

USCG Stand-Down - Suicide Prevention Spotlight



Deputy Commandant
for Mission Support



Outline

- **Follow Guidance Contained in Suicide Prevention Tool Kit (pg. 19-22)**
- **Columbia Protocol App Walkthru**
- **Current Data Discussion**
- **Next Steps**
- **Resources**
- **Unit Discussion**

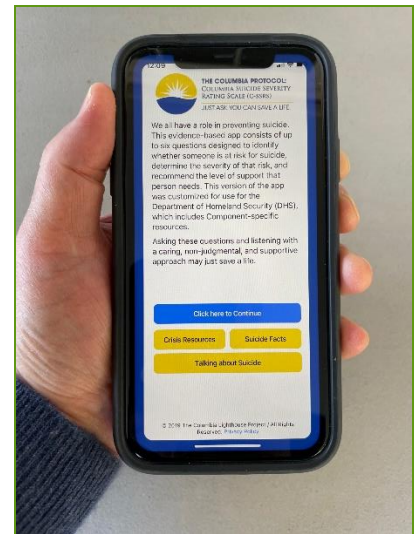


How to obtain the DHS-Columbia Protocol App

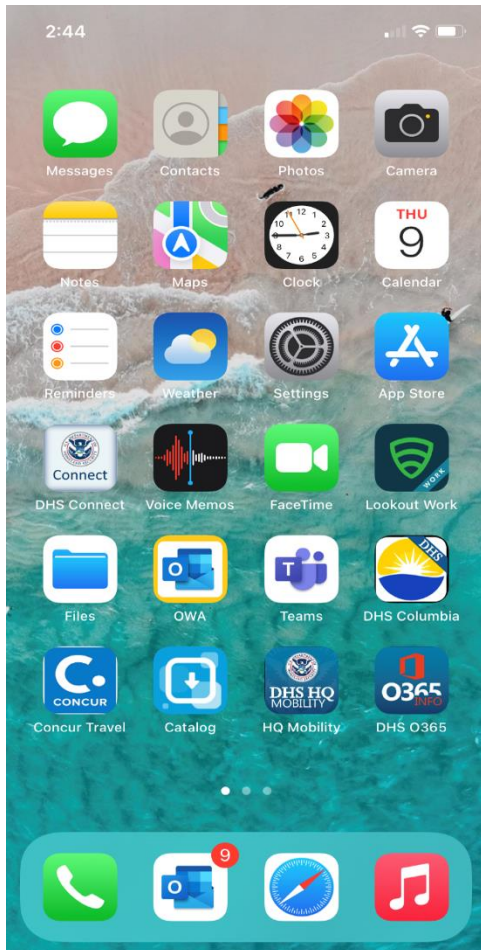
For HQ employees, the DHS-Columbia Protocol app has been pushed government work iPhones. Look for it on your iPhone Desktop.



Employees (HQ and Components) and family members may also download the app to their personal phones through either the Apple App Store or Google Play Store.

