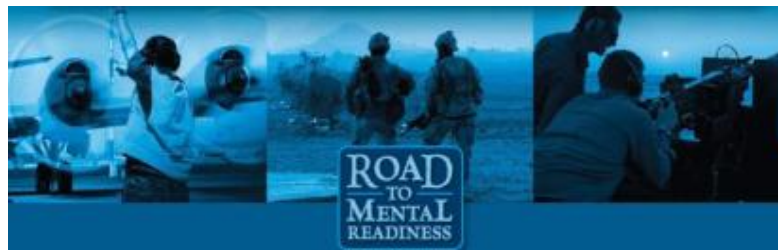




Integration of Suicide Awareness and Prevention into Military Mental Health and Resilience Training for Gatekeepers



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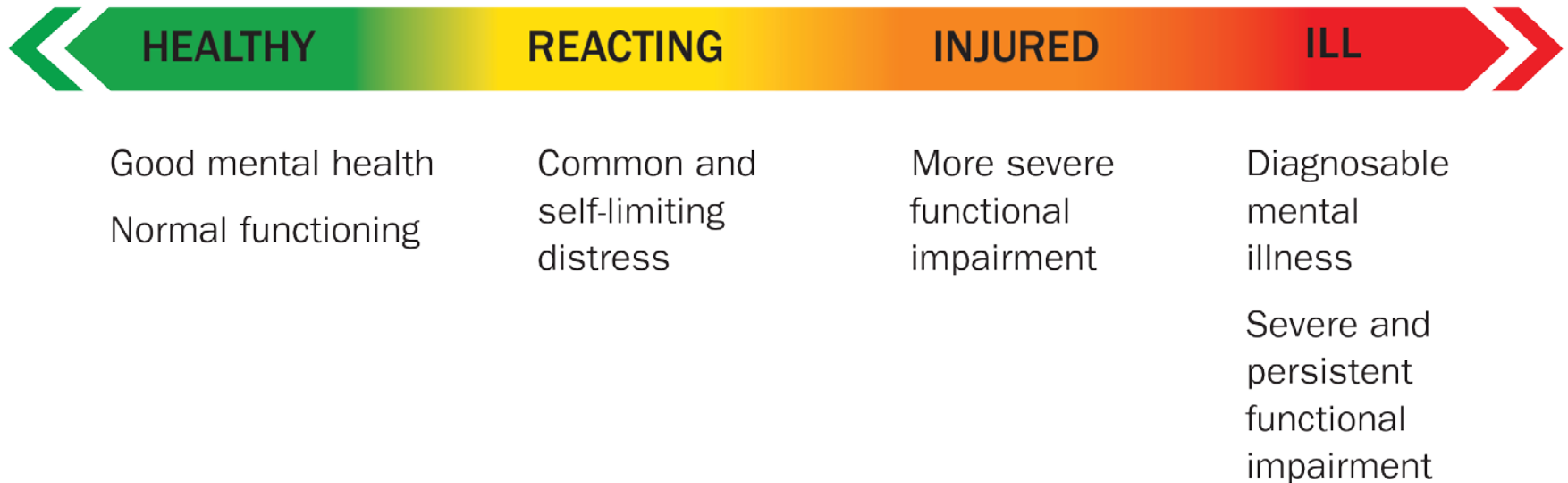
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R2MR: Mental Health & Resilience

- 2002 CF Supplement to the Canadian Community Health Survey (CCHS) revealed that 84-96% who met criteria for a disorder did not perceive a need for services
- Initial mandate in 2008 was to increase mental health literacy, decrease stigma and other barriers to care, increase early recognition of need for care and early care seeking
- In 2009 mandate expanded to include mental preparation for military operations and deployments
- 2010 Suicide Prevention Expert Panel Report recommended integration of suicide awareness and prevention training into career and deployment training; gatekeeper training



