Have you ever experienced a traumatic or stressful event which caused you to believe your life or the lives of those around you were in danger?               <ul style="list-style-type: none"> <li>If yes, do you experience nightmares, vivid memories or flashbacks of the event?</li> <li>Do you feel anxious, jittery, watchful, easily startled or a sense of panic that something bad is about to happen?</li> </ul> </li> </ul> <p><b>Additional Questions</b></p> <ul style="list-style-type: none"> <li>Are you enrolled in the Veterans Healthcare Administration?               <ul style="list-style-type: none"> <li>Enrollment: toll-free (877) 222-8387</li> </ul> </li> <li>Do you have a service-connected disability or condition?</li> <li>Do you have a safe place to go when you leave today?</li> <li>Have you experienced discrimination because of your personal identity or military service?</li> </ul>	<p><i>Veterans can call a Veterans Service Officer (VSO) for information on military exposures and financial compensation.</i></p> <p><b>Airborne Hazards &amp; Burn Pit Exposures</b> (Vietnam, Iraq, Afghanistan): High levels of particulate matter associated with burn pits. Early symptoms often misdiagnosed as allergies, flu or colds.</p> <p><b>Agent Orange Exposure</b> (Vietnam): Tactical herbicide used to control vegetation in and around Vietnam with many associated presumptive conditions.</p> <p><b>Camp Lejeune Water Contamination</b> (Jacksonville, NC from 1957 to 1987): Stationed veterans and families exposed to chemical contaminants in the groundwater at risk for health conditions.</p> <p><b>Depleted Uranium</b> (Gulf Wars, Bosnia, Afghanistan): Inhaled or ingested microfine particles. Risk of respiratory and kidney disease.</p> <p><b>Gulf War - Global War on Terror</b> (August 1990 to present): Environmental, chemical hazards carrying health risk including respiratory conditions.</p> <p><b>Infectious Diseases</b> (Iraq, Afghanistan): Malaria, typhoid fever, viral hepatitis, leishmaniasis, tuberculosis, rabies.</p> <p><b>Noise Exposure</b> (All Eras): Harmful noise experienced during military service in combat, training, and general job duties.</p> <div data-bbox="866 1360 1649 1435" style="border: 1px solid black; padding: 5px;"> <p> <b>Exposure ED App Available</b></p> </div> <div data-bbox="982 1453 1516 1585"> <p> This comprehensive app helps veterans and healthcare professionals identify possible military-related environmental exposures during time in service.</p> </div>	<p><b>VA Caregiver Support Program</b>  <a href="https://www.caregiver.va.gov/">https://www.caregiver.va.gov/</a>  <i>Offers well-being and clinical services to caregivers of eligible and covered veterans enrolled in the VA System.</i></p> <p><b>Reno VA</b> (775) 326-5775  <b>Las Vegas VA</b> (702) 791-9000 ext. 13051  <b>Salt Lake City VA</b> (801) 582-1565 ext. 4165</p> <p><b>Questions for Families</b></p> <ul style="list-style-type: none"> <li>Are you a part-time or full-time caregiver?</li> <li>Do you need assistance connecting to additional government or community-based resources?</li> <li>Do you have children? Do they need extra services or support?</li> </ul> <p><b>Additional Areas of Concern</b></p> <ul style="list-style-type: none"> <li>Seeking information for cancer support</li> <li>Struggling with housing</li> <li>Substance use and recovery support</li> </ul> <p><b>Building Family Resilience</b></p> <ul style="list-style-type: none"> <li>Engage with required resources</li> <li>Develop and share knowledge</li> <li>Positive and emotionally-safe family environment</li> <li>Maintain a vision of hope and optimism</li> </ul> <p><i>Resources for veteran and military families are included on the Resource QR Code located on the back of the pocket card.</i></p>	<p><b>Certain observable cues (affective and behavioral) should prompt you to remain alert to the possible presence of suicidal ideation. Protective factors play a critical role in prevention.</b></p> <table border="0"> <tr> <td data-bbox="2399 797 2782 1191"> <p><b>Risk Factors</b></p> <ul style="list-style-type: none"> <li>Previous suicide attempt</li> <li>Feelings of hopelessness</li> <li>Financial hardship</li> <li>Mental and physical health conditions</li> <li>History of abuse</li> <li>Withdrawing from loved ones</li> <li>Access to lethal means</li> <li>Alcohol/substance use disorder</li> <li>Transitions (separation from military service, employment, relationships, etc.)</li> </ul> </td> <td data-bbox="2782 797 3185 1191"> <p><b>Protective Factors</b></p> <ul style="list-style-type: none"> <li>Connectedness to individuals, family, and community</li> <li>Coping skills</li> <li>Cultural, religious, or personal beliefs that discourage suicide</li> <li>Effective behavioral healthcare</li> <li>Feelings of hope</li> <li>Limited access to lethal means</li> <li>Problem solving skills</li> <li>Safety plan</li> <li>Self-esteem</li> <li>Sense of purpose or meaning</li> </ul> </td> </tr> </table> <div data-bbox="2399 1210 3185 1285" style="border: 1px solid black; padding: 5px;"> <p><b>Call to Action</b></p> </div> <p><i>See the Columbia Suicide Severity Rating Scale on backside of pocket card.</i></p> <p>Any <b>YES</b> indicates that someone should seek behavioral healthcare.</p> <p>However, if the answer to <b>4, 5, or 6</b>, is <b>YES</b>, get <b>immediate help: Call or text 988 + 1</b>, call 911 or go to the emergency room.</p> <p><b>STAY WITH THEM</b> until they can be evaluated.</p> <p> <b>Veterans Crisis Line</b>    DIAL 988 then PRESS 1</p> <p><i>For questions or recommendations for this pocket card, please contact <a href="mailto:healthcare@veterans.nv.gov">healthcare@veterans.nv.gov</a></i></p>	<p><b>Risk Factors</b></p> <ul style="list-style-type: none"> <li>Previous suicide attempt</li> <li>Feelings of hopelessness</li> <li>Financial hardship</li> <li>Mental and physical health conditions</li> <li>History of abuse</li> <li>Withdrawing from loved ones</li> <li>Access to lethal means</li> <li>Alcohol/substance use disorder</li> <li>Transitions (separation from military service, employment, relationships, etc.)</li> </ul>	<p><b>Protective Factors</b></p> <ul style="list-style-type: none"> <li>Connectedness to individuals, family, and community</li> <li>Coping skills</li> <li>Cultural, religious, or personal beliefs that discourage suicide</li> <li>Effective behavioral healthcare</li> <li>Feelings of hope</li> <li>Limited access to lethal means</li> <li>Problem solving skills</li> <li>Safety plan</li> <li>Self-esteem</li> <li>Sense of purpose or meaning</li> </ul>
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# **Pocket Card QR Code:**

