



U.S. Department of Veterans Affairs

Mayor’s Challenge to Prevent Suicide Among Service Members, Veterans and their Families

ACTION PLAN

Mission Statement: Prevent suicide among Service Members, Veteran's and their families by building safer, stronger, and engaged communities.

STRATEGY:

PROMOTING CONNECTEDNESS (PRIORITY 1) - 9/5/18 – Approved Priority 1

Action Items:	Responsible Person Primary/Secondary	Measurement/Outcome	Timeline Scheduled/Completed
<p>Identify Veterans accessing care from existing partnerships who are not in VA services</p> <ol style="list-style-type: none"> 1. Identify number of Partners for Mayor’s Initiative Today 2. Increase number of Partners 3. Increase number of Veterans identified through new partners 4. Faith-based community – invite to July meeting <p>(Re: Faith-based community - team will reach out and report back to Elinor) UPDATE: Elinor has met with the Faith Based Communities, including Steve Archuleta – they will attend meetings when available (9/5/18)</p>	<p>Fermin</p>	<p>Identify number of Veterans accessing care outside of the VA – may look at changing – not sure how this group can track</p>	<ol style="list-style-type: none"> 1. Completed and ongoing 2. Completed and ongoing 3. Completed and ongoing 4. ASAP Invited

<ul style="list-style-type: none"> • SSVF • Division of Vocational Rehab- Santa Fe etc. • Vocational Rehab and Employment- Kathy Nelson • Veteran Service Officers (VSOs) • NAMI – ask about peer-based initiatives (Margarita will reach out to Betty) • Faith-based community: <ul style="list-style-type: none"> ○ Albuquerque Interfaith (Ellen) ○ Sage Brush (Wendy) ○ United Methodist (Shannon) ○ Archdiocese (Mindy) LDS (Mindy) ○ Catholic Charities ○ Center for Spiritual Living (Wendy) ○ Baptist Church, Commander Hale (Mitch) ○ Explore setting up faith-based subcommittee • Native American and First Nations Groups <ul style="list-style-type: none"> ○ Coalition to Stop Violence Against Native Women ○ Indian Health Services • New Mexico Coalition 	<p>Capt. Joe Kamphuis</p>	<p>Established Faith Based subcommittee on 9/5/18 – Headed by Capt. Joe Kamphuis</p>	
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<p>Against Domestic Violence</p> <ul style="list-style-type: none"> ○ The Network (Wendy) ● CYFD-Child, Youth, Family Department (Behavioral Health Services, Margarita) ● FAC (Chris) ● Adult Protective Services (Shannon) ● All Faiths (foster care, forensic interviewing) (Margarita) ● Center for Developmental Disabilities ● Parents Reaching Out – peer support ● Pegasus <p>Added 9/5/18</p> <ul style="list-style-type: none"> ● Providers of Medical and Behavioral Health Services ○ UNM ○ UNMH ○ Presbyterian <p>Added 9/19/18</p> <ul style="list-style-type: none"> ● Albuquerque Public Schools – Ellen will reach out to Dr. Meier at APS to see who the family liaison is ● Early childhood education – this is covered by a multitude of entities ● NM School Counselor 			
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Association (Stephanie will Reach Out)			
9/5/18 Pending Question: How do we get young people involved in this initiative? Both young service Members, and young persons? Theresa Rheinart may be a good point of contact.			
Reoccurring meetings with these partners	Ellen Braden	<ol style="list-style-type: none"> 1. Host recurring monthly meetings (the large group monthly meetings) 2. Recurring quarterly meeting (perhaps beginning in September) 	Ongoing
Explore opportunities to partner with faith-based communities on events and community outreach (including Archdiocese of Santa Fe)	Capt. Joe Kamphuis		Ongoing
Connecting to peer supports - <ul style="list-style-type: none"> • VA Certified Peer: Salis • Full Battle Rattle • Support Our Troops: Bryan • Veterans Integration Center (VIC) • CET – peer focused • Peers for caregivers • motorcycle groups, mentoring at veterans court, engaging younger veterans, diversity in peer groups; tap into forward flag, existing peer entities, combat Vets, 			

STRATEGY:

TEACHING COPING AND PROBLEM-SOLVING SKILLS (PRIORITY 2)

