Posttraumatic Stress Disorder & Suicide Prevention

A guide to unmasking the hidden wounds of our veterans, students, teachers and staff
New Business Item (NBI)

“The NEA, through digital technology, will publicize through existing channels, of Post Traumatic Stress Disorder and Suicide Prevention. Suicide rates are higher in people with PTSD, among those individuals who have suffered traumatic events, this includes our veterans and all students and education staff hiding these invisible wounds.”
PTSD related suicide is the 10th leading cause of death in the United States resulting from: lack of overview knowledge, understanding target groups, and utilizing state resources.

→ **Overview knowledge**
   Highlights of PTSD and its unusual, or surprising facesets.

→ **Target groups**
   Studies on target groups (ie. veterans, children, and adults)

→ **Resources by State**
   List of crisis hotlines and suicide prevention centers by state.
PTSD

a mental health problem that can be developed after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

Source: www.ptsd.va.gov
PTSD

Post-traumatic Stress Disorder

Symptoms

PTSD is diagnosed after a person experiences symptoms for at least one month following a traumatic event. However, symptoms may not appear until several months or even years later.

Source: adaa.org
PTSD

Post-Traumatic Stress Disorder Symptoms

- Re-experiencing the trauma through intrusive distressing recollections of the event, flashbacks, and nightmares.
- Emotional numbness and avoidance of places, people, and activities that are reminders of the trauma.
- Increased arousal such as difficulty sleeping and concentrating, feeling jumpy, and being easily irritated and angered.
People with Posttraumatic Stress Disorder tend to have problems with Depression or anxiety, Substance abuse, Physical pain, Employment and Relationships.
How many ways could you learn to prevent suicide from Post Traumatic Stress Disorder?
MANY, but try this one!

Use OAT.

O- Observe suspicious behavior

A- Assist by using the resources provided

T- Teach others to do the same
An estimated 8% of Americans – 24.4 million people – have PTSD at any given time.

THAT’S EQUAL TO THE TOTAL POPULATION OF TEXAS

Source: PTSDUnited.org
“At the end of the day, you can either focus on what’s tearing you apart, or you can focus on what’s keeping you together.”

Source: http://ptsdwifey.com
TARGET GROUPS

Studies on the target groups: veterans, children, and people everywhere. This includes therapy treatment options.
Veterans

→ Why?
   Why do Veterans suffer from PTSD?

→ How?
   How can Veterans overcome PTSD?
Veterans.

- Veterans are the largest group of people that suffer from PTSD, because of military trauma.
- The psychological, social, and psychiatric tolls war imposes on soldiers can affect them chronically, in most cases in the form of PTSD.
Therapies

- Prolonged Exposure Therapy (confront safe but distressing situations to reduce anxiety).

- APPs such as:
  * PE Coach (along with clinical therapies)
  * PTSD Coach
Children

→ What?
What traumas force children and adolescents to suffer from PTSD?

→ How?
How can children and adolescents learn to recover from traumatic events?
Children and Adolescents.

- PTSD in Children is caused mainly by negligence:
  * more than 75% suffered neglect
- Another great perpetrator of PTSD is abuse:
  * mental
  * physical
  * sexual

https://www ptsd va gov/professional/treatment/children/ptsd_in_children_and_adolescents_overview_for_professionals asp
Therapies

- Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)

- Play Therapy:
  * drawing
  * games
Anyone

⇒ Who and Why?
Who are the other millions of Americans who suffer from PTSD? Why do they suffer from PTSD?

⇒ What?
What other forms of therapy exist out there?
Anyone.

- Adults may suffer from PTSD because of unresolved traumas from infancy or adulthood that become worse with age.

- Other indicators
  * motor vehicle accidents
  * natural disasters
  * war
  * domestic abuse
Therapies

- Cognitive Processing Therapy (CPT)
- Cognitive Behavioral Therapy (CBT):

Both make the patient analyze and reflect on the traumatic events that led to PTSD
It should come as no surprise post traumatic stress disorder is national and global. There are people affected in all 50 states of the US.