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Statewide Resources to serve SMVF to provide a warm hand off with additional resources and services to assist with any specific needs or barriers the SMVF may be facing or needs help accessing services that are locally available where they reside.



# QR Code Resources:

An accordion list of resources and services available Statewide

## Veteran Care Resources

### Suicide Prevention

Help is available 24/7! Speak with someone right now!

Call 988. Press 1 or for Spanish Press 2

Deaf or Other Hearing Options – [\(800\) 784-2433](#)

Chat by text to 988

988 Suicide & Crisis Lifeline, go [HERE](#)

**If Imminent threat to self or others** – take loved one to an emergency room. Under Legal 2000, this person may be placed under medical observation for evaluation for up to three days or 72 hours.

### Suicide Prevention - Hotlines & Resources ^

#### 24 Hour Crisis & Emergency/Crisis and Support Hotlines

[Silver State Health Services](#) – [\(702\) 239-1580](#) – All Ages – Open 24/7 – NO ONE IS DENIED SERVICES

[Ayuda En Español \(Spanish National Suicide Prevention Lifeline\)](#). [\(888\) 628-9454](#)

[Crisis Call Center of Nevada](#) [\(800\) 992-5757](#) (Formerly Crisis Call Center)

[Disaster Distress Helpline](#) [\(800\) 985-5990](#)

[Nevada211](#) (Provides Crisis and Suicide Prevention Hotline Info)

#### Resources in Your Area, NOT a Hotline

Children - Support & Resources ^

Domestic Violence, Rape, Abuse - Support & Resources ^

Lesbian, Gay, Bisexual, Trans, Questioning - Support & Resources ^

Caregivers - Support & Resources ^

Survivors - Support & Resources ^

Nevada Hospitals & Health Care Facilities ^

VA Health Care ^

Mental Health - Support & Resources ^

Substance Abuse - Support & Resources ^

For Healthcare Providers ^

# Risk Factors

- Previous suicide attempt
- Mental/Health illness
- Social isolation
- Legal problems
- Financial challenges
- Barriers to accessing health care
- Substance use disorders
- Relationship problems
- Employment problems/loss
- Cultural and religious beliefs
- Stigma
- Access to lethal means