Action Items:	Responsible Person Primary/Secondary	Measurement/Outcome	Timeline Scheduled/Completed
<p>Identify what services are already provided and see if we can leverage them to include service members, veterans and their families</p> <p>a. See about partnering with the Network of Care: contact portal gatekeepers: Joseph Dorn (veteran) + Mika Tari (behavioral health)</p> <p>b. Other already existing databases: Network of Care - What are they doing? Can we leverage it?</p> <p>1. Team adds to resource list</p> <p>2. Increase provision, leverage funds</p> <p>3. Share information that is developed with Wendy – Ellen will follow-up with Wendy</p> <p>4. Share information with providers</p>	<p>Shannon Chapman</p> <p>Working group: Ellen, Joseph Dorn, (perhaps work study?) (monthly maintenance)</p>	<p>Goal: Improve access to existing list of resources, and provide supports in navigating the existing database by linking to existing databases. Highlight resources specific to service members (military OneSource), Veterans (VA), families (NMCAL) plus the veterans crisis line.</p> <p>Measurement: tracking how many links are made</p>	<p>1. Group deadline for initial submission from stakeholders: July 25) August 15, 2018; ongoing monthly maintenance</p> <p>2. October 30, 2018</p> <p>3. Ongoing (monthly updates)</p>

<p>5. Bernalillo County has a youth mental health curriculum for teachers to teach students—Who is it? What are they doing? Can we leverage it?</p>	<p>Ellen will f/U with Margarita to find additional information And Deb will follow-up with Desarae at the Grief Center to find out any other information</p>		
<p>Do research on best practices on problem solving and coping skills and suicide prevention</p> <ul style="list-style-type: none"> • Schools • ACCESS • Air Force Base training • Association of Suicide Prevention • Red Cross • Mental Health First Aid (county provides) • Agora does ASIST 2x/year – Ellen will f/u to find more information (9/19/18) • National Guard does ASIST, ACE, ACESI, “green dot” curriculum • Air Force uses “ASK” • Yellow Ribbon (Ane Ramero, ASFP, school-based program) • NMCAL (Crisis and Access Line), QPR, MH First Aid – Ask Wendy how to access these 	<p>Ellen Braden</p>	<p>1. Establish a list of best practices – Completed in first column 9/19/18</p>	<p>1. May 15, 2018 – emailed out several to group, hope to finalize by July 11, 2018 – completed 9/19/18</p>

<p>PsychArmor and Center for Deployment Psychology Deb following up with CDP</p> <ul style="list-style-type: none"> • Find out who can already train • Leverage opportunities to train those in community • Promote opportunities for training. 			<p>PENDING – new focus is tracking number of links to existing training resources</p>
<p>Provide online information at cabq.gov/smvf</p>			<p>Completed. – ongoing addition of relevant articles.</p>
<p>Awareness campaigns:</p> <ul style="list-style-type: none"> • Changing the dialogue • How do we change stigma and shame around suicide • Media Arts charter school has volunteered to do PSAs • Increasing dialogue around language “die by suicide” not “commit suicide” • Changing the culture 			

STRATEGY:

IDENTIFYING AND SUPPORTING PEOPLE AT RISK (PRIORITY 3)

Action Items:	Responsible Person Primary/Secondary	Measurement/Outcome	Timeline Scheduled/Completed
<p>Dive deeper into the screening process for different facilities that may filter our target population</p> <ol style="list-style-type: none"> 1. Define Question: Have you or a family member ever served in the U.S. military? 2. Create list of agencies willing to add the question 3. All added question to intake screening <p>4. Look into the feasibility of adding contract language to BC and City social service contracts that facilitate asking the question and reporting on it quarterly (county - MDC (jail), detox facility, community engagement, youth transitional living services, our community connections (housing)) (City – Substance Abuse Tx Network, ICM, Community Connections, etc and request form other divisions, including NMCEH</p> <p>5. Request Hospitals to also ask</p>	<p align="center">Ellen Braden Margarita Chavez-Sanchez</p>	<p align="center">Establish consistent screening process to identify SMVF accessing care in order to maximize benefits</p>	<ol style="list-style-type: none"> 1. April 30, 2018 – completed – question has been defined 2. May 1, 2018 ongoing request 3. August 1, 2018 ongoing request <p>Margarita - added to MDC intake May 30, 2018 - completed</p> <ol style="list-style-type: none"> 4. Margarita/Ellen June 30, 2019