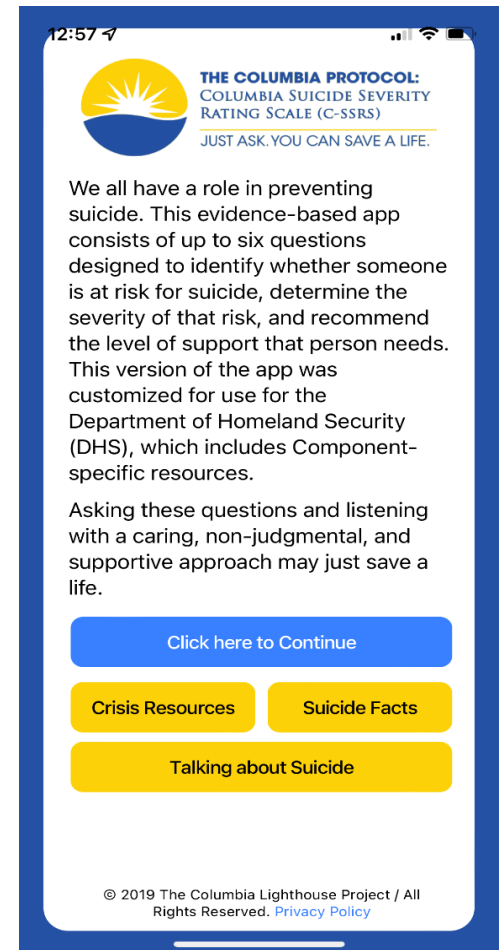


Opening the DHS-Columbia Protocol App

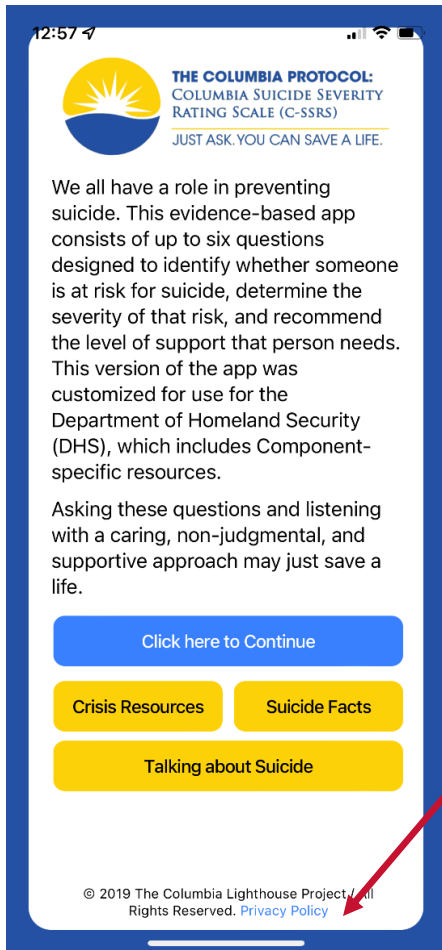


From your GFE mainscreen, find/click DHS-Columbia App

Introductory page



Introductory Page Options

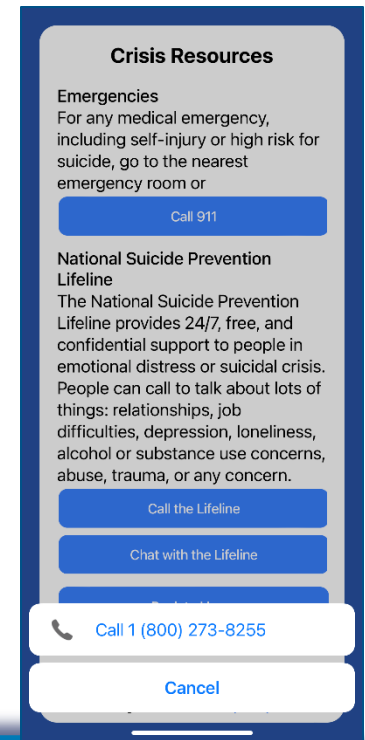
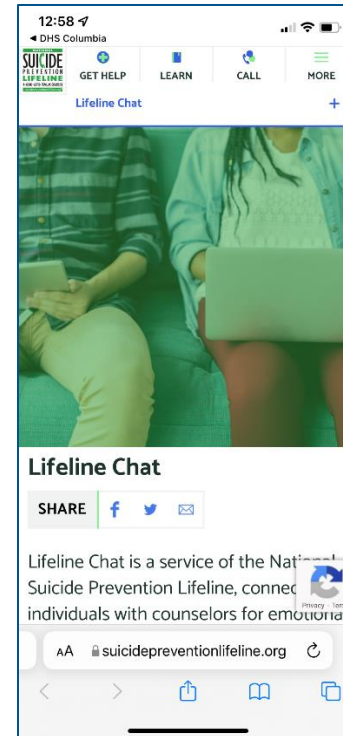
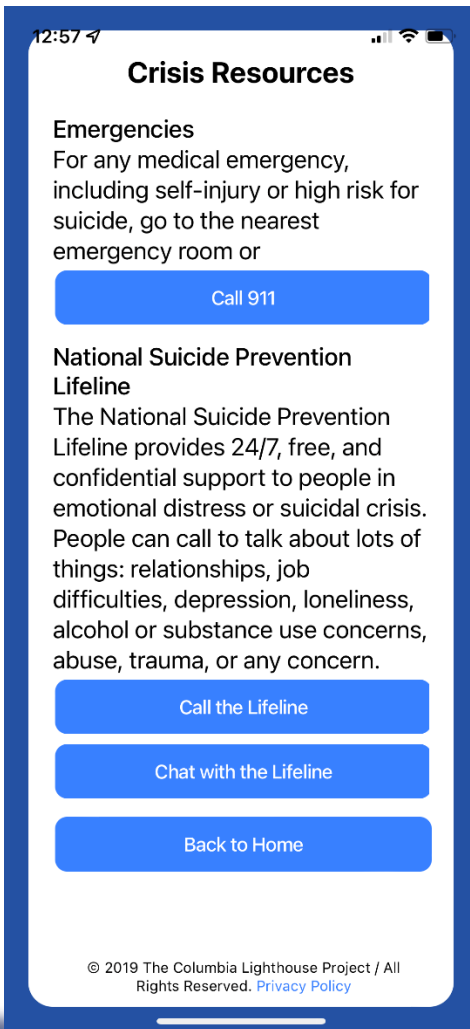


