

Application for NAVAC Specialty Competency Certification in Suicide Prevention

Application Format: The application must be submitted in digital format, addressing all of the subsections listed below, in a total of no more than 10-12 pages of narrative (standard margins, double-spaced, 12-point Times New Roman); with additional pages appended for certificates (CET1), references (REF1, REF2, REF3), training attestation (CET3), and application fee receipt. Submit application fee per the instructions provided on the navac.net home page. Submit the complete digital application to Chaplain David E. LeFavor, NAVAC Certification Committee at David.Lefavor@va.gov.

1. PERSONAL INFORMATION

Name:

Title:

Faith Group:

Mailing address:

Work phone:

Home phone:

E-mail address:

VA Medical Center:

Position:

2. EDUCATIONAL BACKGROUND

College:

Degree and Date:

Seminary:

Degree and Date:

Further education:

3. NAVAC BOARD CERTIFICATION (Must be a current member) Date

(initial or recertification):

Specialties:

Section 1. Certifications, Experience and Training (CET):

CET1: Be a Board-Certified Chaplain (BCC) (Certificate)

CET2: Demonstrate significant, current, advanced clinical practice in Suicide Prevention, by documenting a minimum of 500 clinical hours or 2 years, to include all of the following modalities:

An optional Template is posted under the Suicide Prevention Specialty at NAVAC.net, for tracking the self-attested hours for CET2 and CET3. Alternately, REF1 writers must provide attestation to each of the specific CET2 requirements below.

CET2. a. Active participation as the spiritual care provider in one or more Interdisciplinary treatment teams where patient suicide risk is routinely addressed, and where chaplain participation results in appropriate discussion, referrals, consults and treatment recommendations to reduce suicide risk. *(Self-attestation and REF1)*

CET2. b. Provision of at least 40 unique complex / extended encounters demonstrating provision of Spiritual Care for Suicide Ideation as well as Suicide Postvention Care for Bereaved Families and Staff. *(Self-attestation and REF1. Documentary evidence such as (redacted) list of workload encounters, consults, or other similar tracking encouraged/expected.)*

CET2. c. Teaching of four or more “In-service Training” or equivalent activities – to train VA colleagues in any aspect of chaplaincy role in suicide prevention. *(Self-attestation and REF1. Documentary evidence such as a PowerPoint, podcast, or training flyer encouraged/expected.)*

CET2. d. Participation in Community Outreach for suicide prevention, with at least four different examples of: helping to plan or officiate a community vigil or suicide prevention activity, training local clergy, serving as a guest speaker, participating on a community suicide prevention council, publishing an article, etc. *(Self-attestation and REF1. Documentary evidence such as a PowerPoint, podcast, bulletin, program flyer, or publication encouraged/expected.)*

CET2. e. Provision of at least 20 hours of Suicide Postvention Bereavement Support, with two different examples, for example provision of funerals, memorials, grief counseling, creation and facilitation of a suicide survivor grief group, bereavement calls, or other similar activities to support survivors. *(Self-attestation, documentary evidence, REF1 and REF3)*

CET3: Completion of 80 hours of Continuing Clinical Education in Suicide Prevention, with at least 25% of this training specific to the intersection of spirituality, spiritual care and suicide prevention, and including all of the following modalities:

In lieu of the below requirements, all initial continuing education requirements for this specialty certification may be fulfilled by completion of the VHA Chaplain Advanced Education (CAVE) Suicide Prevention specialty track.