Mental Health Continuum Model



- Normalizes mental health fluctuations
- Movement in both directions: expectancy of recovery
- Earlier recognition & intervention leads to better outcomes



Monitor Health

HEALTHY

REACTING

INJURED

ILL

Normal mood fluctuations
Calm & takes things in stride

Irritable/Impatient
Nervous
Sadness/Overwhelmed

Anger
Anxiety
Pervasively sad/Hopeless

Angry outbursts/aggression
Excessive anxiety/panic attacks
Depressed/Suicidal thoughts

Good sense of humour
Performing well
In control mentally

Displaced sarcasm
Procrastination
Forgetfulness

Negative attitude
Poor performance/Workaholic
Poor concentration/
decisions

Overt insubordination
Can't perform duties, control
behaviour or concentrate

Normal sleep patterns
Few sleep difficulties

Trouble sleeping
Intrusive thoughts
Nightmares

Restless disturbed sleep
Recurrent images/
nightmares

Can't fall asleep or stay
asleep
Sleeping too much or too little

Physically well
Good energy level

Muscle tension/Headaches
Low energy

Increased aches and pains
Increased fatigue

Physical illnesses
Constant fatigue

Physically and socially
active

Decreased activity/
socializing

Avoidance
Withdrawal

Not going out or answering
phone

No/limited alcohol use/
gambling

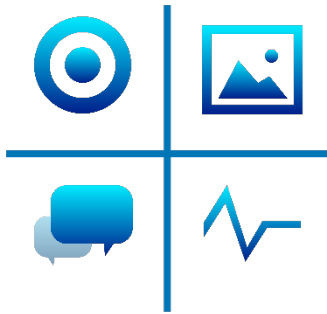
Regular but controlled
alcohol use/gambling

Increased alcohol use/
gambling – hard to control

Alcohol or gambling addiction
Other addictions

Evidence-based Skills

THE BIG FOUR



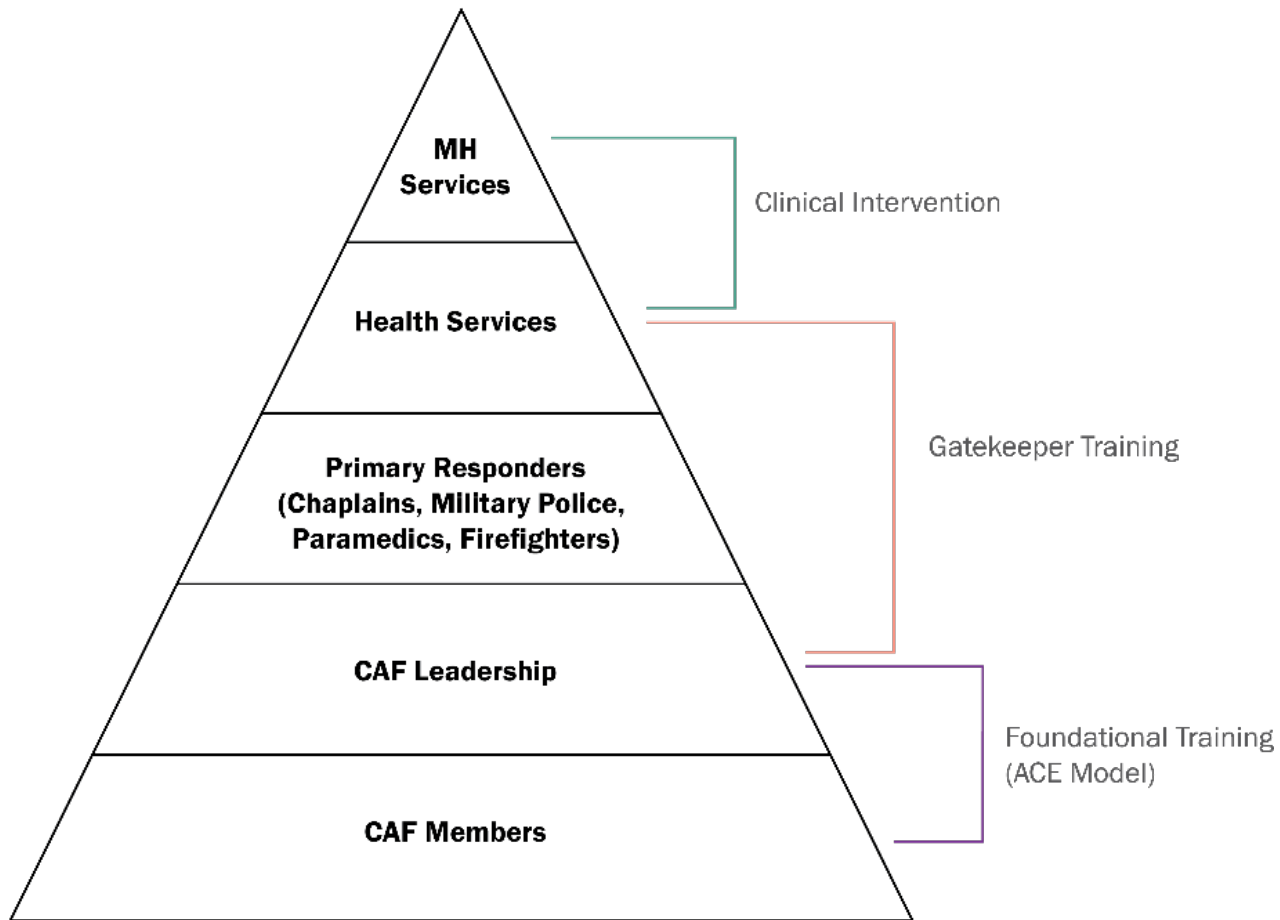
- Activation management
- Visualization
- Self-talk
- Goal setting
- Attention control



