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Military and Veterans Crisis Line

Call: 988 Press 1 Text: 838255



Ayuda En Español

Llame: 988 Presione: 2



**LGBTQ+ Youth Community** 

Call: 988 Press 3 Text: "START" to 678-678



Native and Strong Lifeline

Call: 988 Press 4



DIAL 988 then PRESS

L Dial 988 then Press 1



or Text 838255

How We Help ✓ Signs of Crisis Resources and Support ✓ About ✓

## 24/7, confidential crisis support

for Veterans and their loved ones

You don't have to be enrolled in VA benefits or health care to connect.



## How It Works



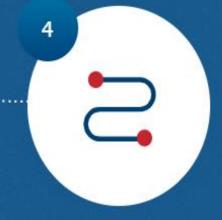
Available 24/7: Dial 988 then Press 1, chat live, or text 838255.



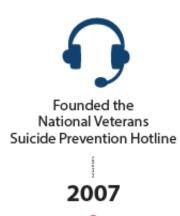
A caring, qualified responder will listen and help.



Your call is free and confidential, and you decide how much information to share.



Support doesn't end with your conversation. Our responders connect you with resources that can help when you're in distress.





Launched online chat

2009



Introduced Veterans Crisis Line branding

2010



Launched text 838255

2011



Increased number of responders by 50%

2012



Opened second and third call centers; Increased staff

2016 & 2018



Started Caring Letters program

2020



Launched Peer Support Outreach Center

2021



Launched Dial 988 then Press 1

2022



7.1 million calls



More than 327,000 texts



More than 862,000 chats



1.3 million referrals

to VA Suicide Prevention Coordinators

More than

287,000 dispatches of emergency services





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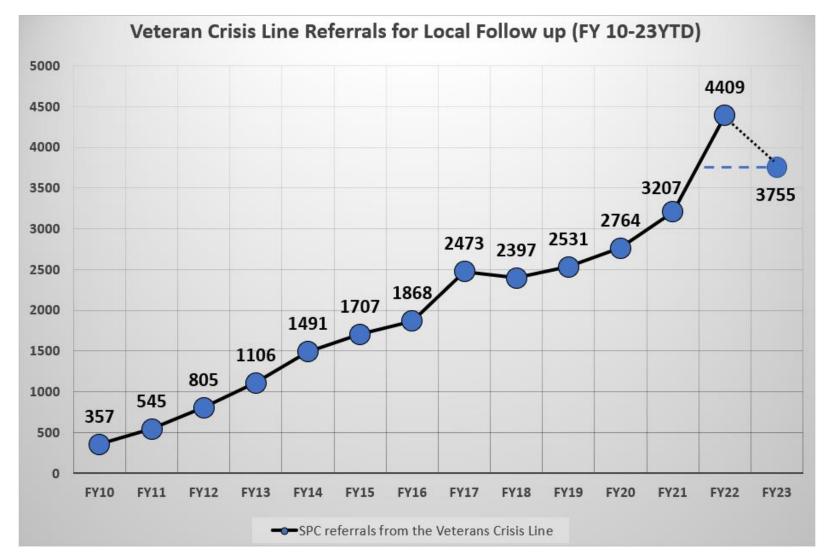
### What makes the VCL different

More than 600 Suicide Prevention Coordinators nationwide.





## Veteran's Crisis Line Referrals for Local Follow Up



<sup>\*</sup>Current estimates are that only about 20% of VCL call volumes are forwarded to the local VA (at Veteran's request or due to an emergency situation).

# Role of the Suicide Prevention Coordinator

Ensures crisis resolution

Connect with ongoing behavioral health care

Ensure reporting of suicide related behavioral events

Determine clinical need for activation of High risk for suicide flag

Manage other programs that identify at-risk Veterans, such as REACH VET

Provide community education, outreach and training about use of VCL and VA

Suicide Prevention 2.0



- Recognition that:
  - 1. Clinical, crisis intervention is <u>a necessary, but not sufficient</u> strategy for reducing the frequency of Veteran suicide.
  - 2. Suicide prevention occurs well ahead of the moment of crisis where stressors are accumulating and coping ability begins to start breaking down.
- Public health as a missing part of the equation
  - 1. No wrong door approach.
  - 2. A network of Federal, State, and Community partners working toward a shared goal.
- Governor's Challenges and Community Engagement and Partnership Coordinators (CEPCs)

## Gov Challenge Proclamation

- Provides an organizational and accountability structure for the Governor's Challenge.
- Legitimizes the effort across state agencies and between State, Federal, and Community partners.
- Provides stability, and reassurance for those who have seen previous efforts fail.



#### Broclamation

WHEREAS, suicide is a national public health challenge and the 10th leading cause of death in the United States, 2nd for people ages 10-35. On average, 129 Americans die by suicide each day, accounting for 47,173 suicide deaths in 2017. Specifically, the number of Veteran and Military suicides has exceeded 6,000 each year from 2008-2017 in the United States. In Washington State, over 1000 Veterans have died by suicide since 2014, with nearly 68% in 2017 by firearm. These deaths cause immeasurable pain among individuals, families, and communities across the country; and

WHEREAS, on March 5, 2019, Executive Order 13861 established the President's Roadmap to Empower Veterans and End a National Tragedy of Suicide or PREVENTS (the "Roadmap"), a comprehensive plan to empower Veterans and end suicide through coordinated suicide prevention efforts, prioritized research activities, and strengthened collaboration across the public and private sectors. Specifically, the PREVENTS national public health campaign REACH, will seek to increase awareness of mental health issues and suicide prevention to reduce suicide for all Americans; and

WHEREAS, for every individual who feels alone, ashamed, or believes that they would be a burden if their thoughts or feelings were shared, there are scores of others in every community who want to help but are not sure how: and

WHEREAS, the Department of Veterans Affairs (VA) has a Governor's Challenge to Prevent Suicide Among Service Members, Veterans, and their Families that brings together interagency teams to address Veteran suicide at the state level. Washington State is participating in this Governor's Challenge with diverse representation including the Veteran Tribal community, non-profit organizations serving Veterans, National Guard and Active Duty mental health leadership, and the state health authority. These subject matter experts are working together to create a suicide prevention plan to support our Military and Veteran community. Additionally, Washington businesses are in the unique position to leverage the learnings from our employees, including Veterans, to encourage a national discussion on mental health and wellbeing in the workplace, and collaborate on the offering of military cultural competency and suicide awareness trainings; and

NOW, THEREFORE, I, Jay Inslee, Governor of the State of Washington do hereby proclaim the State of Washington's support for the implementation of the

#### PREVENTS "Roadmap"

working with federal, state, tribal, and local leaders to help identify Veterans and other citizens in need of care. I call upon all citizens, Government agencies, nonprofit organizations, corporations, health care providers, first responders, the criminal justice community, institutions of higher learning, the faith-based community, the Arts community, and the research sector in the great state of Washington to raise awareness of mental health, suicide prevention, lethal means safety, and support services available in our communities and to encourage all those in need, to REACH to access help, hope, and community.

Signed this 19th day of August, 202

Governor lay Inches

## Washington State Gov. Challenge

- Three priority areas shared across all Governor's Challenges:
- 1. Identifying Service Members, Veterans and their family Members and screening for suicide risk.
- 2. Promoting connectedness and improving care transitions.
- Increasing Lethal Means Safety and Safety Planning Putting time and space between an individual in crisis and the means they are planning to use to end their life.

Focused 988/ Governor's Challenge and WA State efforts













## Thank you

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