CET3. a. Standard TMS course on Suicide; these course numbers and titles change frequently, so no specifics will be cited here, but the expectation is the most current standard TMS training for clinicians. (*Certificates or self-attestation with annotated list indicating items completed and key learnings.*)

CET3. b. Contact hours for other suicide-related webinars, grand rounds, TMS trainings, suicide prevention symposium, outside training, etc. (over 100 topics/year are available online from TMS, plus many more are available free from national suicide prevention websites, see Recommended Reading and Resources). (*Certificates or self-attestation with annotated list indicating items completed and key learnings.*)

CET3. c. Reading journal articles and books, viewing documentaries, or reviewing web resources from the list of ‘Recommended Reading and Resources’ (*Self-attestation with annotated list indicating items completed and key learnings.*)

CET3. d. Completion of peer reviewed simulation training in Suicide Prevention – intervention and counseling skills. (*Certificates or peer-attestation, or self-attestation with annotated list indicating items completed and key learnings.*)

CET3. e. Training in Safety Planning including Reduction of Lethal Means. (*Certificates or self-attestation with annotated list indicating items completed and key learnings.*)

CET3. f. Training related to Postvention Care including healing from traumatic grief and postvention protocols. (*Certificates or self-attestation with annotated list indicating items completed and key learnings.*)

Section 2. Competencies:

Clinical Suicide Prevention Competencies:

COMP1. a. Describe your protocol, tools and resources to safely manage a patient with active suicide ideation, in each of the following venues: inpatient; telephone/telehealth; outpatient walk-in; clinical group setting; community setting. (*Short narrative and REF2.*)

COMP1. b. Clearly articulate your role in Suicide Risk Identification as a VA Healthcare Provider (VHA Directive 1071(1), TMS 39341 and Suicide Risk Identification and Management (sharepoint.com)). Report on your application of these responsibilities in coordination with your local Suicide Prevention Team. Demonstrate how you are serving as a subject matter expert in VA Chaplain Suicide Prevention roles and responsibilities within your local Chaplain Service Team. (*Short narrative and REF2.*)

COMP1. c. List VA resources and community referrals that you might include in a plan of care for an individual who reports chronic non-acute suicide ideation. (*Short narrative and REF2.*)

Spiritual Care Suicide Prevention Competencies

(In addition to suicide prevention competencies such as those above, which every interdisciplinary clinician should master, the following competencies are specific to the practice of pastoral care):

COMP2. a. Concisely explain VA Chaplains' roles and responsibilities in Suicide Prevention with particular reference to VHA Directive 1160.07 (and the policies and links referenced therein). Frame your explanation using three different scripts based on your audience: a. Your interdisciplinary colleagues, b. Your hospital administrators/leaders, and c. Your patients. (Short narrative and REF2.)

COMP2. b. Explain how you navigate issues related to clergy confidentiality, therapeutic trust and mandatory reporting in the healthcare chaplaincy environment. (*Short narrative and REF2.*)

COMP2. c. Describe how you assess for underlying or unspoken spiritual conditions that are associated with suicidal ideation and how this informs the plan of care. Give two different examples using (redacted) case examples if possible. (Examples: loss of purpose and meaning; abandonment; moral injury; grief; shame; broken relationships). (*Short narrative and REF2.*)

COMP2. d. Clearly articulate your responsibilities and competencies in Postvention, as outlined in VHA Directive 1160.07 (and the policies and links referenced therein) and informed by the many resources available within the Postvention Community (both VHA and community resources). This will include skills development in the specialty field of postvention bereavement care for those who have experienced traumatic loss, addressing the needs of both bereaved families and professionals (providers, care units, and those with oversight responsibilities). Report on your updated education in postvention care. Report progress on integrating postvention support with your local Suicide Prevention Team. (*Short narrative and REF2.*)

COMP2. e. Demonstrate skill and commitment in keeping abreast of best practices in Suicide Prevention. Give 2 examples from the last 2 years of staying current. (*Short narrative.*)

Section 3. References:

REF1: A recommendation letter from a Suicide Prevention Coordinator, Mental Health provider or Program Manager (or equivalent), describing the candidate's involvement with suicide prevention (*Section 1, CET2*).

REF2: A recommendation letter from a mental health or chaplain sponsor, including a checklist assessing the competencies in Section 2 (*Competent YES/NO/Not observed*).