Source: theguardian.com
PTSD/Suicide Prevention Resources by State
Alabama

National Alliance on Mental Illness

1401 I-85 parkway, Suite A
Montgomery, AL 36106

Phone: 334-396-4797 or toll free 800-626-4199

Email: wlaird@namialabama.org

Website: www.namialabama.org
Alaska Department of Health and Social Services – Behavioral Health/Prevention & Early Intervention

P.O. Box 110620
Juneau, AK 99811
Phone: 907-465-8536
President: James Gallanos
Email: James.gallanos@alaska.gov
Website: http://dhss.alaska.gov/dbh/Pages/Prevention/default.aspx
Arizona

Arizona Suicide Prevention Coalition

P.O. Box 10745
Phoenix, AZ 85064
Phone: 602-248-8337
President: Nikki Kontz
Email: nikki@teenlifeline.org
Website: http://www.azspc.org/
Arkansas

Suicide Prevention Program: Arkansas Department of Health

4815 West Markham Street, Slot 10
Little Rock, AR 72205
Phone: 501-614-5234
President: Amanda Thomas
Email: Amanda.thomas@arkansas.gov
Website: https://www.sprc.org/grantees/arkansas-department-health-2
California Department of Health Care Services

1500 Capitol Avenue
Sacramento, CA 95899
Phone: 916-324-0401
Section Chief: Donna Ures
Email: Donna.ures@dhcs.ca.gov
Website: http://www.dhcs.ca.gov/services/MH/Pages/SuicidePrevention.aspx
Colorado

Colorado Department of Public Health and Environment
4300 Cherry Creek Drive South
Denver, CO 80246
Phone: 303-692-2369
Director: Sarah Brummett
Email: Sarah.brummett@state.co.us
Website: https://www.colorado.gov/cdphe/categories/services-and-information/health/prevention-and-wellness/suicide-prevention
Connecticut

Connecticut Department of Mental Health

410 Capitol Avenue
Hartford, CT 06134
Phone: 860-418-6801
Manager: Andrea Duarte
Email: Andrea.duarte@ct.gov
Website: http://www.ct.gov/dmhas/site/default.asp
Delaware

Mental Health Association in Delaware

100 West 10th Street, Suite 600
Wilmington, DE 19801
Phone: (302) 654-6833
Executive Director: Emily Coggin
Email: ecoggin@mhainde.org
Website: http://www.mhainde.org/wp/
District of Columbia

District of Columbia Department of Mental Health

64 New York Avenue, NE, Suite 371

Washington, DC 20002

Phone: (202) 671-3105

Director: Lisa Bullock

Email: Lisa.bullock@dc.gov

Website: https://dbh.dc.gov/
Florida

**Florida Department of Children and Families**

1317 Winewood Blvd.
Tallahassee, FL 32399
Phone: (850) 717-4429
Suicide Prevention Specialist: Sindie Castro
Email: Sindie.castro@myflfamilies.com
Georgia

Georgia Department of Behavioral Health and Developmental Disabilities
2 Peachtree Street NE, 23-486
Atlanta, GA 30303
Phone:  (404) 657-1686
Suicide Prevention Coordinator: Sally VanderStraeern
Email: Sally.vanderstraeten@dbhdd.ga.gov
Website: https://dbhdd.georgia.gov/suicide-prevention?vgnextoid=2e07d733e662f210VgnVCM100000bf01010aRCRD
Hawaii State Department of Health, EMS Injury Prevention and Control
System Branch

3675 Kilauea Avenue
Honolulu, HI 96816
Phone: (808) 733-9238

Suicide Prevention Coordinator: Nancy Deeley
Email: Nancy.deeley@doh.hawaii.gov
Website: http://health.hawaii.gov/injuryprevention/home/suicide-prevention/information/
Idaho

