

Suicide and the Military: What makes its members vulnerable?

Program Description

Understanding how military culture and experience makes people more vulnerable to suicide and knowing what interventions and treatments have proven effective in suicide prevention are essential to working with service members, veterans, and their families. A professional's response to families and the community after a suicide is a critical part of prevention that is often overlooked. This workshop focuses on prevention, intervention and postvention for suicide. We will explore the biological, environmental, and cognitive influences on suicide and the prevention and treatment efforts which are most effective. The workshop will also cover clinical and legal standards of care. Clinicians will learn an evidence-based intervention for reducing suicide risk. Despite the seriousness of the topic, this workshop presents a hopeful view of the significant progress being made in suicide prevention.

Program Objectives

Upon completion of this program, participants will be able to:

- Describe the most important risk and protective factors for suicide among veterans and service members.
- Discuss practice issues regarding suicide, such as mitigating risk, use of contracts, confidentiality, and legal and clinical standards of care.
- List prevention efforts and their levels of effectiveness.
- Identify the influence of and appropriate responses to suicide on family, community, and clinicians.
- Name the three causes of depression and their role in suicide.
- Explain three appropriate treatment components and their efficacy.
- Demonstrate the use of an effective safety planning intervention.
- List at least three resources for support for families and how to access them.

Program Agenda

9:00 – 9:30 AM	Suicide in military/veterans vs. civilians
9:30 – 11:00 AM	Biological, environmental, and cognitive influences
11:00 – 12:00 Noon	Lunch
12:00 – 1:00 PM	Clinical Evaluation of Risk
1:00 - 2:30 PM	Evidence-based Intervention and Treatment
2:30 -3:15 PM	Legal and Clinical Standards of Care
3:15 – 4:30 PM	Suicide Loss Postvention Efforts
4:30 PM	Adjourn

Target Audience

Mental health clinicians, substance abuse counselors, health and human service professionals interested in this topic.

Contact Hours

Up to 6 hours

Faculty

Jodi Flick, MSSW, LCSW, ACSW, has an MSSW from the University of Tennessee-Knoxville and has earned an LCSW and ACSW. Prior to becoming a Clinical Associate Professor with the UNC-CH School of Social Work, she provided direct services in out-patient and in-patient mental health, in emergency poverty relief services, in crisis intervention with the police department and in medical social work, with 40 years clinical social work experience. She is a member of the N.C. Youth Suicide Prevention Task Force and the Triangle Coalition for Suicide Prevention, and she facilitates a local Survivors of Suicide Support Group. She has been actively involved in volunteer work and community organization around social justice and service issues. In addition, Ms. Flick has considerable experience teaching at conferences, colleges and local organizations and is a dynamic trainer who engages participants in the learning process.