- From the opening screen, the user can immediately access crisis resources, become better familiar with the topic of suicide, learn more about talking about suicide, or continue to the questions.
- There is also a privacy policy link at the bottom of the page.
- Privacy Policy is accessible through the link at the bottom of each screen of the app.

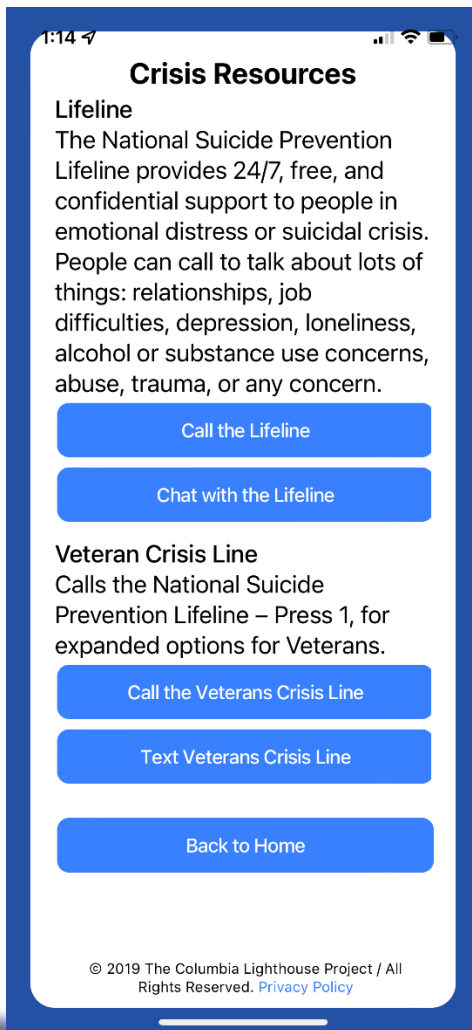


Immediate Crisis Resources

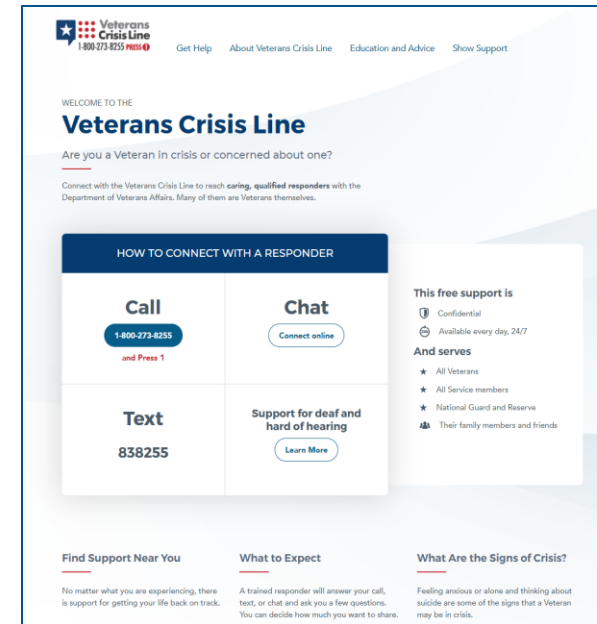
- If the user clearly identifies an emergent situation, clicking on *Crisis Resources* opens options to call 911 or contact the National Suicide Prevention Lifeline, by phone or by chat (24/7).
