

# THE PREVENTION FRONTLINE

## Fort Jackson, South Carolina

### Suicide Prevention – Environmental Factors that Increase Suicide Risks

According to the American Foundation for Suicide Prevention (2014), some people who have one or more of the major risk factors can become suicidal.

A highly stressful life event such as:

- losing someone close
- financial loss
- trouble with the law
- Prolonged stress due to adversities such as unemployment, serious relationship conflict, harassment or bullying
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide (contagion)

- Access to lethal methods of suicide during a time of increased risk. Again, it is important to remember that these factors do not usually increase suicide risk for people who are not already vulnerable, because of a preexisting mental disorder or other major risk factors.

Exposure to extreme or prolonged environmental stress; however, can lead to depression, anxiety, and other disorders that in turn, can increase risk for suicide.

Having the opportunity to study the phenomenon of suicide leads me to believe that stigma plays a significant role. It is our responsibility to re-educate our Soldiers by

promoting mental health, and by reminding them that getting mental health assistance is a sign of strength not a sign of weakness.

We can begin making a difference by including mental health in our lives, by talking about it openly. I am confident that we can make a difference if we just begin.

What do you do for your own resiliency?

## Army Substance Abuse Program

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### Help is Just a Phone Call Away

Resources for Suicide Prevention awareness and training:

**\*Moncrief Army Community Hospital**  
803-751-2160/2183

**\*Chaplain Crisis Line**  
803-319-9613

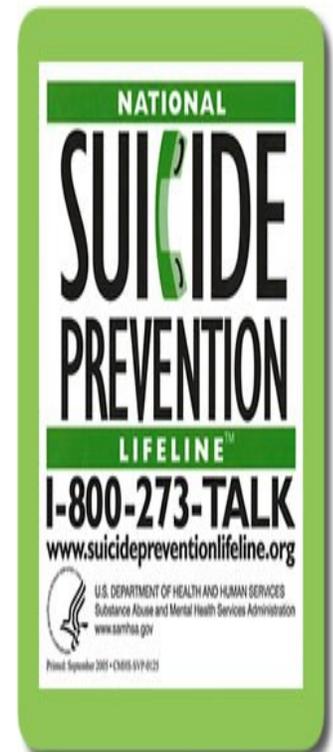
**\*Fort Jackson Community Mental Health**  
803-751-5911

**\*Military One Source**  
800-342-9647

**\*US Army Wounded Soldier Hotline**  
800-984-8523

**\*National Hotlines**  
Suicide Crisis  
800-784-2433  
800-273-8255

**\*SC Chapter/ American Foundation for Suicide Prevention**  
803-552-9318



# **garrison asap**

## **Substance Abuse Prevention Program**

ASAP provides training and any other services to assist organizations in ensuring all military and civilian personnel are provided prevention education training (a minimum of 4 hours annually for military personnel and 2 hours for civilian employees) in accordance with Department of the Army Regulation 600-85. The Alcohol and Drug Abuse Prevention Training (ADAPT) is also a service provided to service members identified via military blotter for alcohol or drug related incidents.

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## **Drug Testing**

Drug Testing is a command program with 3 primary objectives: 1) Deter Soldiers from abusing drugs 2) Serve as a tool for Commanders to assess the security, military fitness, good order and discipline of their commands 3) Serve as a basis to take appropriate action, adverse or other (including referral for treatment), with a Soldier based on a positive test result. The Drug Testing Coordinator (DTC) provides training and recertification of Unit Prevention Leaders and Battalion Prevention Leaders, as well as drug testing for DOD civilians.

**Angela McCrae/Jimmy Cirillo**  
803-751-7949/803-751-3066

## **Risk Reduction Program**

The Risk Reduction Program (RRP) is a commander's tool designed to identify and reduce Soldiers' high-risk behaviors. The RRP focuses on effective use of installation resources and a coordinated effort between commanders and installation agencies to implement intervention and prevention programs. The RRP supports the Army's well-being program initiatives by integrating prevention and intervention programs into a framework contributing to performance, readiness, and retention. The RRP also allows commanders to compare their units against others to determine if their units require command and/or other interventions.

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## **Suicide Prevention**

Supports the Army's goal to minimize suicidal behavior by reducing the risk of suicide for Active Army and Reserve Component Soldiers, Army civilians, and Army Family members. Implements control measures to address and minimize risk factors for suicide while strengthening the factors that mitigate those risks. In cooperation with the Installation Chaplain, ensures suicide awareness and suicide prevention training is made available to all Soldiers and Army employees. Establishes a community approach to reduce Army suicides through the function of the Suicide Prevention Task Force.

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## **Employee Assistance Program**

The Fort Jackson Employee Assistance Program (EAP) assists civilian employees whose job performance is adversely affected by medical, behavioral and emotional problems, including alcohol and/or drug abuse. EAP provides the Fort Jackson workforce, employees and supervisors alike, with access to resources that will enhance employee efficiency, productivity and effectiveness. Services Provided are Free of charge.

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