<p>the question</p> <p>6. What type of Resources are available for those dishonorable d/ch</p>	<p>6. Mindy</p>		
<p>1. Connect with entities working with criminal justice involved veterans: probation, parole, veteran’s justice outreach program (VA program that tracks veterans in jail and prison)</p> <p>2. New Resource Reentry Center with transition planning (city/county partnership) for people just getting out of jail—staffed 24:7; a place to offer info and receive peer support Re: New Resource Reentry Center - Brief UNM, Discharge Planners, and head of Resource Reentry Center on resources, ask them to ask the question, give them a banner with resource phone numbers—</p>	<p>1. Chris George</p> <p>2. Margarita</p>	<p>1. Create list of entities – including AFR and Heading Home</p>	<p>1. July 25, 2018</p> <p>2. June 30, 2018</p>
<p>2b. Give NMCAL and veteran</p>	<p>2b. Brenda will send cards to</p>		<p>2b. To be completed June 6, 2018 -</p>

<p>resources cards 2c. Develop a single card and secure funding 2d. Draft high level veteran specific resource list 2e. Explore veteran peer opportunities – 2f. VA or VJO can offer training to Resource Reentry Center Staff 2g. The question has been modified to “Have you served?” on intake screening for all inmates</p>	<p>Margarita 2c. Ellen/Bobby 2d. Brenda Thomas 2e. TBD 2f. Brenda and Margarita 2g. Margarita</p>		<p>completed 2c. Card has been decided on, Bobby needs to design and funding needs to be secured - June 30, 2019 2d. January 31, 2019 – located at https://www.cabq.gov/veterans-resource-center 2e. TBD 2f. June 30, 2018 – pending – not fully staffed 2g. April 1, 2018 - completed</p>
<p>Explore veteran peer opportunities – motorcycle groups, mentoring at veterans court, engaging younger veterans, diversity in peer groups; tap into forward flag, existing peer entities, combat Vets,</p>			
<p>Add team representative from the Albuquerque and Bernalillo County Fire Departments - have them ask the question about service</p>	<p>Chris/Ellen/Margarita</p>		<p>February 1, 2019</p>
<p>Training for Pathway Navigators on resources available for veterans; ask the question on Pathway intake</p> <ul style="list-style-type: none"> Margarita – Pathways will fold into training when RRC is fully staffed 	<p>Margarita</p>		<p>June 15, 2018 – pending</p>

<p>abuse information)</p> <p>1a. Create a list of community centers, senior centers, police substations, malls and gyms, churches, faith based organizations (Joseph Dorn)</p> <p>2- Create banner/poster (visuals) to be displayed while Joseph is on the road (Have you or a family member served in the military?)</p> <p>3- Disseminate national suicide prevention hotline or NMCAL contact number</p>	<p>Work with communications committee for messaging</p> <p><u>(Tied to Strategy #7)</u></p> <p><u>Group decided on the numbers to have on the cards. – need to make</u></p>		<p>1. April 15, 2018</p> <p>2. December 31, 2018 – no funding for this</p> <p>3/1/19</p>
<p>Service Members, Active Duty – spouse groups, children, social services network, transition to civilian life (potential preventive approach) – Ask: What does the base already do? What resources are service members made aware of? What resources/services are being utilized? What are they doing to foster transition/ community (re)integration and grow life skills in the community (off the base)?</p> <p>Mindy will connect Thomas and Shannon and Theresa Rhinehart and Airman of Family Readiness Flight Chief, Mr. Burton via email</p> <p>Connect with Transition Assistance Program (Mr. Ray</p>	<p>Thomas Supporting active duty members subgroup: Chris, Mindy, Shannon, Mitch?, Deb?, Theresa?</p> <p>Thomas + Chris work with Shannon on possible message on need for community connection for active service members and their families (Mindy to add support, as needed)</p>	<p>Hold subgroup meeting</p>	<p>Report back initial findings: July 25, 2018</p> <p>Completed</p> <p>Attending meeting in January</p>

Burton oversees staff) Explore partnering with the base in on-base and community activities (ex. KAFB Summer Bash; health fair on base – a means for connecting with service members, Chris Neubeck)			Ongoing
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STRATEGY:

STRENGTHENING ACCESS AND DELIVERY OF SUICIDE CARE (PRIORITY 5)