- Buttons are linked for action.



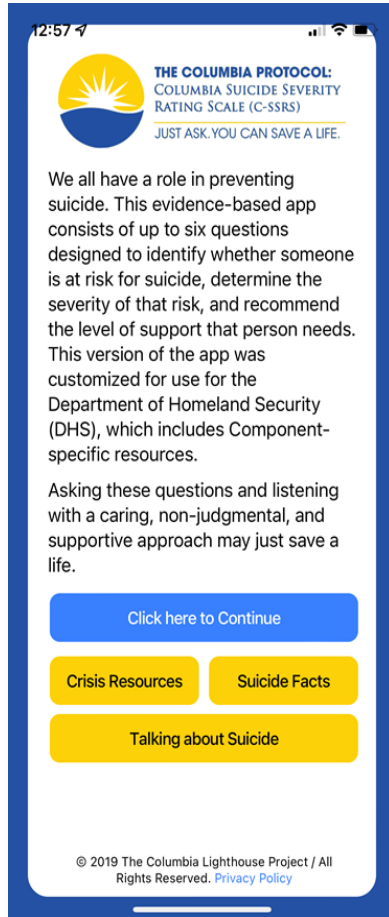
Crisis Resources – Veteran Options



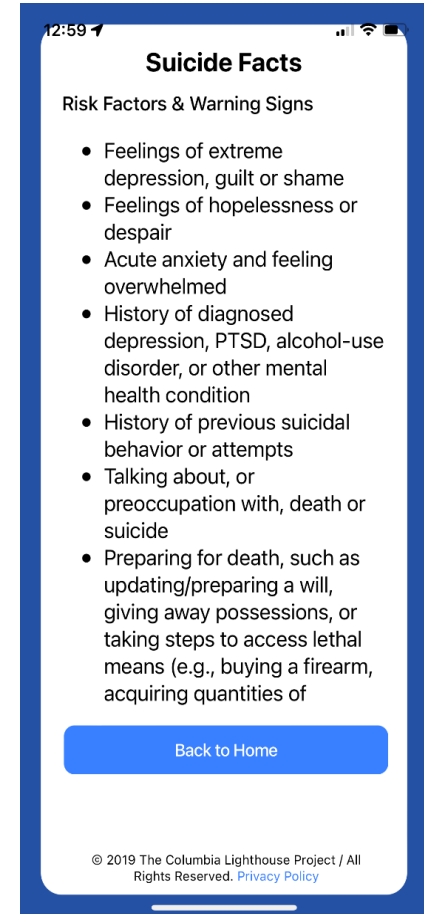
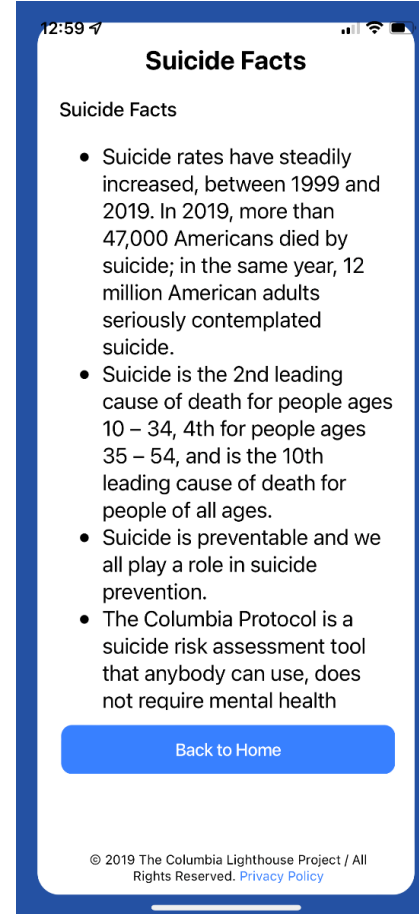
- Scrolling down the page reveals options for **Veterans, including a texting option.**
- **The Veterans Crisis Line includes counselors specially trained to help Veterans, many are Veterans themselves.**
- **Suicide Prevention Coordinators, through the VA, are available to connect Veterans to additional local resources.**