Idaho Department of Health and Welfare, Division of Public Health
450 W. State Street
Boise, ID 83702
Phone: (208) 334-4938
Manager: Kim Kane
Email: Kim.kane@dhw.idaho.gov
Website: http://healthandwelfare.idaho.gov/Families/SuicidePrevention/tabid/486/Default.aspx
Illinois

Illinois Department of Public Health, Office of Health Promotion
535 West Jefferson, 2nd Floor
Springfield, IL 62761
Phone: (217) 558-4081
Injury Prevention Coordinator: Jennifer Martin
Email: Jennifer.L.martin@illinois.gov
Website: http://www.dph.illinois.gov/topics-services/prevention-wellness/suicide-prevention
Iowa

Iowa Department of Public Health

321 East 12th St.
Des Moines, IA 50319
Phone: (515) 281-5444
Suicide Prevention Coordinator: Pat Mcgovern
Email: Pat.mcgovern@idph.iowa.gov
Website: https://idph.iowa.gov/substance-abuse/suicide-prevention
Kansas

Behavioral Health Services Commission, KS Dept for Aging & Disability Services
503 S. Kansas Ave.
Topeka, KS 66603
Phone: (785) 296-4528
Behavioral Health Prevention Consultant: Kimi Gardner
Email: Kimi.gardner@ks.gov
Website: https://www.kdads.ks.gov/commissions/behavioral-health
Kentucky

Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities
275 E. Main Street
Frankfort, KY 40601
Phone: (502) 782-2474
Kentucky Suicide Prevention Coordinator: Patti Clark
Email: Patti.clark@ky.gov
Website: http://dbhdid.ky.gov/dbh/sp.aspx
Louisiana

Office of Behavioral Health
PO Box 4049
Baton Rouge, LA 70821
Phone: (225) 342-2540
Director of Prevention Services: Leslie Brougham Freeman
Email: Leslie.broughamfreeman@la.gov
Website: http://dhh.louisiana.gov/index.cfm/newsroom/detail/3515
Maine Center for Disease Control, Department of Health & Human Services
286 Water Street, 5th Floor / 11 State House Station
Augusta, ME 04333
Phone: (207) 287-3856
Director: Sheila Nelson
Email: Sheila.nelson@maine.gov
Website: http://maine.gov/suicide/
Maryland Department of Health: Behavioral Health Administration
55 Wade Avenue
Catonsville, MD 21228
Phone: (410) 402-8576
Director of Suicide Prevention: Janel Cubbage
Email: Janel.cubbage@maryland.gov
Website: https://health.maryland.gov/suicideprevention/Pages/home.asp
Michigan Department of Health and Human Services: Injury & Violence Prevention

Section

Lansing, MI 48909
Phone: (517) 335-9703
Violence Prevention Program Coordinator: Patricia Smith
Email: smithp40@michigan.gov
Website: http://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879-358892--,00.html
Minnesota Department of Health
85 East Seventh Place, Suite 220 P.O. Box 64882
St. Paul, MN 55164-0882
Phone: (651) 201-5723
Suicide Prevention Coordinator: Amy Lopez
Email: Amy.Lopez@state.mn.us
Website: http://www.health.state.mn.us/injury/topic/suicide/
Mississippi

Mississippi Department of Mental Health
239 North Lamar St
Jackson, MS 39201
Phone: (601) 359-6251
Director of the Bureau of Outreach: Wendy Bailey
Email: wendy.bailey@dmh.ms.gov
Website: [http://www.dmh.ms.gov/shatter-the-silence/](http://www.dmh.ms.gov/shatter-the-silence/)
Missouri Department of Mental Health
1706 East Elm, P.O. Box 687
Jefferson City, MO 65102
Phone: (573) 522-2572
Suicide Prevention Coordinator: Stacey Williams
Email: Stacey.Williams@dmh.mo.gov
Website:
https://dmh.mo.gov/mentalillness/suicide/prevention.html
Montana