REF3: A thank-you card or testimony from a patient, family, staff member, redacted for privacy.

- #NeverWorryAlone free consultation for any provider, community or VA, who serves Veterans at risk of suicide.
https://www.mirecc.va.gov/visn19/consult/docs/SRM_OnePager.pdf

II. Suicide in Military and Veteran Populations

- Elbogen, E. B., Wagner, H. R., Kimbrel, N. A., Brancu, M., Naylor, J., Graziano, R., Crawford, E., & VA Mid-Atlantic MIRECC Workgroup (2017, June 19). Risk Factors for Concurrent Suicidal Ideation and Violent Impulses in Military Veterans. *Psychological Assessment*. Advance online publication.
- Executive Summary of the DoD Annual Suicide Event Report, most current year (1.5 pages)
<http://www.dsps.mil/Prevention/Data-Surveillance/DoDSER-Annual-Reports/>
- Government Accounting Office 2016 Report on Stigma
<http://www.gao.gov/assets/680/676633.pdf>
- 2018 CDC Report: <https://www.cdc.gov/media/releases/2018/p0607-suicide-prevention.html>
- VA National Suicide Data Report 2005-2016 by the Office of Mental Health and Suicide Prevention, updated September 2018 (~ 10 pages)
https://www.mentalhealth.va.gov/suicide_prevention/Suicide-Prevention-Data.asp
- National Strategy for Preventing Veteran Suicide 2018-2018
https://www.mentalhealth.va.gov/suicide_prevention/docs/Office-of-Mental-Health-and-Suicide-Prevention-National-Strategy-for-Preventing-Veterans-Suicide.pdf
- "I Am Sorry That It Has Come to This": A Soldier's Last Words, by Daniel Somers, and published with family's permission at <https://gawker.com/i-am-sorry-that-it-has-come-to-this-a-soldiers-last-534538357>
- Preventing Suicide Among Older Veterans: Resources and tips for Veterans, family members, caregivers, and friends. US Department of Veterans Affairs, Veterans Health Administration: Office of Mental Health and Suicide Prevention (August 2018)
- Pietrzak, R. H., Russo, A. R., Ling, Q., & Southwick, S. M. (2011). Suicidal ideation in treatment-seeking Veterans of Operations Enduring Freedom and Iraqi Freedom: The role of coping strategies, resilience, and social support. *Journal of Psychiatric Research*, 45, 720- 726.

III. Religion, Spirituality, and Suicide

- Currier, J. M., Smith, P. N., & Kuhlman, S. (2015, September 21). Assessing the Unique Role of Religious Coping in Suicidal Behavior among U.S. Iraq and Afghanistan Veterans. *Psychology of Religion and Spirituality*.
- Hecht, Jennifer Michael, Yale University Press, 2013. *Stay: A History of Suicide and the Arguments Against It*. She provides religious, philosophical and moral annotations of how society (primarily Western) has dealt with and processed suicide.
- Kearney, M. & Weinger, R. (2012). Care of the soul. In M. Cobb, C.M. Puchalski, and B. Rumbold (Eds.), *Oxford Textbook of Spirituality in Healthcare* (274-278). New York: Oxford University Press.
- Kinghorn, W. (2012). Combat Trauma and Moral Fragmentation: A Theological Account of Moral Injury. *Journal of the Society of Christian Ethics*, 32(2), 57-74
- Lusk, J., Dobscha, S. K., Kopacz, M., Frances Ritchie, M., & Ono, S. (2017). Spirituality, religion and suicidality among veterans: a qualitative study. *Archives of Suicide Research*. Advance online publication.

