Army Suicide Prevention Program

CY 2005
Demographics & Statistics

Mr. Walter Morales
Program Manager

“Every One Matters”
Active Duty Suicides (Includes USAR / ARNG)

Data thru 31 Dec 06 as of 10 April 06

FOR OFFICIAL USE ONLY

Active Duty Suicides

Calendar Years

# Confirmed Suicides


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Confirma
Cumulative Confirmed Suicides
(Includes USAR & ARNG on Active Duty)

Data thru 31 Dec

11 Sept 2001
Regular Army Suicide Rates
(Contingency Operations)
1980 - 2005

* 2005 rate is not final
(there is one case pending final determination by AFME)
Duty Component
(Active Duty Suicides Only)

- RA: 72%
- ARNG: 22%
- USAR: 6%

Confirmed: RA 63, ARNG 18, USAR 6

Data thru 31 Dec
Suicide Trends
(Confirmed Suicides)

<table>
<thead>
<tr>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ARNG</td>
<td>3 (5%)</td>
<td>4 (5%)</td>
<td>5 (7%)</td>
<td>5 (8%)</td>
<td>2 (4%)</td>
<td>9 (13%)</td>
<td>7 (9%)</td>
<td>10 (15%)</td>
<td>18 (22%)</td>
</tr>
<tr>
<td>Active Duty Only</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>USAR</td>
<td>3 (5%)</td>
<td>2 (3%)</td>
<td>5 (7%)</td>
<td>1 (1%)</td>
<td>5 (10%)</td>
<td>5 (7%)</td>
<td>6 (8%)</td>
<td>3 (4%)</td>
<td>6 (6%)</td>
</tr>
<tr>
<td>Active Duty Only</td>
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</tr>
<tr>
<td>Regular Army</td>
<td>52 (90%)</td>
<td>58 (91%)</td>
<td>63 (86%)</td>
<td>57 (92%)</td>
<td>43 (86%)</td>
<td>54 (79%)</td>
<td>63 (83%)</td>
<td>54 (81%)</td>
<td>63 (72%)</td>
</tr>
<tr>
<td>Total</td>
<td>58</td>
<td>64</td>
<td>73</td>
<td>63</td>
<td>50</td>
<td>68</td>
<td>76</td>
<td>67</td>
<td>82</td>
</tr>
<tr>
<td>RA Rate Only (per 100k)</td>
<td>10.6</td>
<td>11.9</td>
<td>13.1</td>
<td>12.1</td>
<td>9.1</td>
<td>11.1</td>
<td>12.8</td>
<td>11.0</td>
<td>13.1*</td>
</tr>
</tbody>
</table>

* Rate includes one pending determination case by the Armed Forces Medical Examiner

Data thru 31 Dec
Active Duty Confirmed Suicides
(Includes USAR & ARNG on Active Duty)
1999 - 2005

Data thru 31 Dec 2005 as of 10 April 2006

FOR OFFICIAL USE ONLY
CY 05
MACOMs Suicide Rate* (Active Duty Soldiers Only)

* Rate is per 100K Soldiers

Data thru 31 Dec
Data thru 31 Dec

OTHERS:
- Houston, TX
- Selfridge Air NG, MI
- Lackland AFB, TX
- West Point, NY
- OK City Rec Bn
CY 05 Suicides - Location
(Includes USAR & ARNG on Active Duty)

<table>
<thead>
<tr>
<th></th>
<th>Home Town</th>
<th>Out/State</th>
<th>Deployed</th>
</tr>
</thead>
<tbody>
<tr>
<td>AWOL</td>
<td>25</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Confirmed</td>
<td>0</td>
<td>51</td>
<td>11</td>
</tr>
</tbody>
</table>

Data thru 31 Dec
Monthly Active Duty Confirmed Suicides (Includes USAR & ARNG on Active Duty)

Data thru 31 Dec

[Bar chart details not transcribed]
CY 05 Suicides - Day Frequency

Data thru 31 Dec
CY2005
Soldier Suicide Profile

- COMPONENT: Regular Army
- MACOM: FORSCOM
- RANK: PVT - SPC
- AGE: 21 - 30 years old
- RACE: White
- GENDER: Male
- METHOD: Firearms
- MOS: 11 Series
- PRIMARY STRESSOR: Failed Relationships

Data thru 31 Dec
CY 05 Suicides - Rank

Data thru 31 Dec
CY 05 Suicides - Age Group

Data thru 31 Dec
CY 05 Suicides - Racial Comparison

<table>
<thead>
<tr>
<th>Race</th>
<th>Confirmed</th>
<th>American</th>
<th>Hispanic</th>
<th>Asian/Pl</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>68</td>
<td>17</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>African American</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hispanic</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asian/Pl</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Data as of 4 April 06

FOR OFFICIAL USE ONLY
CY 05 Suicides - Gender
(Includes USAR & ARNG on Active Duty)

Female
5%

Male
95%

Confirmed
Male 83
Female 4

Data thru 31 Dec
CY 05
Suicide Rate* - Gender
(Regular Army Only)