Action Items:	Responsible Person Primary/Secondary	Measurement/Outcome	Timeline Scheduled/Completed
<p>Collaborate with the professional training groups to use evidence-based practices – military culture and suicide prevention training</p> <ol style="list-style-type: none"> 1. Identify what we are requesting and offering 2. Establish a list of Qualified Training Groups (re: CEUs) – ask Brenda if list already exists - Email list of CEU’s to larger group if it exists 3. Make CEU resources available to larger community 4. Provide a link to evidence-based trainings 5. Obtain agreement with colleges/universities <ul style="list-style-type: none"> • Center for Deployment Psychology and PsychArmor • UNM – a way to tie in with UNM: grand rounds through the psychiatry department (CEUs) • New Mexico State Highlands 	<p>Brenda Mayne</p> <p>Education, training and CEU subgroup (to brainstorm resources and best practices): Ellen, Mindy, Wendy, Melissa, Deb</p> <p>Ellen will contact Dr. Mauricio Townen at UNM</p> <p>Highlands, NM State – Mindy</p>	<p>Establish evidence-based military culture and suicide prevention training resources</p> <p>NOTES: DVS can help with secretary of education regarding curriculum Do the universities have ROTC? Can we use clinicians in the community? Be mindful of possibility of veterans losing their guns. Teaching kids within schools about how to recognize the signs.</p> <p>Is there value of teaching military culture in post secondary education? Is there value of teaching suicide prevention @ post secondary education? Including risk assessment and safety planning</p>	<ol style="list-style-type: none"> 1. October 15, 2018 2. TBD, 2018 3. TBD 4. TBD 5. June 2019

<p>Determine what connections are available to support the access and delivery of suicide care</p> <ul style="list-style-type: none"> • 242-COPS (wellness check number for families; “I need a mobile crisis team”) <ul style="list-style-type: none"> ○ Mobile crisis team education – how to access mobile crisis teams ○ Public and dispatch education needed ○ Education for 311 (city dept) on how to direct to crisis services ○ Military culture training specific to mobile crisis team and community engagement team, and BCSO CIU and APD CIU and Coast ○ Military culture training for Albuquerque Fire and Rescue (AFR) Care Teams (We’ll know more once we have an AFR representative) • Link to NMCAL and National Suicide Prevention Crisis (Veterans) Lines phone and text numbers • Link to websites: 	<p>Ellen Braden</p> <p>Margarita + Ellen</p> <p>Margarita + Ellen</p> <p>Ellen</p> <p>Margarita + Ellen</p> <p>Mindy will work with Bobby on getting phone apps listed on CABQ/help</p>	<ol style="list-style-type: none"> a. Publicize crisis numbers (Call NMCAL: #855.NMCRISIS (Can deploy BCSO)) b. Call National Suicide Prevention: #800.273.TALK (press 1) c. NMCAL peer to peer text line: #741741 d. National Suicide Prevention text line: #838255 <ol style="list-style-type: none"> 2. Bring resource updates to monthly meetings and share with Shannon 3. Inventory educational opportunities <p>Best to follow up with Erica Wilson – Communication supervisor – invite her to attend and talk about dispatch and response</p>	<ol style="list-style-type: none"> 1. June 6, 2018 2. Ongoing 3. October 15, 2018 <p>Completed – connection made between Sgt. Dosal and Mindy regarding military culture training to APD CIU – should we request that military culture be added to ECIT</p> <p>June 30, 2018 – completed – numbers on cabq.gov/help</p>
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<p>www.CABQ/help</p> <p>Network of Care has the most comprehensive database; explore partnership</p> <p>1. Establish training CEU subgroup</p>	<p>Shannon</p>		<p>July 25, 2018</p> <p>COMPLETE</p>
<p>Connections for discharge from hospital into actual treatment – currently there are no providers (clinical not peer care). This will also include family members. Include Kaseman and UNM and Presbyterian – added 5/2/18</p> <p>1. Regular meeting - put together post hospital discharge treatment planning subcommittee</p> <p>2. Develop connections and plan to improve post hospital discharge process</p>	<p>Ellen + Margarita</p> <p>Post hospital discharge planning subcommittee: Gilbert, John Kehoe?, Misty Pilgrim?</p>		<p>1. July 11, 2018</p> <p>2. December 2019</p>
<p>ADDED 7.25.18</p> <p>Focus on family and spouses of veterans and service members: teaching signs/symptoms/where to get a gun lock, etc.</p>			<ul style="list-style-type: none"> • Dr. Brenda Mayne distributed 2000 gun locks to base; working on getting 4000 locks annually