Montana Department of Public Health and Human Services
100 N. Park Ave., Suite 300, P.O. Box 202905
Helena, MT 59620
Phone: (406) 444-3349
Suicide Prevention Coordinator: Karl Rosston
Email: krosston@mt.gov
Website:
http://dphhs.mt.gov/suicideprevention/suicideresources
Nebraska Department of Health & Human Services Division of Behavioral Health

301 Centennial Mall South
Lincoln, NE 68509
Phone: (402) 471-7772
Behavioral Health Services Manager: Renee Faber
Email: renee.faber@nebraska.gov
Website:
http://dhhs.ne.gov/behavioral_health/Pages/behavioral_health_index.aspx
Nevada

Nevada Division of Public and Behavioral Health, Office of Suicide Prevention

9670 Gateway Drive, Suite 200
Reno, NV 89521
Phone: (775) 443-7843
Suicide Prevention Coordinator: Misty Vaughan Allen
Email: mvallen@health.nv.gov
Website: http://suicideprevention.nv.gov/
New Hampshire

National Alliance on Mental Illness New Hampshire, The
Connect Program
85 N. State Street
Concord, NH 03301
Phone: (603) 225-5359
Supervisor of Training and Prevention Services: Elaine de Mello
Email: edemello@naminh.org
Website: http://www.naminh.org/
New Jersey

Division of Family and Community Partnerships, and Division on Women
50 East State Street, 7th floor
Trenton, NJ 08635
Phone: (609) 888-7400
Assistant Commissioner: Charmaine Thomas
Email: Charmaine.Thomas@dfc.state.nj.us
Website: http://www.nj.gov/humanservices/dmhas/home/
New Mexico Department of Health: Behavioral Health Services Division
Santa Fe, NM 87501
Phone: (505) 476-9273
Manager: Brenda Martinez
Email: BrendaV.Martinez@state.nm.us
Website: https://nmhealth.org/#suicide
New York State Office of Mental Health
44 Holland Avenue
Albany, NY 12229
Phone: (716) 816-2249
Associate Director: Sigrid Pechenik
Email: Sigrid.Pechenik@omh.ny.gov
Website: http://www.preventsuicideny.org/
North Carolina

North Carolina Department of Health and Human Services: Division of Public Health, Injury and Violence Prevention Branch

1915 Mail Service Center
Raleigh, NC 27699
Phone: (919) 707-5430
Public Health Program Consultant: Jane Miller
Email: Jane.Miller@dhhs.nc.gov
Website: http://www.injuryfreenc.ncdhhs.gov/preventionResources/Suicide.htm
North Dakota

North Dakota Department of Health

600 East Blvd Avenue
Bismarck, ND 58505
Phone: (701) 328-4580
Suicide Prevention Director: Alison Traynor
Email: atraynor@nd.gov
Website: http://www.ndhealth.gov/suicideprevention/
Ohio

Ohio Department of Mental Health & Addiction Services
2323 West 5th Ave Suite 160
Columbus, OH 43204
Phone: (614) 429-1528 x402
Director: Shawna Hite
Email: shawna.hite@ohiospf.org
Website: http://mha.ohio.gov/Default.aspx?tabid=111
Oklahoma

Oklahoma Suicide Prevention Council
31870 Highway 51
Coweta, OK 74429
Phone: (918) 279-3471
Chair: Robin Hudson
Email: robin.hudson@creekhealth.org
Website:
https://www.ok.gov/odmhsas/Prevention_Initiatives/Youth_Suicide_Prevention_and_Early_Intervention_Initiative/
Oregon