* Rate is per 100K Soldiers

Data thru 31 Dec
CY 05 Suicides - Method

<table>
<thead>
<tr>
<th>Method</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firearms</td>
<td>66</td>
</tr>
<tr>
<td>Hanging</td>
<td>10</td>
</tr>
<tr>
<td>Asphyxiation</td>
<td>2</td>
</tr>
<tr>
<td>OD</td>
<td>5</td>
</tr>
<tr>
<td>Drowned</td>
<td>1</td>
</tr>
<tr>
<td>Stab</td>
<td>1</td>
</tr>
<tr>
<td>Train</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firearms</td>
</tr>
<tr>
<td>Hanging</td>
</tr>
<tr>
<td>Asphyxiation</td>
</tr>
<tr>
<td>OD</td>
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<tr>
<td>Drowned</td>
</tr>
<tr>
<td>Stab</td>
</tr>
<tr>
<td>Train</td>
</tr>
</tbody>
</table>

Data thru 31 Dec
CY 05 Suicides - MOS

Data thru 31 Dec
CY 05
Marital Status
(Includes USAR & ARNG on Active Duty)

Single
51%

Married
49%

Confirmed
Married 43
Single 44

Data thru 31 Dec
CY 05
Suicide Rate* - Marital Status
(Regular Army Only)

* Rate is per 100K Soldiers
CY 05 Suicides
Deployment Status

- Deployed: 29%
- Non Deployed: 57%
- Post*: < 1 Year: 14%

<table>
<thead>
<tr>
<th>Status</th>
<th>Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deployed</td>
<td>25</td>
</tr>
<tr>
<td>Confirmed</td>
<td>12</td>
</tr>
<tr>
<td>Deployed</td>
<td>50</td>
</tr>
<tr>
<td>Post*</td>
<td></td>
</tr>
</tbody>
</table>

* < 1 Year
CY 05 - Other Known Suicides

Data thru 31 Dec
"The Army will help if you know how to help yourself. That’s the problem, I don’t know how to help myself."

(Depression is more widespread than heart disease, cancer and...
Reasons for Dying

• Escape - general
• General descriptors of self
• Others/relationships
• Feeling hopeless
• Escape - pain
• Feeling alone
• Escape - responsibilities
• Escape - past
• Religion
Reasons for Living

- Family
- Future
- Specific plans and goals
- Enjoyable things
- Friends
- Self
- Responsibility to others
- Religion
Potential “Triggers”

Based upon psychological autopsies

- Relationship Problems: 75%
- Pending or Recent UMCJ Action: 50%
- Financial Problems: 42%
- Drug and/or Alcohol Problems: 34%

Data thru 31 Dec
A Model for Understanding Dysfunctional Health-Risk Behaviors

Visible to Command

NOT Visible to Command

Behavior

“Outcome” & Consequence

“Triggers” for Dysfunctional Behavior

Stressors

Work & Home Environments
- supportive vs. non-supportive

Current Environment

Consequences of Abuse
- Trauma, ACEs

Developmental History

Psychiatric dz:
- Schizophrenia
- Mania
- Depression
- Substance Abuse

Genetic Vulnerability to Psychiatric Illness

“The best predictor of future behavior is past behavior.”

Data thru 31 Dec
Data thru 31 Dec 05 as of 10 April 06

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- Substance abuse
- Suicidal behavior
- Criminal behavior
- Promiscuity
- Premature marriage
- Premature parenthood
- Reduced substance abuse
- Reduced in-discipline acts
- High morale/self-worth
- Better relationships
- Overall better ft soldier

Life Coping Skills Behavior

- Genetic Vulnerability
- Developmental History
- Current Army Environment
- Behavior

INPUT
Negative Coping Skills Reinforcement

OUTPUT
- Substance abuse
- Suicidal behavior
- Criminal behavior
- Promiscuity
- Premature marriage
- Premature parenthood

INPUT
Positive Coping Skills Reinforcement

OUTPUT
- Reduced substance abuse
- Reduced in-discipline acts
- High morale/self-worth
Immediate Danger Signals

- Talking about or hinting suicide
- Giving away possessions; making a will
- Obsession with death; sad music/poetry; themes of death in artwork or letters
- Making specific plans to commit suicide and access to lethal means
- Buying a gun

Data thru 31 Dec
What To Do

- Take threats seriously
- Answer cries for help
- Confront the problem (ASK)
- Tell them you care
- Get professional help

Data thru 31 Dec
What Not To Do

- Don’t leave anyone alone if you believe the risk is imminent
- Don’t assume the person isn’t the ‘type’
- Don’t act shocked at what the person tells you
- Don’t debate the morality of suicide or lay a guilt trip on the person
- Don’t keep it a secret

Data thru 31 Dec
Conclusion

- Suicide is a threat to the fighting force.
- Warning signs are often present – watch out for your buddy!
- When you suspect your buddy may be suicidal, get your chain of command involved and contact your nearest mental health clinic or chaplain as soon as possible!