STRATEGY:

STRENGTHENING ECONOMIC SUPPORTS (PRIORITY 6)

Action Items:	Responsible Person Primary/Secondary	Measurement/Outcome	Timeline Scheduled/Completed
<p>1. Ensure that we have the right entities at the table to promote job development, benefits counseling, and educational services</p> <p>2. Staff to finalize message and talking points related to initiative; present potential script to larger group</p> <p>3. Staff to verify current information on veteran-owned business list</p> <p>4. Staff to meet with employers identified to be contacted in Bernalillo County</p> <p>5. Share the remainder of rural employer list with Shannon as well as DVR and Dept. of Workforce Connections</p>	<p>Rebecca Clark Subcommittee: staff</p>	<p>1. Create list of Employment Services w/contact 1a. Create list of employment providers throughout NM</p>	<p>1. April 15, 2018 1a. Complete</p> <p>2. First August Meeting, 2018</p> <p>3. January 2019</p> <p>4. June 2019</p> <p>5. October 2019</p>
<p>Explore LA employment initiative (10,000 veterans employed)</p>	<p>Ellen</p>	<p>TBD</p>	<p>TBD</p>

<p>Ensure all entities are aware of housing that is supportive of veterans, including CM, CSW, downtown hospitals – through card/one pager and through warm handoffs</p> <p>Look at housing for guardsmen and dishonorably discharged - need to work in improving/upgrading discharge status</p>			
<p>Housing – landlords and property owners – help them get information regarding mental health first aid, crisis intervention</p> <ul style="list-style-type: none"> ○ Have the initiative and City host a form for landlords/property owners regarding services for veterans – thank them for their collaboration and provide certificate of thanks from Mayor, including faith based organization <p>NM Legal Aid might offer training on landlord and tenant rights</p>			

STRATEGY:

LESSENING HARMS AND PREVENTING FUTURE RISK (PRIORITY 7)

Action Items:	Responsible Person Primary/Secondary	Measurement/Outcome	Timeline Scheduled/Completed
<p>Develop initial talking points and elevator pitch (call to action) Develop a media plan (public service announcements throughout city, implementation on public buses and</p> <p>NEXT: print options to be distributed in local resource areas - Goodwill, Rape Crisis Center, tattoo parlors, semi-colon movement, etc.)</p> <p>Ongoing – PR and ongoing process improvement.</p>	<p>Mindy Jones + Bobby Sisneros</p> <p>Media subgroup: Brenda, Alan, Fermin, Mandy, Melissa</p>	<p>Implement campaign</p>	<ol style="list-style-type: none"> 1. Talking points – completed 2. Website – completed 3. Letter from mayor and flyer – completed <p>Ongoing</p>
<p>Continue follow up on target individuals (after in-patient discharge from UNM with suicidal ideation they are referred to community engagement teams (CET) for follow up)</p> <ol style="list-style-type: none"> 1. Establish partnerships 2. Engage partners (UNM and CET) doing follow-up with agreements 3. List of follow-up 	<p>Margarita Chavez</p> <p>Subcommittee will identify next steps (see strategy #5)</p>	<p>Create SMVF/suicide prevention informed post-discharge process</p>	<ol style="list-style-type: none"> 1. Initiate aspect completed

Small Working Groups:

Faith Based Involvement - Capt. Joe Kamphuis

Resources – Working group: Ellen, Joseph Dorn, (perhaps work study?) (monthly maintenance)

Post hospital discharge planning subcommittee: Gilbert, John Kehoe?, Misty Pilgrim?

Education, training and CEU subgroup (to brainstorm resources and best practices): Ellen, Mindy, Wendy, Melissa, Deb

Media subgroup: Brenda, Alan, Fermin, Mandy, Melissa

Education, training and CEU subgroup (to brainstorm resources and best practices): Ellen, Mindy, Wendy, Melissa, Deb

Supporting active duty members subgroup: Thomas, Chris, Mindy, Shannon, Mitch?, Deb?, Theresa?