Suicide Facts Page

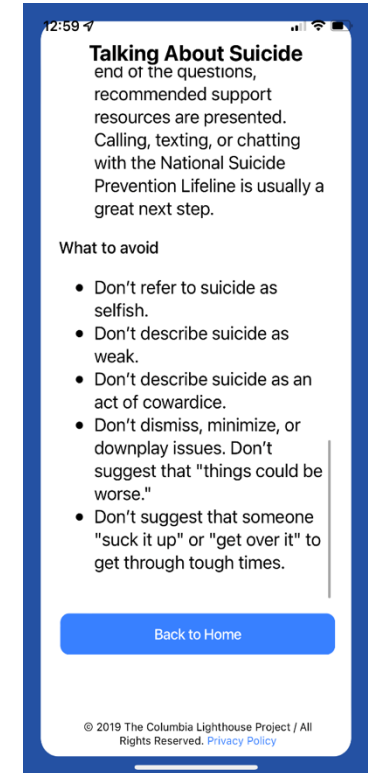
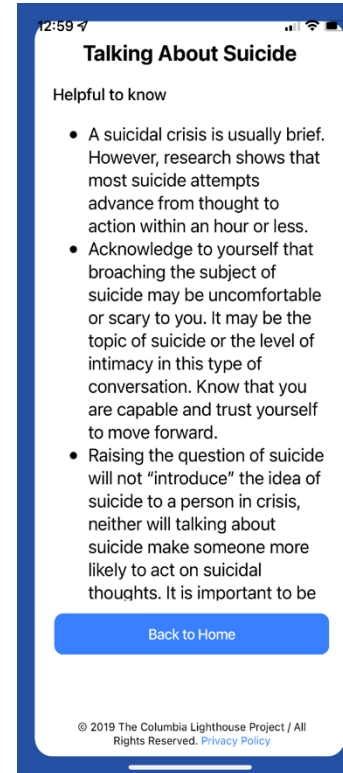
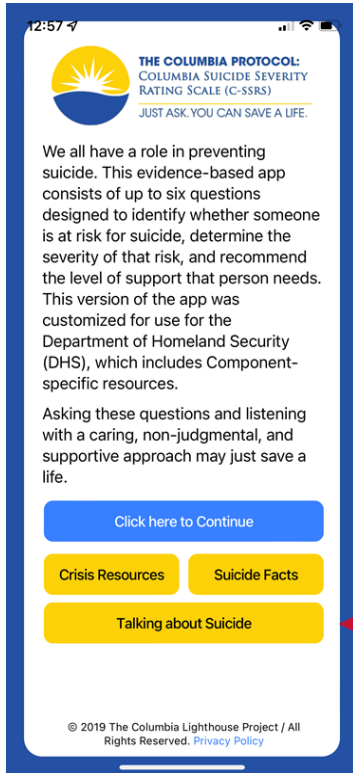


From the app's opening page, the user can learn about suicide and scroll down the page for warning signs and risk factors.