- Mason, K. (2014). *Preventing suicide: A handbook for pastors, chaplains, and pastoral counselors*. Downers Grove, IL: InterVarsity Press.
- Mason, K., Geist, M., & Clark, M. (2017). A developmental model of clergy engagement with suicide. *Omega – Journal of Death and Dying*. doi: 10.1177/003022281771328
- Mason, K., Kim, E., & Martin, W. B. (2018). Clergy use of suicide prevention competencies. *Omega – Journal of Death and Dying*. doi: 10.1177/0030222818777373
- Moore, Melinda, editor. (2017). *The Suicide Funeral (or Memorial Service): Honoring Their Memory, Comforting Their Survivors*. Eugene, OR: Resource Publications. (9781498289580). This is an aid to anyone who will be called upon to do a funeral for the nearly 43,000 suicides in America each year. This book is designed to assist clergy, chaplains, and other faith leaders as they develop sermons and homilies for a funeral service.
- National Action Alliance for Suicide Prevention: Faith Communities Task Force. (2019). *Suicide prevention competencies for faith leaders: Supporting life before, during, and after a suicidal crisis*. Washington, DC: Education Development Center.
- Townsend, Loren, (2006). *Suicide: Pastoral Responses*, Abingdon Press. (9780687492978). Gives pastors strategies to effectively respond to persons at possible risk for suicide and families of suicide victims. This is an aid to anyone who will be called upon to do a funeral for the nearly 43,000 suicides in America each year. This book is designed to assist clergy, chaplains, and other faith leaders as they develop sermons and homilies for a funeral service.

IV. VA Chaplaincy and Suicide Prevention

- Kopacz, M. S., O'Reilly, L. M., Van Inwagen, C. C., Bleck-Doran, T. L., Smith, W. D., & Cornell, N. (2014). Understanding the Role of Chaplains in Veteran Suicide Prevention Efforts: A Discussion Paper. *Sage Open*, 4(4), 1-10.
- Kopacz, Marek S. and Michael J. Pollitt. "Delivering Chaplaincy Services to Veterans at Increased Risk of Suicide." *Journal of Health Care Chaplaincy*, 2015, 21:1, 1-13.
- Kopacz, M.S., Nieuwsma, J.A., Jackson, G.L., Rhodes, J.E., Cantrell, W.C., Bates, M.J., & Meador, K.G. (2016). Chaplains' engagement with suicidality among their service users: Findings from the VA/DoD Integrated Mental Health Strategy. *Suicide and Life-Threatening Behavior*, 46, 206-212.
- Kopacz, M.S., Kane, C.P., Pigeon, W.R., & Nieuwsma, J.A. (2017). Chaplaincy Encounters Following a Suicide Attempt. *Journal of Health Care Chaplaincy*, 23, 167-173.
- *Memorandum of Understanding between the VA National Office of Suicide Prevention and the VA National Chaplain Center* (August, 2016)
- Nieuwsma, J., Walser, R., Farnsworth, J., Drescher, K., Meador, K., & Nash, W. (2015). Possibilities within acceptance and commitment therapy for approaching moral injury. *Current Psychiatry Reviews*, 11(3), 193-206.
- Parker, Ryan and John Oliver. "Spiritual Dimensions of Suicide Prevention: A Model for Interdisciplinary Collaboration." *VA Chaplaincy Best Practice*. Accepted/Approved by VA National Chaplain Center (Hampton, Virginia), April 29, 2018.

V. Additional Resources from the Veterans Health Administration (VHA)

- TMS (Talent Management System) Currently over 100 Suicide Prevention course offerings, with important focus areas such as telehealth, older adults, youth, and seriously mentally ill.
- U.S. Dept. of Veteran Affairs Vet Centers (Readjustment Counseling) Individual, couples and family therapy and outreach services for combat Veterans and their families.