Developmental & Progressive Training



Developmental & Progressive Training



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Occupation Specific: MP

- Session 1: Optimizing Performance
 - Prepare: Stress response, Physiological reactions, Psychological reactions, Controlling the stress response
 - Perform: Big 4 + Skills
- Session 2: Recovery and Self-Care
- Session 3: Big Four+ and Policing
 - Individual Zones of Optimal Functioning (IZOF), Awareness spectrum, Shifting state of readiness
- Session 4: Policing Persons in Crisis (including suicide)
 - Mental health crisis, policing strategies for those in crisis, suicide negotiation strategies
- Session 5: Problem-based Learning Consolidation
- Total time: 34.5 hours



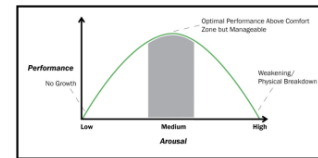
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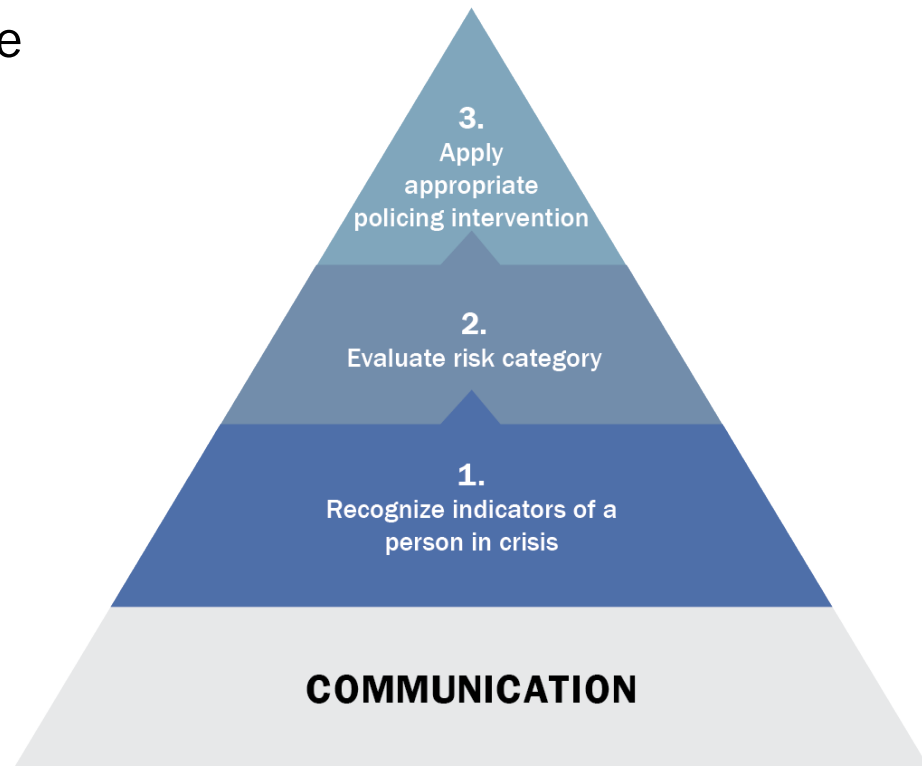
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Crisis Intervention Model