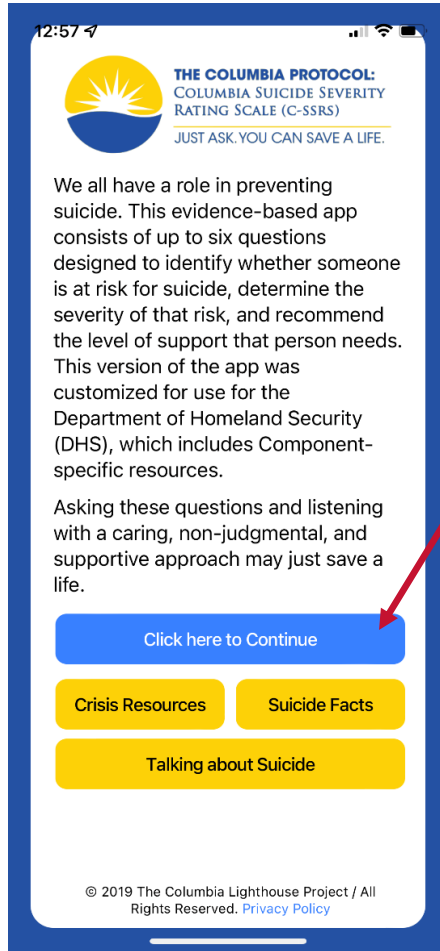


Talking About Suicide Page

Talking about suicide and getting help can be difficult for many reasons. This page provides tips and do's and don'ts that may help the user feel more comfortable and confident talking about suicide.



Protocol Questions and Privacy



- **Clicking “Click here to Continue” will present the protocol questions.**
- **The questions are of a sensitive nature and it’s important to know that the app is for private use.**
- **The app does not ask for nor does it collect any personally identifiable information.**
- **The response options are in a Yes/No format. These responses are not collected, stored, or distributed by the app.**
- **No responses are recorded or tied to your identity.**



The Columbia Protocol

- The Columbia Protocol is comprised of straightforward questions that anyone can ask.
- Listening with an intent to understand, being present and available without judgment can be a vital act of caring and support.
- Each question requires a Yes or No response. Click the Continue button at the bottom of the screen to advance to the next question.
- Note that if Questions 1 and 2 are answered, “no”, then Question 6 will follow.

1) Within the last month, have you wished you were dead or wished you could go to sleep and not wake up?

Yes
 No

Back Continue

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2) Have you actually had any thoughts about killing yourself?

Yes
 No

Back Continue

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3) Have you thought about how you might do this?
e.g. "I thought about taking an overdose but I never made a specific plan as to when where or how I would actually do it... and would never go through with it."

Yes
 No

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4) Have you had these thoughts and had any intention of acting on them?
for example "I had the thought of killing myself and I'm not sure whether I would do it or not."

Yes
 No

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5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?

Yes
 No

Back Continue

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6) Have you ever done anything, started to do anything, or prepared to do anything to end your life?
e.g. "Collected pills, wrote a suicide note, got a gun, started to do something to end your life but stopped yourself (changed your mind) or someone else stopped you, attempted to kill yourself."

Yes
 No

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Was this within the past 3 months?