# Veteran-Specific Risk Factors

- Underlying health conditions (e.g., PTS, TBI, etc.)
- Transition from military service to civilian life
- Deployment
- Fall from Grace
- Exposure to extreme stress
- Military Sexual Trauma (MST)
  - Service-related injury
- Non-deployment to combat zone





## **Invitations** *(formerly known as Warning Signs)*

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- Hopelessness
- Anxiety, agitation, sleeplessness, or mood swings
- Increasing alcohol or drug use
- Feeling like there is no reason for live
- Engaging in risky activities
- Sleep disturbances
- Withdrawing from family and friends
- Rage or anger



# Invitations *(formerly known as Warning Signs)*

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***The presence of these warning signs in a Veteran requires immediate attention:***

- Expressing a desire to hurt or kill themselves.
- They reveal they are looking for ways to kill themselves.
- They talk about death, dying, or suicide.
- They begin to exhibit self-destructive behaviors.

# Protective Factors

*Protective factors can help offset risk factors. These are characteristics associated with a lesser likelihood of suicidal behavior.*

These can include:

- Positive coping skills
- Sense of purpose or meaning
- Connectedness, feeling connected to family/friends, groups, and communities
- Access to and availability of physical and mental health care
- Limited access to lethal means
- Safety plan
- Self-esteem
- Feelings of hope
- Cultural, religious, or personal beliefs that discourage suicide
- Problem solving skills

# Strategies for Suicide Prevention

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- Strengthen economic supports
- Strengthen access and delivery of suicide care
- Create protective environments
- Promote connectedness
- Teach coping and problem-solving skills
- Identify and support people at risk
- Lessen harms and prevent future risk



# Other Areas of Concerns:

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## *Military Sexual Trauma (MST)*

The VA uses the term “Military Sexual Trauma” to refer to sexual assault or threatening sexual harassment experienced during military service. MST includes any sexual activity during military service in which you are involved against your will or when unable to say no.

# Examples of Military Sexual Trauma (MST)

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- Being pressured or coerced into sexual activities, such as with threats of negative treatment if you refuse to cooperate or with promises of better treatment
- Sexual contact or activities without your consent, including when you were asleep or intoxicated
- Being overpowered or physically forced to have sex
- Being touched or grabbed in a sexual way that made you uncomfortable, including during “hazing” experiences
- Comments about your body or sexual activities that you found threatening
- Unwanted sexual advances that you found threatening



# Symptoms of MST

***Like other types of trauma, MST can negatively affect a person's mental and physical health, even many years later. Things you may experience could include:***

- Disturbing memories or nightmares
- Difficulty feeling safe
- Feelings of depression or numbness
- Using alcohol or other drugs to numb or escape from negative feelings
- Feeling isolated from other people
- Difficulties with anger, irritability, or other strong emotions
- Self-doubt, self-blame, or decreased self esteem
- Issues with sleep
- Physical health problems

*Beyond MST Mobile App-  
created by the VA*





# Other Areas of Concerns:

## *Traumatic Brain Injury (TBI)*

The Centers for Disease Control and Prevention (CDC) defines a traumatic brain injury (TBI) as "a disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury."

Military Service Members and Veterans are at risk of a brain injury from vehicular or aircraft accidents, rocket propelled grenades, land mines, blasts and explosions, and heavy artillery fire experienced in combat or training exercises).





# Symptoms of TBI

The VA stated that the brain affects how you think; how you feel; how you act. So, a TBI can affect your physical functions, thinking abilities, behaviors, and more. The injury can range from mild to severe, and it may increase your risk for mental health conditions such as:

- Anxiety
- Depression
- Sleeping problems
- Headaches
- Blurred vision
- Hearing problems
- Difficulty speaking
- Dizziness
- Changes in your sense of taste or smell
- Difficulty concentrating or remembering things
- Repeating yourself
- Becoming easily angry or frustrated

*While most people with mild TBI have symptoms that resolve within hours, days, or weeks, a minority may experience persistent symptoms that last for several months or longer.*



# Other Areas of Concerns:

## *Post-Traumatic Stress (PTS)*

The VA describes PTS as experiencing a traumatic event– a car accident, an IED blast, military sexual trauma, or the death of a fellow Service Member – that moment can continue to bother you for weeks, months, and even years later.



