



# Marine and Family Programs Suicide Prevention Program Update September 2012

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# Suicide Prevention Key Points

1. *Suicide is an irreversible reaction to a temporary problem.*
2. *Suicide is complex. Many interacting factors are at play (e.g., relationship, legal problems, financial, behavioral health diagnoses, and substance abuse).*
3. *The majority of suicides are not impulsive acts. There are usually warning signs that precede the suicide.*
4. *Leaders teach that knowing when to seek help for stress is a trait of a strong, committed Marine.*
5. *Every Marine is trained annually to recognize the warning signs of suicide, and how to get a fellow Marine to help. The training series, Never Leave a Marine Behind, helps develop the skills Marines need to effectively support their fellow Marine.*

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# Current Program Initiatives



## Training Requirements

### Enlisted Training

- **Never Leave a Marine Behind Annual Prevention Courses**
- **Recruit /Drill Instructor Training**
- **Leadership Continuum Training in all formal schools**

### Officer Training

- **Never Leave a Marine Behind Annual Prevention Course**
- **The Basic School Suicide Prevention Training**
- **Leadership Continuum Training in all formal schools**

### Provider Training

- **Assessing and Managing Suicide Risk**
- **DoD/VA Military Suicide Prevention Conference**

### Other Training

- **Marine Corps Martial Arts Program**
- **Are You Listening Training (recreation/retail staff)**
- **DoD/VA Military Suicide Prevention Conference**

Legend for Training: **Mandatory** **Optional**

## Other Initiatives

### Leadership

- **Messages / Videos / Guidance**
  - CMC and SMMC
  - General and Commanding Officers
  - Sergeants Major
- **Monthly Suicide Activity Report to all GO/SES/SgtMaj**
  - Suicide Activity Summary
  - Lessons Learned
  - Best Practices

### Research

- **AAS Psych Autopsy Study**
- **Marine Resilience Study II**
- **Penn State Impact of Suicide on Families**
- **Military Continuity Program (MCP)**
- **DCoE evaluation of NLMB suicide prevention training for Junior Marines**
- **Walter Reed Army Institute of Research Accession (WRAIR) Study**
- **Suicide attempt studies**
- **Program evaluation**
- **USUHS stigma study**

### Marketing, Education, Outreach

- **Marine DSTRESS Line**
- **Brochures, Posters, Wallet Cards, R.A.C.E. (Recognize, Ask, Care, Escort)**
- **Leaders Guide for Managing Marines in Distress**
- **MCSPP Website**

## Collaborative Programs

### Installation Support Services

- **Chain of Command**
- **Unit Medical, Chaplain, and Marine and Family Programs**
- **Medical Treatment Facility**
- **Deployment Health Clinic**
- **Marine Corps Family Team Building**
- **Combat and Operational Stress Control**
- **Substance Abuse Prevention and Treatment**
- **Family Advocacy and General Counseling**
- **Operational Stress Control and Readiness (OSCAR)**
- **Single Marine Program**
- **Families Overcoming Under Stress**

### National Support Services

- **Military Crisis Line**
- **DCoE Outreach Call Center/Website**
- **Military OneSource**
- **Military Mental Health Self-Assessment**
- **TRICARE Behavioral Health Line**
- **Vet Centers**