Yes
 No

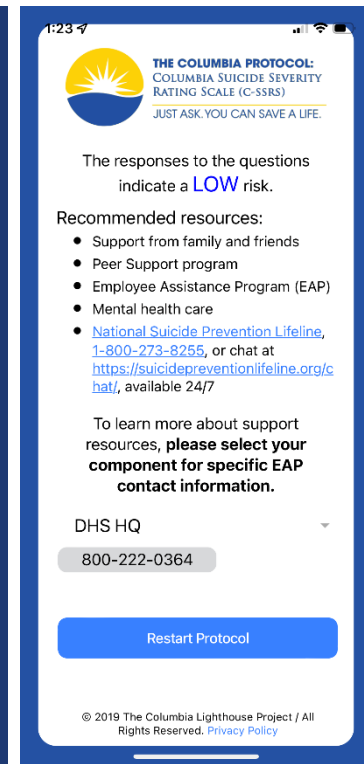
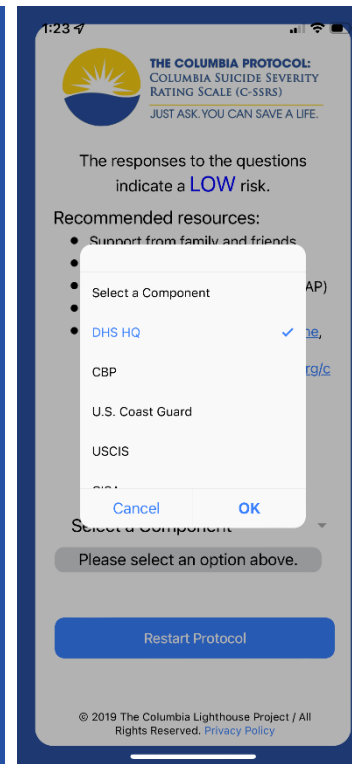
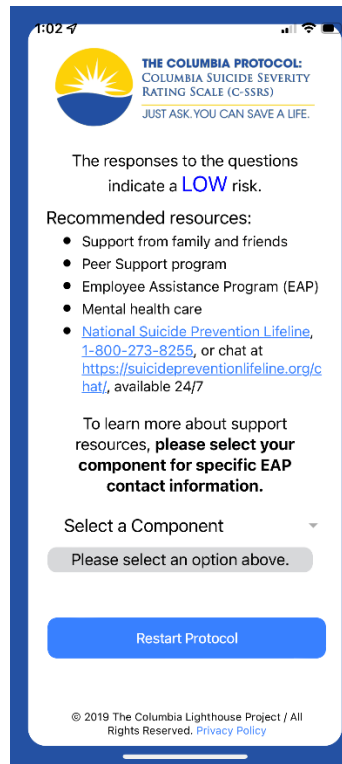
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Determining Level of Suicide Risk

- Based on the responses, the Columbia Protocol calculates a **Low**, **Moderate**, or **High** risk.
- Each risk category assigns recommended support resources and next steps, based on risk.
- In all cases, a connection with a helping resource is recommended.
- The app prompts the user to select your specific DHS Component, which then provides the contact number (press to call) for that component's Employee Assistance Program (EAP)