- www.vetcenter.va.gov or call 1-800-905-4675 (Eastern) and 1-866-496-8838 (Pacific)
- Rocky Mountain MIRECC Center of Excellence for Suicide Prevention
<https://www.mirecc.va.gov/visn19/>
- Rocky Mountain MIRECC / COE Uniting for Suicide Postvention
<https://www.mirecc.va.gov/visn19/postvention/>
- Rocky Mountain MIRECC / COE Lethal Means Safety
<https://www.mirecc.va.gov/visn19/lethalmeanssafety/>
- MIRECC / COE Mental Health and Chaplaincy
<https://www.mirecc.va.gov/mentalhealthandchaplaincy/>
- VISN2 MIRECC Center of Excellence for Suicide Prevention
<https://www.mirecc.va.gov/suicideprevention/>
- VA SharePoint for Suicide Risk Identification and Management
<https://dvagov.sharepoint.com/sites/ECH/srsa/>
- SPRINT (Suicide Prevention Research Network)
<https://www.hsrd.research.va.gov/centers/core/sprint.cfm>
- VHA Directive 1160.07 Suicide Prevention Program (to be released in 2021)
- Suicide Prevention Program Guide (SPPG) (released 1/7/2021, obtain from your local SPC)
- FY20 Postvention Team Pilot
<https://dvagov.sharepoint.com/sites/VHACHaplainservices/Grief%20and%20Bereavement/Forms/AllItems.aspx?id=%2Fsites%2FVHACHaplainservices%2FGrief%20and%20Bereavement%2FFY20%20Postvention%20Team%20Pilot%20Final%20Report%2Epdf&parent=%2Fsites%2FVHACHaplainservices%2FGrief%20and%20Bereavement>

VI. Community, NGOs, and Government Referral Resources

- Postvention Toolkit for a Military Suicide Loss
<https://www.dspo.mil/Portals/113/Documents/PostventionToolkit.pdf>
- Community, County, State and Tribal Organizations. Many robust suicide prevention programs are administered at local levels, offering education, awareness events, peer and survivor groups. It is important to connect with and to support local community networks, which can help serve and support the veterans/families in your area.
- American Association of Suicidology A resource and education organization dedicated to the understanding and prevention of suicide. www.suicidology.org or call 202-237-2280
- American Foundation for Suicide Prevention Dedicated to advancing the public's knowledge of suicide and its prevention. www.afsp.org or call 1-888-333-AFSP (2377)
- Centers for Disease Control and Prevention (CDC) Promote prevention of diseases and provide statistical information on various health and mental health topics. 800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24 Hours/Every Day - cdcinfo@cdc.gov
- Dougy Center The National Center for Grieving Children and Families .Support for children, teens, young adults and families grieving a death. <http://www.dougy.org/>
- Healthy Place Consumer mental health site. For gay, lesbian, bisexual and transgendered youth <http://www.healthyplace.com/gender/gay-is-ok/gay-lesbian-bisexual-transgender-youth-suicide/menu-id-1420>
- Hispanic Community Resource Helpline 1-800-473-3003 (La Linea Nacional de Ayuda) Offers support for Latinos who need information about educational, health, and human service providers.

- Link's National Resource Center for Suicide Prevention and Aftercare (LINK–NRC) Provides suicide-related community education in prevention, intervention, aftercare, and support. www.thelink.org or call 404-256-9797
- National Alliance on Mental Illness (NAMI) Offers information, support, and advocacy for persons affected by mental illnesses. www.nami.org 1-800-950-NAMI (6264)
- National Organization for People of Color Against Suicide Addresses and raises awareness about suicide in minority communities. www.nopcas.com or call 1-866-899-5317
- National Strategy for Suicide Prevention A comprehensive national plan to confront suicide in the United States. <https://www.samhsa.gov/find-help/suicide-prevention>
- Office for Victims of Crime. Resources for co-victims or survivors of homicide, including suicide/homicide. https://www.ovc.gov/pubs/helpseries/HelpBrochure_Homicide.html
- SAMHSA Health Information Network Connects the behavioral health workforce and the general public to the most current and comprehensive information on the prevention and treatment of mental and substance use disorders. To speak with a Specialist 24/7 (English/Spanish): (1-800-662-4357) For treatment referrals, call 1-800-662-HELP For all other inquiries, call 1-877-SAMHSA-7 (1-877-726-4727) M – F, 8 a.m. – 8 p.m. ET
- Suicide Prevention Action Network (SPAN) Advocacy for suicide prevention funding and legislation <http://www.spanusa.org/>
- Suicide Prevention Resource Center Supports suicide prevention with the best of science, skills, and practice. www.sprc.org 1-877-GET-SPRC (438-7772)
- The Trevor Helpline 1-866-4U-TREVOR A national 24-hour, toll-free suicide prevention hotline aimed at gay and questioning youth. www.thetrevorproject.org
- Military One Source 24/7 resource for military members, spouses, and families www.militaryonesource.com or call 1-800-342-9647
- Real Warriors The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families. www.realwarriors.net