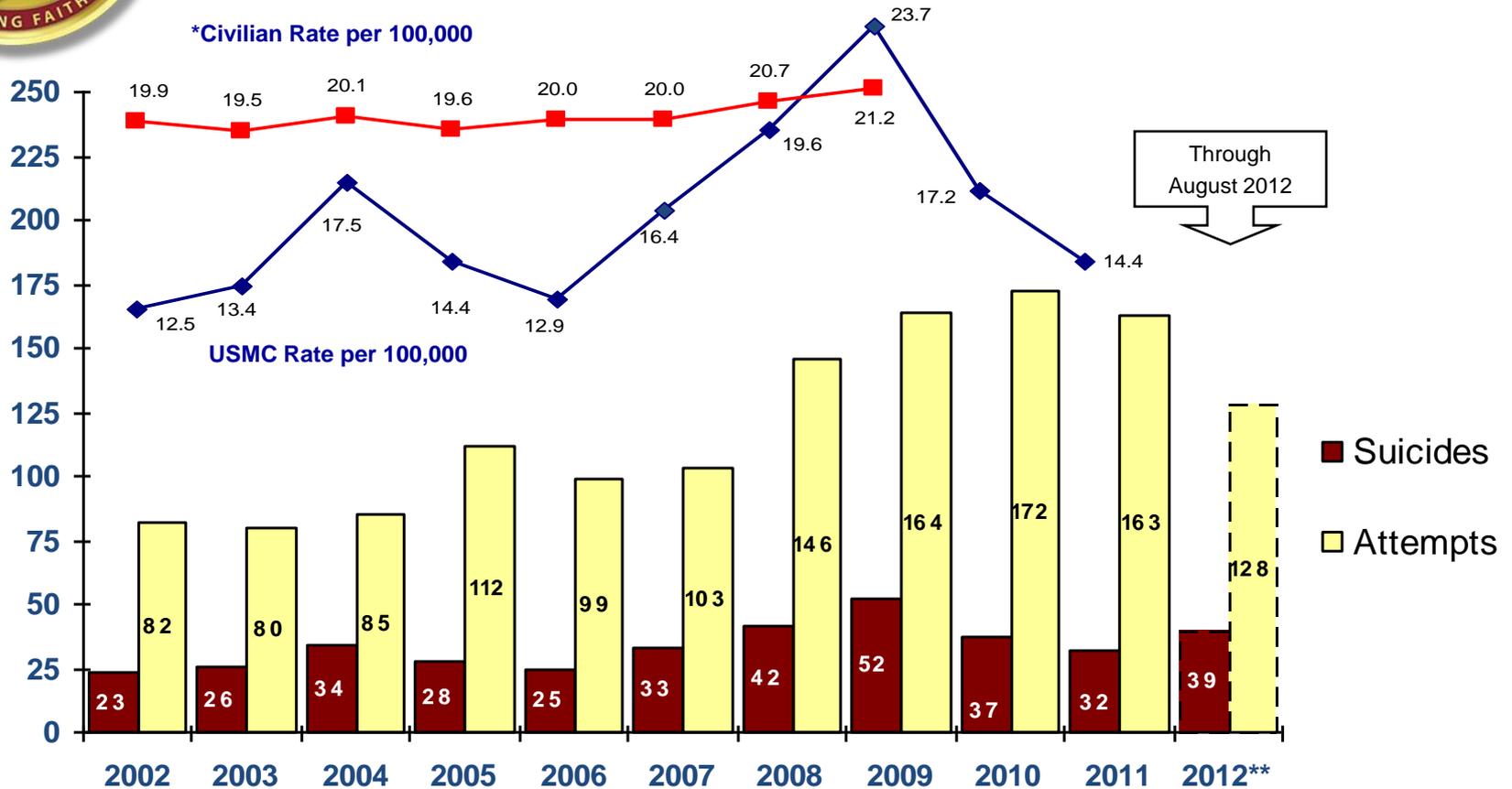
### Deployed Support Services

- **Unit Medical (BAS, RAS, etc.) & Chaplain**
- **Operational Stress Control and Readiness (OSCAR)**
- **MLG Surgical Company Forward**
- **OSCAR Peer Mentors**

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# USMC Suicides and Attempts



\* Last available civilian suicide rate information from the Centers for Disease Control and Prevention. Rate adjusted for Marine demographics.

\*\* Includes 18 suspected suicides that have yet to be confirmed by the Armed Forces Medical Examiner.

Source: HQMC (MFC-5) 1 Sep 2012

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# CY12 Suicide Demographics

Through August 2012

2012 Month	Suspected Suicides	Suicide Attempts
January	4	16
February	4	14
March	1	22
April	4	16
May	6	18
June	6	17
July	9	13
August	5	12
September		
October		
November		
December		

Gender	38 Male	1 Female	
Race	29 Caucasian 1 Asian 3 Hispanic	5 African American 1 Other/Unknown	
Age	6 (17-20) 3 (31-35)	23 (21-25) 2 (36-40)	5 (26-30)
Marital Status	22 Single	17 Married	
Paygrade	18 (E1-E3)	16 (E4-E5)	5 (E6-E9)

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