# Symptoms of PTS

***The symptoms and effects of Post-Traumatic Stress, commonly known as PTSD, can disrupt your everyday life.***

- Reliving the event: constantly replaying it in your head (*vivid memories or flashbacks of the event*)
- Avoiding places or things that remind you of the experience.
- Nightmares
- Sleeplessness
- Feeling anxious, jittery, watchful, or easily startled
- You might feel numb or detached from others
- Feel hyperaware of your surroundings
- Trauma related thoughts or feelings
- Difficulty concentrating
- Lose interest in things you used to care about
- Dull their feelings by misusing alcohol or drugs
- A sense of panic something bad is about to happen

# Columbia Suicide Severity Rating Scale (CSSRS)

Assessing Suicide Risk	Past Month	
1. Have you wished you were dead or wished you could go to sleep and not wake up?	✓	✗
2. Have you had any thoughts about killing yourself?	✓	✗
If YES to question 2, answer questions 3, 4, 5, and 6. If NO to question 2, go directly to question 6.		
3. Have you thought about how you might do this?	✓	✗
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you having thoughts but you would not act on them?	✓	✗
High Risk		
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?	✓	✗
High Risk		
Always ask question 6.	Lifetime	Past 3 months
6. Have you done anything, started to do anything, or prepared anything to end your life?  Examples: collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.	✓ ✗	✓ ✗
High Risk		



## Call to Action

Any **YES** indicates that someone should seek behavioral healthcare.

However, if the answer to **4, 5, or 6**, is **YES**, get **immediate help: Call or text 988 + 1**, call 911 or go to the emergency room. **STAY WITH THEM** until they can be evaluated

## Veterans Crisis Line



**DIAL 988** then  
**PRESS 1**



# Resources

## **Veterans Crisis Line:**

- 24/7 access
- Call or text 988 and press 1
- Chat online at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)
- An individual does not need to be in crisis to use this #

## **Suicide Prevention 101 Training (Gatekeeper):**

- Focuses on general lifespan, youth, elderly, and Native American populations
- Various durations
- Increases the knowledge, understanding of suicide, recognizing warning signs and increase the willingness and ability to intervene with a person at risk for suicide





# Resources

## **safeTALK:**

- Suicide alertness workshop
- For anyone over 15 years old
- Any skill level/experience accepted
- 3-4-hour workshop

## **ASIST:**

- Applied Suicide Intervention Skills Training
- 2 day, 16-hour interactive course
- Designed to help caregivers





# Resources

## **PsychArmor:**

- Online free suicide prevention course (S.A.V.E.)
- Developed in collaboration with the DVA
- 2019 NDVS partnered with them to create a Nevada registration page with direct access to the S.A.V.E. training

## **Coaching into Care:**

- National telephone-based support service
- For family members and supporters of Veterans who are reluctant to access their VA health care benefits (especially for mental health issues)



# Resources

## **T.A.P.S.:**

- Tragedy Assistance Program for Survivors
- Provide gentle understanding support as survivors work through loss

## **#BeThere:**

- Access to online materials and videos to help support those in crisis



# Resources

## **Counseling on Access to Lethal Means (CALM):**

- Online free training on lethal means safety
- Explain that reducing access to lethal means is an evidence-based strategy for suicide prevention.
- Explain how reducing access to lethal means can prevent suicide.

## **Make the Connection:**

- One-stop resource
- Explore information about physical and mental health symptoms, mental health conditions, and challenging life events



# Resources

## **State of Nevada's Office of Suicide Prevention:**

- Create statewide collaborative efforts
- Mission is to reduce the rates of suicide and suicidal acts

## **2-1-1:**

- Provides information and referral services
- Connects people to local community government, non-profit, and faith-based services
- (e.g., Food, shelter, transportation, mental health services, etc.)

## **Nevada Department of Veteran Services (NDVS):**

- Free Gunlocks
- Veteran Care Pocket Cards (includes military exposures, suicide prevention risk & protective factors, accredited Veteran Service Officers, QR Code with updated Veteran, Caregiver, and their Families resources).
- Suicide Prevention Resource flyer



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*Thank you!!*

Any questions or comments?

# Contact Information

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