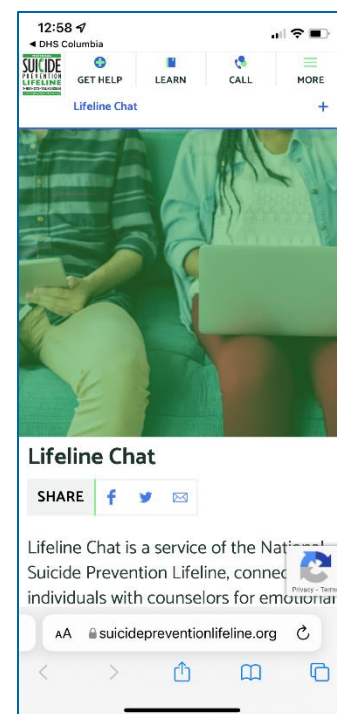
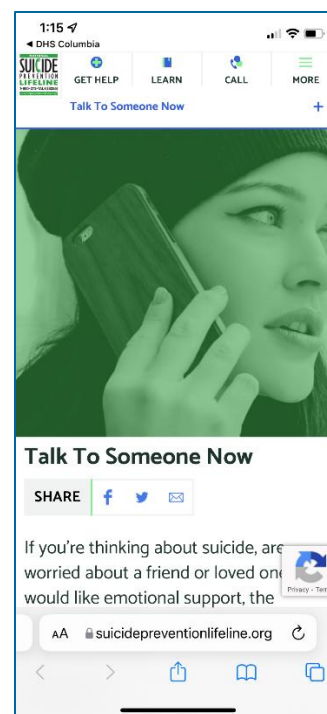
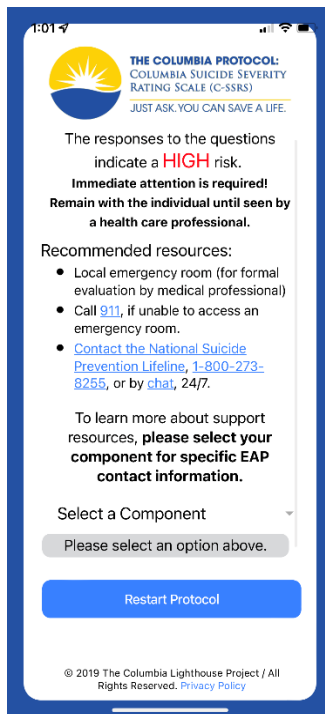


- It is important to know that risk category reflects risk at a particular point in time and can change with changing circumstances, physiological state, and mental status.
- Your continued support, willingness to listen, dialog about suicidal thoughts, and commitments to safety are encouraged.



Determining Level of Suicide Risk - continued

- **High** risk indicates a need for immediate attention, as safety is of utmost concern.
- Escorting your coworker, friend, or family member to the nearest Emergency Room for formal evaluation and care is advised.
- Other recommended resources are hyperlinked for immediate action.
- The National Suicide Prevention Lifeline will provide support and recommend further connection to needed resources.



Safety Note

During a time of crisis, ensuring time and space between a person in crisis and their access to lethal means, including firearms, medications/pills, knives, and other means can be highly effective in preventing suicide. This is usually a cooperative endeavor, and your assistance can be key.



Suicide Prevention: Epidemiological Snapshot

Current Suicide Metrics CY 2024	
Confirmed Deaths	9
Suspected Deaths	5*
Total Deaths by Suicide	14*
Attempts	14
Suicidal Ideation	114

The Suicide Prevention Program is not able to accurately track Coast Guard Reserve member, dependent or civilian employee deaths by suicide.

*2024 numbers are subject to change based on death investigation outcomes.



Next Steps

- **Refresh your Knowledge of Available Resources**
- **Engage in Active and Compassionate Leadership**
 - Encourage help-seeking behaviors – remind members it’s okay to ask for help if needed, emphasize it won’t negatively impact their security clearance.
 - Foster unit cohesion, support, and a sense of belonging.
 - Identify and amplify ASIST and safeTALK trained members, Chaplains, Resiliency Coordinators, D&I Change Agents and other available peer-support resources.
- **Participate in an ASIST or safeTALK training**
 - Coordinate w/your closest Work Life office to host an ASIST or safeTALK training.
 - Encourage participation at all levels – supervisors, chiefs, JOs, etc.
- **Participate/Encourage/Support Wellness and Suicide Prevention Events**
 - Provide space and time for those interested in attending - live stream webinars, support an all hands opportunity for participation.



Resources

- **CG Employee Assistance Program Specialists**
- **CG Chaplains**
- **CG Medical Clinics**
- **National Suicide Prevention Crisis Line (988)**
- **Military/Veterans Crisis Line (988, press 1)**
- **DHS Columbia Protocol App (iOS and Android)**
- **CG SUPRT (available 24/7) and ESPYR App**
- **CG Stand Down Toolkit**
- **CG Behavioral Health Playbook**
- **The Trevor Project (available 24/7)**



QUESTIONS



Suicide Prevention Program Manager Contact

Additional questions may be directed to:

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