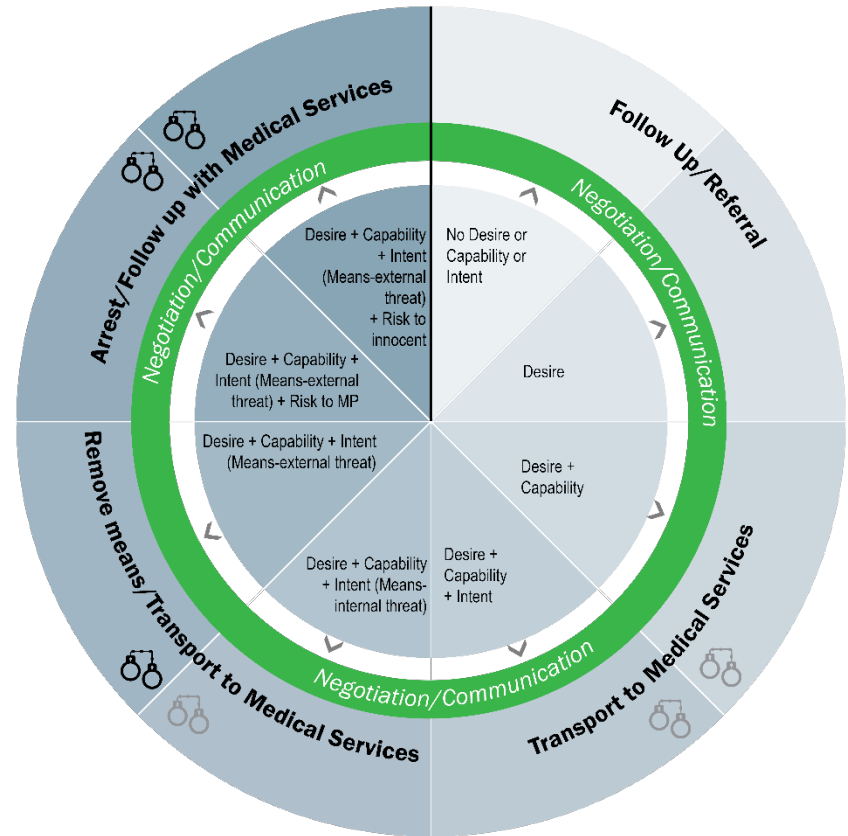
- Definitions and prevalence rates
- Stigma and Persons in Crisis
- Communication for de-escalation
- Intervention strategies
- Practical Application

De-escalated Crisis

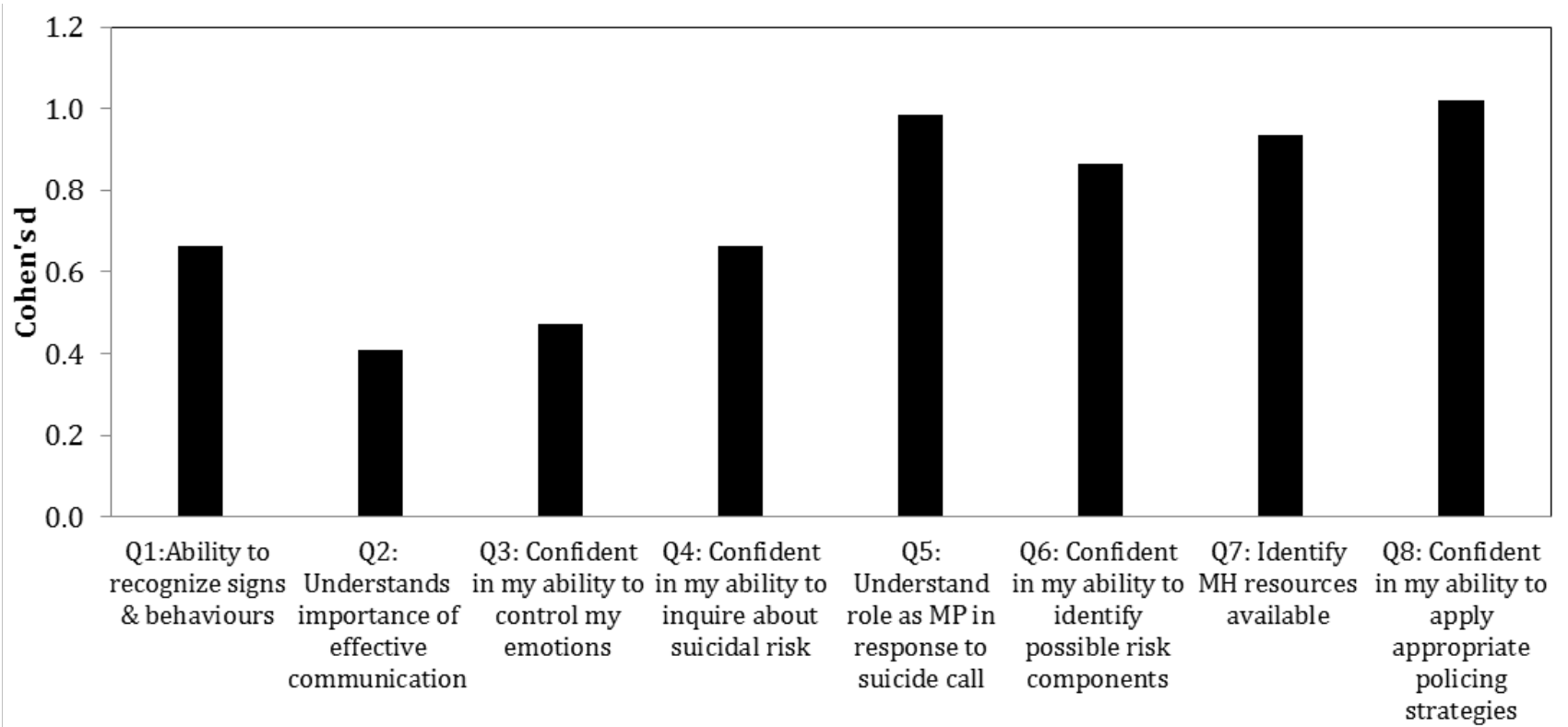


Continuum of Police Response to Suicide

- Risk factors, warning signs, and protective factors
- Assessing risk
- Negotiation training
- Continuum of police response to suicide (COPRS)
- Documentation and follow up
- Other considerations:
 - Survivors of suicide
 - Law-enforcement-force-assisted suicide
- Practical application



Evaluation Outcomes



Expanding Gatekeeper Training

- Health Care Personnel
- Chaplains
- Others
- R2MR mobile application



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