

TOGETHER WITH VETERANS: An Evidence-Based Rural Veteran Suicide Prevention Intervention

STRATEGIES	WHO	WHAT	HOW (Examples)	ANTICIPATED IMPACT
Reduce Stigma and Promote Help Seeking	<ul style="list-style-type: none"> Community Members Veterans & their families 	<p>Conduct community-based and media campaign strategies for raising awareness to</p> <ul style="list-style-type: none"> reduce stigma about mental health and increase acceptability of seeking help for emotional support 	<ul style="list-style-type: none"> Display posters, fliers, billboards, and/or broadcast public service announcements that are tailored to rural communities Hold public awareness events and talks Attend community events Provide media reporting guidelines Disseminate information through Veteran social networks 	<p>Decrease in</p> <ul style="list-style-type: none"> attitudes of stigma about mental health <p>Increase in</p> <ul style="list-style-type: none"> attitudes of acceptability about seeking help for emotional support knowledge of supporting an individual in distress
Promote Lethal Means Safety	<ul style="list-style-type: none"> Veterans & their families Professionals who provide care to veterans Community firearm organizations and retailers 	<p>Partner with local firearms advocates to</p> <ul style="list-style-type: none"> promote suicide prevention awareness increase the use of safe firearms storage 	<ul style="list-style-type: none"> Distribute gun locks, fliers, and other resources promoting safe firearms storage Distribute awareness materials and education in suicide prevention to firearms community 	<p>Increase</p> <ul style="list-style-type: none"> awareness and utilization of safe firearms storage practices knowledge within the firearms community of suicide prevention
Community Gatekeeper Training	<p>Community members</p> <ul style="list-style-type: none"> Lay citizens Professionals 	<p>Enhance community competence to identify and refer veterans at risk for suicide to appropriate services.</p>	<p>Provide evidence-based gatekeeper training (e.g. SAVE, ASIST, QPR) to individuals likely to interact with veterans at risk for suicide</p>	<p>Increase in community's capacity to identify and provide help to veterans at-risk for suicide</p>
Primary Care Suicide Prevention	<p>Primary Care Practices (PCP)</p>	<p>Enhance</p> <ul style="list-style-type: none"> Knowledge of depression/suicide Practice for identifying and treating people at risk 	<p>Distribute evidence-based training and resources to PCPs</p>	<p>Increase knowledge and provision of basic</p> <ul style="list-style-type: none"> mental health screening risk assessment office protocols for care of Veterans at risk for suicide
Improve Access to Crisis and Support Services	<p>Veterans who are risk for depression and suicidal crisis</p>	<p>Provide information about currently available VHA and community resources for crisis and support services</p> <p>Support Veteran Navigators to connect Veterans to services, benefits, and care they need</p>	<ul style="list-style-type: none"> Distribute VHA posters, fliers, and other resources about available crisis services Offer peer support training for Veterans assisting their peers in navigating and accessing services 	<p>Increase awareness and utilization of available VHA and community crisis and support services</p>
Enhance Clinical Support for High Risk Veterans	<p>Veterans recently discharged from VA or non-VA psychiatric hospitals</p>	<p>Provide seamless transition between inpatient and outpatient care to ensure the Veteran is engaged in mental health care.</p>	<ul style="list-style-type: none"> Engaging veterans in MH care one-day post-discharge Empowering them to access care that best fits their needs 	<ul style="list-style-type: none"> Increase rate of post-hospitalization access to care and treatment engagement Decrease suicidal ideation and inpatient psychiatric bed days