Oregon Health Authority, Public Health Division

800 NE Oregon Street, Suite. 730
Portland, OR 97232
Phone: (971) 673-1023
Zero Suicide Coordinator: Meghan Crane
Email: Meghan.crane@state.or.us
Website:
https://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/index.aspx
Pennsylvania Office of Mental Health and Substance Abuse Services,
Bureau of Children's Behavioral Health Services
P.O. Box 2675 / Commonwealth Towers, 11th Floor
Harrisburg, PA 17105-2675
Phone: (717) 705-9709
Human Services Program Representative: Shaye Erhard
Email: eserhard@pa.gov
Website:
http://www.health.pa.gov/My20Health/School20Health/Pages/Quick20Links/Coordinated20School20Health/Mental-Health.aspx#VwrI30bn8qQ
Rhode Island Department of Health
3 Capitol Hill, Room 409
Providence, RI 02908
Phone: (401) 222-1173
Suicide Prevention Project Manager: Jeffery Hill
Email: jeffrey.hill@health.ri.gov
Website: http://www.health.ri.gov/violence/about/suicide/
South Carolina Department of Mental Health

2205 Main Street
Columbia, SC 29201
Phone: (803) 896-4352
Program Director: Alexandra Karydi
Email: alexandra.karydi@scdmh.org
Website: http://www.state.sc.us/dmh/
South Dakota

Department of Social Services, Division of Behavioral Health
700 Governors Drive
Pierre, SD 57501
Phone: (605) 773-3123
Prevention Program Manager: Janelle Keller
Email: Janelle.Keller@state.sd.us
Website: http://sdsuicideprevention.org/
Tennessee

Tennessee Department of Mental Health and Substance Abuse Services
446 Metroplex Drive
Suite A-224
Nashville, TN 37211
Phone: (615) 297-1077
Executive Director: Scott Ridgway
Email: sridgway@tspn.org
Website: http://www.tn.gov/behavioral-health/topic/suicide-prevention
Texas

Department of Health and Human Services, Medical and Social Services
Division, Behavioral Health Services Section
8317 Cross Park Dr.
Austin, TX 78754
Phone: (512) 922-6790
Statewide Suicide Prevention Coordinator: Jenna Heise
Email: jenna.heise@hhsc.state.tx.us
Website: https://sites.utexas.edu/zest/
Utah Department of Human Services

195 N 1950 W
Salt Lake City, UT 84116
Phone: (801) 538-4028
Suicide Prevention Coordinator: Kim Myers
Email: kmyers@utah.gov
Website: http://dsamh.utah.gov/
Vermont

Center for Health and Learning
28 Vernon Street, Suite 319
Brattleboro, VT 05301
Phone: (802) 254-6590
Executive Director: JoEllen Tarallo-Falk
Email: joellen@healthandlearning.org
Website:
http://healthvermont.gov/family/injury/suicide_prevent.aspx#prevent
Virginia

Department of Behavioral Health & Developmental Services
109 Governor St.
Richmond, VA 23219
Phone: (804) 371-6885
Suicide Prevention Coordinator: Nicole Gore
Email: nicole.gore@dbhds.virginia.gov
Website:
Washington

Washington State Department of Health
Olympia, WA 98504
Phone: (360) 236-2803
Statewide Suicide Prevention Plan Program Manager: Neetha Mony
Email: neetha.mony@doh.wa.gov
Website:
http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention
West Virginia

West Virginia Adolescent Suicide Prevention and Early Intervention Project (ASPEN)
511 Morris Street
Charleston, WV 25301
Phone: (304) 341-0511 x1691
Project Director: Barri Faucett
Email: Barri.Faucett@prestera.org
Website:
http://www.dhhr.wv.gov/bhhf/resources/Pages/Suicide.aspx
Wisconsin

Mental Health America of Wisconsin
600 W. Virginia St., Suite 502
Milwaukee, WI 53204
Phone: (608) 250-4368
Director of Public Policy: Shel Gross
Email: shel@mhawisconsin.org
Website: http://www.preventsuicidewi.org/
Wyoming Public Health Division
401 Hathaway Building
Cheyenne, WY 82002
Phone: (307) 777-8034
Injury Prevention Program Manager: Lindsay Martin
Email: Lindsay.Martin@wyo.gov
Website: