

SUICIDE PREVENTION RESOURCES

You are dealing with a:	If they are experiencing:	Other risk factors include:
High Risk	Thoughts about hurting or killing themselves or someone else and have plans and/or access to methods to complete those plans.	Previous suicide attempts, male gender, Caucasian race, recent break-up in a relationship, unemployment, financial problems drinking more than usual, low rank (E1-E-3, O1-O2), withdrawal from friends and family, dramatic mood changes, giving away possessions, legal problems, administrative or disciplinary problems
Medium Risk	Thoughts about hurting or killing themselves or someone else but do not have plans and/or access to methods to complete those plans.	
Low Risk	No current thoughts of hurting or killing themselves or someone else.	

Ask	Ask direct questions such as “Are you thinking about killing yourself?” and “Do you have a plan to kill yourself?”
Care	Take the time to listen to their response. If you don’t understand, do not ignore them. Ask probing questions such as “I hear you saying that...” or “I think you are trying to tell me...”
Escort	If you feel that they are a danger to themselves or someone else, or if you don’t know if they are but feel worried, contact one of the professionals listed below.

High Risk	Local Police Department	911
High Risk	National Suicide Prevention Lifeline / Veterans Crisis Line	1 800 273 TALK (8255)
High Risk	Director of Psychological Health	Doug Bryan Office: 720 250 1562 Cell: 720 219 0749
Medium Risk		
Low Risk		
High Risk	Suicide Prevention Program Manager	SGT Chris Neuenfeldt Office: 720 250 1431 Cell: 719 387 1572
Medium Risk		
Low Risk		
High Risk	Trauma Support	SFC Keith Byers Office: 720 250 1056 Cell: 303 345 4117
Medium Risk		
Low Risk		
High Risk	Full Time Chaplains	CH (COL) Andy Meverden 720 250 1074 CH (CPT) Dave Nagel 720 847 8396
Medium Risk		
Low Risk		
Substance Abuse Issues	Prevention, Treatment & Outreach	SGT Scott Schrader Office: 720 847 8455 Cell: 303 520 5677

Resilience, Risk Reduction & Suicide Prevention Program
You **cannot** harm someone’s career by making a call, you **can** save their life.

All,

We are entering the second quarter of fiscal year 2012 and the conclusion of our first three months of a safe and resilient fiscal year. The news media have recently been reporting on a study published by the Army regarding suicides and high risk behaviors, the text of which can be found at <http://usarmy.vo.llnwd.net/e2/c/downloads/232541.pdf> (This is a large PDF, be patient). This was a far-reaching study that covered everything from behavioral health to substance abuse and traumatic brain injury. Below is a summary of the information relevant to the Colorado National Guard, as well as information on a new program designed to reduce substance abuse in our ranks.

The study indicates an overall decrease in the number of suicides in the Army. This is good news, and leaders at all levels deserve credit for turning the tide against a very difficult and persistent problem. We have also noticed a downward trend in Colorado, in both suicides and high risk behaviors. The total number of suicides is not 0, however, and that means there is room for improvement. Also, other measures such as the number of substance abuse or domestic violence incidents have increased. This is concerning, as substance abuse is a contributing factor in nearly all suicides in Colorado.

The Colorado National Guard has recently hired SGT Scott Schrader to spearhead our efforts to reduce substance abuse in the state. SGT Schrader's Prevention Treatment & Outreach program has access to several sources of funding for substance abuse rehabilitation and counseling. Please contact him with any questions regarding how PTO can help you, your battle buddies, or your family members.

Attached is a resource list for the helping professionals in our state, updated to include SGT Schrader's information. Please print this list and keep it somewhere nearby, and remember that help is only a phone call away.

Thanks,
-SGT Chris Neuenfeldt
-SGT Scott Schrader

Chris Neuenfeldt, MA
Registered Psychotherapist
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SGT Scott Schrader
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