VII. Suicide Postvention and Resources for Survivors of Suicide (Family members, caregivers, clinicians, etc.)

- American Association of Suicidology Survivors Resource Page: <http://www.suicidology.org/web/guest/suicide-loss-survivors>
- World Suicide Prevention Month (September) and Day (September 10) <https://www.iasp.info/wspd2019/>
- National Survivors of Suicide Day Every year since 1998 on the Saturday before Thanksgiving, the American Foundation for Suicide Prevention (AFSP) sponsors National Survivors of Suicide Day, which provides an opportunity for those who have lost someone to suicide to come together for support. Healing, information and empowerment. Linking simultaneous local survivor conferences around the world through a web or DVD based survivor panel, NSSD helps survivors express and understand the powerful emotions they experience and connect with others who have survived the tragedy of someone's suicide.
- Suicide Grief Support Forum Board Provides information and support to anyone whose life has been touched by suicide. This board is an outreach project of the Parents of Suicides (POS) and Friends & Families of Suicides (FFOS) Internet Communities. The Board began on October 2, 2002. Visit www.samaritans.org or e-mail jo@samaritans.org or go to www.befrienders.org for

international telephone numbers.

- Tragedy Assistance Program for Survivors (T.A.P.S.) TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death. www.taps.org or call 1-800- 959-TAPS (8277)

VIII. Recommended Books

- *A Special Scar: The Experience of People Bereaved by Suicide, (2nd Ed.)*. Wertheimer, A. (2001). Brunner-Routledge. The author (who lost her sister to suicide) presents interviews with fifty survivors, and covers a wide range of issues, including the press, stigma, guilt, anger and rejection.
- *After a Parent's Suicide: Helping Children Heal*. Requarth, M. (2008). Healing Hearts Press. Written by a bereavement counselor who lost her own mother to suicide when she was just under four years old, this book offers constructive, compassionate and clear suggestions for helping children.
- *After a suicide: a ray of hope for those left behind*. Ross, E. Betsy. (2001). Da Capo Press.
- *After a Suicide: A Workbook for Grieving Kids*. The Dougy Center. (2001). Portland, OR: The Dougy Center. Developed for use with children, this workbook combines explanations of mental illness and suicide, creative exercises, practical advice, and quotations from child survivors.
- *After a Suicide: Young People Speak Up*. Kuklin, S. (1994). Putnam Publishing Group. Nine personal accounts of survivors, many of whom are teens. Each account focuses on a specific topic, such as losing a parent, losing a sibling, seeking therapy, support groups.
- *After Suicide Loss: Coping with Your Grief*. Baugher, B. & Jordan, J. (2001). Newcastle, WA: The Family Loss Project. Available through AFSP. This excellent handbook is organized chronologically, around the first days, weeks, and months of a suicide loss. It includes straightforward information about psychiatric disorders, and when to seek professional help, as well as practical strategies for coping and healing.
- *Before Their Time: Adult Children's Experiences of Parental Suicide*. Stimming, M. T. & Stimming, M. (1999). Philadelphia, PA: Temple University Press. Presents adult children survivors' accounts of their loss, grief, and resolution following a parent's suicide. Separate sections offer perspectives on the deaths of mothers and fathers. Also includes the reflections of four siblings on the shared loss of their mother.
- *But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors*. Rubel, B. (2000). Kendall Park, NJ: Griefwork Center, Inc. Told from the point of view of a child, this book is intended for adults to read and then share with children.
- *Child Survivors of Suicide: A Guidebook for Those Who Care for Them*. Parkin, R. & Dunne-Maxim, K. (1995). This practical guide offers guidance for family members, educators, and others who deal with young survivors. (Available through AFSP.)
- *Dying to Be Free: A Healing Guide for Families after a Suicide*. Cobain, B. & Larch, J. (2006). Hazeldon. Co-authored by the cousin of Kurt Cobain, the lead singer of the band Nirvana who took his own life in 1994, and a crisis intervention specialist, this book combines personal accounts from survivors with practical guidance for coping with suicide loss.
- *Finding your way after the suicide of someone you love*. David B.(2009) Biebel & Suzanne L. Foster. Zonderman Publishing
- *Healing After the Suicide of a Loved One*. Smolin, A. & Guinan, J. (1993). New York, NY: Fireside. So many survivors struggle with wondering, "why?" and "what if?" This book contains

