


CENTER FOR THE STUDY OF TRAUMATIC STRESS (CSTS) | Department of Psychiatry | Uniformed Services University | www.CSTSONline.org

The Center was entrusted to develop a Suicide Prevention Program to raise awareness of suicide as a public health problem and promote the mental health and well-being of Service members and beyond. The focus of the Program is to implement and evaluate data-informed initiatives across military and non-military populations to reduce suicidal behaviors and promote protective environments. Below are brief descriptions of projects that were selected to contribute to the FY22-23 SPP portfolio. For full details and their strategic alignment with national suicide prevention goals, visit our website: <https://www.cstsonline.org/suicide-prevention-program/>

	PROJECT TITLE	OBJECTIVE/ PURPOSE	BRIEF DESCRIPTION
	<p>Safe is Strong</p>	<p>Enhance health care provider education about family risk factors for suicide</p>	<p>Create and evaluate education materials for health care providers to (1) advance understanding of families with members who are at-risk of suicide and (2) inform providers about available prevention and intervention services to reduce suicide risk in vulnerable families.</p>
	<p>Mental Push-Ups: Mindfulness in the Military Application</p>	<p>Create an upstream suicide prevention tool to optimize performance and reduce stress through mindfulness practice</p>	<p>Adapt evidence-informed mindfulness techniques into an easily accessible platform to encourage daily engagement and practice of mindfulness. This mobile app is contextualized for the military as an upstream prevention tool and method for improving mental health and wellness.</p>
	<p>Warrior Mindset: Gaining a Tactical Advantage</p>	<p>Enhance resiliency skills in high stress situations through positive psychology</p>	<p>Produce videos that model resiliency skills and techniques in realistic battle scenarios. The videos demonstrate five key areas: (1) What's Important Now, (2) Deliberate Breathing, (3) Acceptance, (4) Grounding, and (5) Self-talk. The videos incorporate positive psychology skills to manage real time extreme stress and ultimately protect from negative health outcomes following combat.</p>
	<p>Project Safeguard</p>	<p>Implement scalable firearms safety trainings for geographically dispersed military populations</p>	<p>Facilitate a training model for the National Guard on lethal means and voluntary reductions in firearm access during at-risk periods. The peer to peer counselings incorporate principles of motivational interviewing to encourage secure storage of personal firearms as a means to decrease the risk of death by suicide or other means.</p>
	<p>Essentials of Ethical Research with Participants at Risk for Suicide</p>	<p>Enable researchers to identify and manage suicide risk in the context of research</p>	<p>Design and deploy a robust e-learning curriculum to educate researchers within diverse settings on the topic of suicide risk determination and management. The course improves collective knowledge on how to identify and address suicidal risk encountered during human subjects research.</p>



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	<p>Let's Talk About Your Guns</p> <p>Close the knowledge gap in communicating secure firearm storage options with service members</p>	<p>Develop a podcast series to connect listeners with experts on the topic of secure firearm storage. The aim of this podcast series is to strengthen the communication skills and confidence of healthcare providers, military leaders, family members, and peers to have conversations with service members about safely storing their personal firearms to prevent death or injury.</p>
	<p>Psychiatry Electronic Modules</p> <p>Train early career medical personnel in upstream risk factors for negative outcomes</p>	<p>Create and deploy self-learning electronic modules aimed specifically for early in-training medical personnel. eModules provide training on suicide risk assessment and related upstream risk factors for suicide including body dysmorphic disorder and eating disorders.</p>
	<p>Bereavement Adaptation: Learning And Navigating Coping Essentials (BALANCE)</p> <p>Create an easily accessible web-based program that will target coping strategies to minimize suicide risk in bereaved individuals</p>	<p>Create an interactive tool for bereaved individuals to learn about and practice effective coping strategies. This user-friendly platform allows bereaved individuals to: (1) inventory current coping skills, (2) learn about various coping strategies and their possible effects, (3) practice skills to manage ineffective coping, and (4) expand current coping skills in order to increase sense of control over ability to cope.</p>
	<p>The Military Survivor Family Safety Toolkit</p> <p>Promote family health and well-being by enhancing military survivor family safety practices</p>	<p>Develop and implement a toolkit to promote positive family safety practices for military survivors. The Military Survivor Family Safety Toolkit supports peer-to-peer discussions around family health and safety, well-being, potential harmful behaviors, and suicidality.</p>
	<p>Finding the Words</p> <p>Model conversations and shape language around suicide risk and connection to support</p>	<p>Produce a series of simulated videos to encourage help-seeking and combat barriers to care. These videos build confidence for key stakeholders to select and deliver the best words to encourage people to seek behavioral health or other support services.</p>
	<p>Brain Hijack</p> <p>Create a communication platform to support culture shift and ease around prevention and wellness conversations</p>	<p>Produce a podcast series for military and non-military communities regarding upstream drivers of suicide and a public health approach to action. This series features expert's recommendations for unique populations and communities at large.</p>
	<p>Supporting Our Shipmates: Gatekeeper Trainer Project</p> <p>Determine the impact of trainer coaching on quality and effectiveness of LivingWorks ASIST & safeTALK suicide prevention training</p>	<p>Facilitate a LivingWorks Training for Trainers (T4T) mentoring model within the U.S. Coast Guard and conduct evaluation on the impact of mentoring on trainer candidates' willingness and readiness to provide interventions to those having thoughts of suicide.</p>

