



THE UNIVERSITY OF ALABAMA®

WHERE LEGENDS ARE MADE®



Veterans Recovery Resources

Together, Let's End Their War



VETERANS RECOVERY
RESOURCES

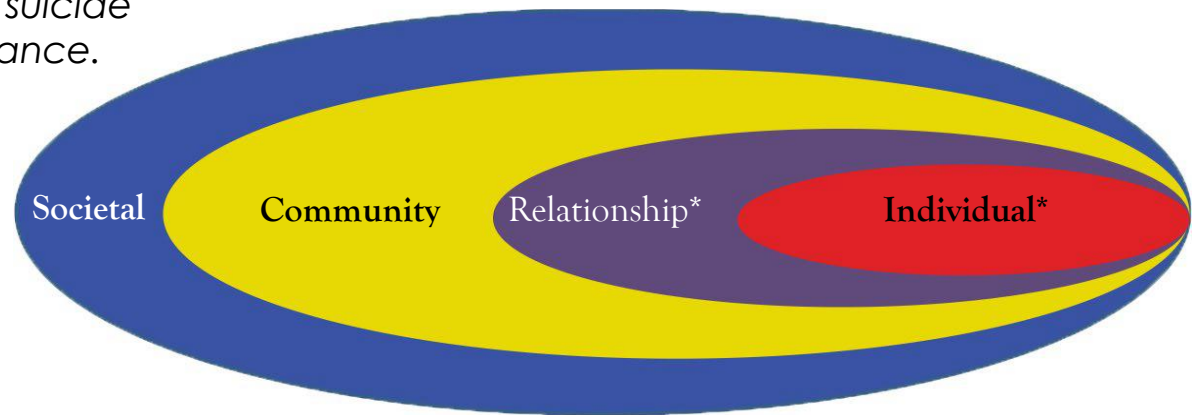
Mental Health First Aid for Veterans: How to spot a Veteran in distress and get them the resources they need.

- Karl Hamner, Ph.D.
 - The University of Alabama
- Joshua Moore, MS, ALC, NCC
 - Clinical Mental Health Counselor, Veterans Recovery Resources

The Ecological Model of Suicide Prevention – Context Matters!

- **Effective suicide prevention is based on the truth that people exist in a complex ecology of contextual factors that influence Veterans at the relational, communal, and societal levels.**

Caine et al. (2018) *Comprehensive, integrated approaches to suicide prevention: practical guidance.*

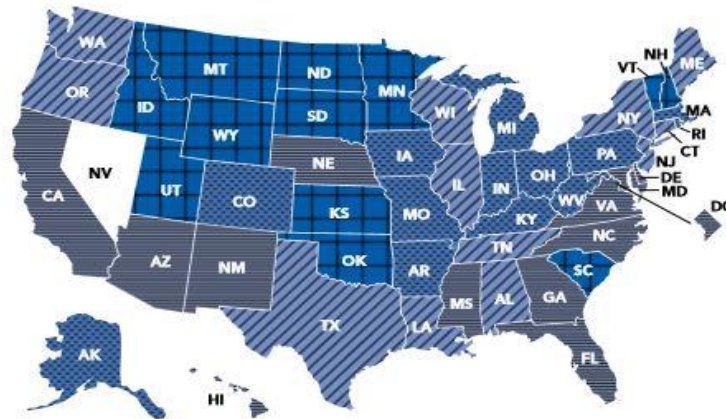
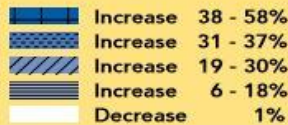


Geographical Context and Suicide Rates



PROBLEM:
Suicide rates increased in almost every state.

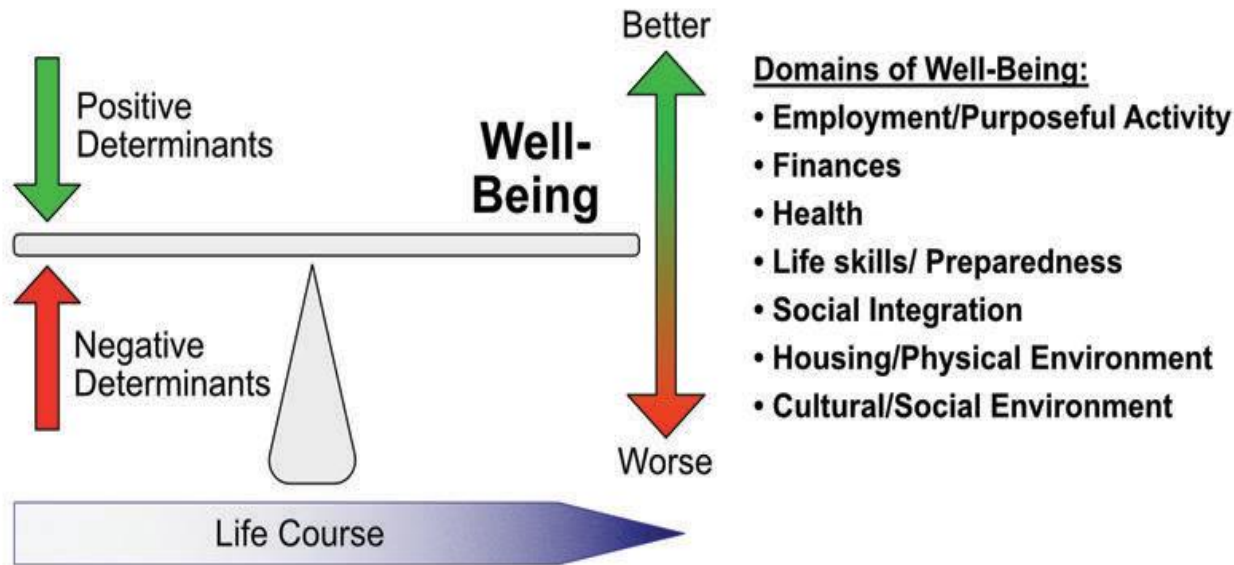
Suicide rates rose across the US from 1999 to 2016.



SOURCE: CDC's National Vital Statistics System;
CDC Vital Signs, June 2018.



Well-being Across the Life-course



Thompson et al. (2019). Life course well-being framework for suicide prevention in Canadian Armed Forces Veterans. *Journal of Military, Veteran and Family Health*. doi:10.3138/jmvfh.2018-0020

What can educational professionals serving our military students and their families do?

- Recognize the whole person
- Ask The Question!

How are you doing?

- Know what you CAN do and what you are NOT EXPECTED to do



VRR's Approach to Wellness

- Assessing mental, physical, emotional, and spiritual health
- Improve quality of life through collaboration and community resources
- Restoring hope and purpose in individuals lives



Mental Health First Aid

National Council For Mental Wellbeing

- Mental Health First Aid extends the concept of first aid training (CPR) to mental health challenges
- Listen nonjudgmentally, provide reassurance to the individual and how to refer to the appropriate support and services
- Reduce stigma around mental illness and increase knowledge about mental health



Five basic steps of Mental Health First AID

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

National Council for Mental Wellbeing



WHERE LEGENDS ARE MADE®

Resources

- Veterans Crisis Line **Dial 988 then Press (1)** [24/7]
- National Suicide Prevention Lifeline
800-273-Talk (8255) [24/7]
- Veterans Recovery Resources 866-648-7334 [24/7]
- Vets4warriors 1-855-838-8255 [24/7]