- case studies together with advice, to help survivors begin to heal.
- *Left behind after suicide*. July 2009. Harvard Health Publications.
http://www.health.harvard.edu/newsletters/Harvard_Womens_Health_Watch/2009/July/Left-behind-after-suicide
 - *My Son, My Son: A Guide to Healing After Death, Loss or Suicide*. Bolton, I. with Mitchell, C. (1984). Atlanta, GA: Bolton Press. A mother's account of her progression through the grief process after the suicide of her 20-year old son.
 - *No Time to Say Goodbye: Surviving the Suicide of a Loved One*. Fine, C. (1999). Mainsfield, OH: Main Street Books. Following the suicide of her husband, the author interviewed over 100 suicide survivors. She weaves their experiences into her book, creating a story of loss, grief and survival.
 - *Preventing suicide: A handbook for pastors, chaplains, and pastoral counselors*. Mason, K. (2014). DownersGrove, IL: InterVarsity Press.
 - *Sanity & Grace: A Journey of Suicide, Survival, and Strength*. Collins, J. (2003). New York, NY: Jeremy P. Tarcher. A grieving mother and celebrity shares her own story about the loss of her son to suicide and her own struggle with mental illness.
 - *Silent Grief: Living in the Wake of Suicide*. Lucas, C. & Seiden, H. M. (1997). Northvale, MI: Jason Aronson. Co-authored by a psychologist and a survivor of multiple suicide losses, this book is written with sensitivity and understanding, and offers simple, constructive suggestions for healing along with straightforward information and a message of hope.
 - *Someone I Love Died By Suicide: A Story for Child Survivors and Those Who Care for Them*. Cammarata, D. (2001). Palm Beach Gardens, FL: Grief Guidance. An illustrated book that explains depression and suicide in child-friendly language.
 - *Suicide of a Child*. Wroblewski, A. (1993). Omaha, NE: Centering Corp. A basic guide for early bereavement after your child's suicide. Comfortable, compassionate, easy-to-read observations and personal messages.
 - *Suicide Survivors' Handbook -- Expanded Edition*. Carlson, T. (2000). Benline Press. Providing specific suggestions and practical advice from other survivors, the author addresses the questions: Why? What about shame and guilt? How long does the pain last? What helps? How do you deal with others?
 - *Supporting those left behind by military suicides* – Sarah Gonzalez. Gonzalez National Public Radio 10/21/10.
 - *Surviving suicide: Help to heal your heart*. Heather Hays- 2005. Brown Publishing.
 - *Survivors of Suicide*. Robinson, R. & Hart, P. (2001). New Age Books. A compilation of advice and survivor stories.
 - *The Empty Chair: The Journey of Grief After Suicide*. Glover, B.S. (2000). In-Sight Books. The grief process as experienced by a variety of people dealing with different emotions following the suicide of a family member.
 - *The Gift of Second: healing from the Impact of Suicide*, Brandy Lidbeck (2016) Gift Pub.
 - *The Suicidal Mind*, Edwin Shneidman (a co-founder of the American Association of Suicidology, www.suicidology.org) outlines what he calls "the 10 psychological commonalities of suicide."
 - *The Wilderness of Suicide Grief*, Wolfeldt, Alan D, and other resources for groups and counseling at The Center for Loss and Life Transition, <https://www.centerforloss.com/>
 - *Those they left behind*. (2006). Karen Mueller Bryson. Lulu.com
 - *Touched by Suicide: Hope and Healing After Loss*. Myers, M. F. & Fine, C. (2006). Gotham. Co-authored by a psychiatrist and survivor, this book offers detailed steps, practical suggestions, and

compassionate advice for how to cope with all aspects of suicide.

- *When Suicide Comes Home: A Father's Diary and Comments*. Cox, P. (2002). Roswell, GA: Bolton Press Atlanta. A father's perspective on the first year following his son's suicide, this book is written in a simple, straightforward way – an easy read for early grief. While written from a father's perspective, female readers (especially spouses) have said that it helped them better understand the male experience of grief.
- *Why People die by Suicide* by Thomas Joiner (2005) Harvard University Press. Drawing on the pain of this experience as well as on clinical and epidemiological evidence, Joiner has managed to conduct significant research into why some people die by suicide, while others survive their attempts at self-annihilation.

IX Recommended Documentaries, Movies, Videos, Podcasts

- Recommended and Not Recommended Videos for Youth, American Association of Suicidology, <http://www.suicidology.org/resources/recommended-videos>
- Crisis Hotline: Veterans Press One <https://www.hbo.com/documentaries/crisis-hotline-veterans-press-1-doc/crisis-hotline-veterans-press-1>
- The S Word <https://theswordmovie.com/>
- Ripple Effect <http://suicidetherippleeffect.com/>
- Almost Sunrise <http://sunrisedocumentary.com/>
- Overcoming Moral Injuries, Joshua Mantz TEDxSantoDomingo <https://youtu.be/ORBf73HiJns>
- Soldiers of Conscience <http://www.pbs.org/pov/soldiersofconscience/>
- The Invisible War <http://www.pbs.org/independentlens/films/invisible-war/>
- Lioness <http://www.pbs.org/independentlens/lioness/film.html>

X. Recommended Training

- Asist (Applied Suicide Intervention Skills [Training](https://www.livingworks.net/programs/asist/)) and other classes, learn more at <https://www.livingworks.net/programs/asist/>
- CALM (Counseling on Access to Lethal Means), a free 2 hour online course available from the Suicide Prevention Resource Center, <http://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>
- Chaplains-CARE Training Program, a free 6 hour course accessible to VA Chaplains after creating a MilLife Account at <https://millifelearning.militaryonesource.mil/> and searching the catalog <https://millifelearning.militaryonesource.mil/MOS/f?p=332:8::NO::> Note that the search term should be "chaplains" or "chaplains CARE" with no hyphen -- there is no hyphen in the current title name on MilLife, so this will invalidate your results. The full title is "Chaplains CARE Training Program."
- QPR (Question, Persuade, Refer), various classes including veteran-specific, at <https://qprinstitute.com/>
- SAVE (Gatekeeper Training), 24 minute video, useful for general education of public or new employees/volunteers; not adequate for clinicians. <https://psycharmor.org/courses/s-a-v-e/>
- The Need for Military Caring Houses of Worship and other videos on the playlist of Military Outreach USA, <https://www.youtube.com/channel/UCwN7siwykXQF65QPBMGXCIw>

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