

It'll Treat You Better Than a MRE

Using Screening to Prevent Veteran Suicide

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UNIVERSITY of MARYLAND
SCHOOL OF SOCIAL WORK



Screening for
Mental Health®



Panelists

- Deacon Taylor, Veteran of the United States Army and the National Chair of the Veterans Party of America
- Dr. April Foreman, Licensed Psychologist serving Veterans as Suicide Prevention Coordinator for Southeast Louisiana Veterans Health Care System
- Dr. Jodi Jacobson Frey, Associate Professor at University of Maryland, Baltimore School of Social Work
- Lakhana Peou, Director of Programs at Screening for Mental Health
- Tomas K. Cruz, Active Duty Master Sergeant in the United States Army with over 21 years of service

Agenda

- Welcome and Introduction
- Lived Experience
- Importance of screening as a tool to support veterans and prevent veteran suicide
- Overview of the research study
- Healthy Men Michigan Campaign and Outreach Strategies
- Lived experience
- Thank you



**Deacon Taylor, National Chair
Veterans Party of America**



Dr. April Foreman
Suicide Prevention Coordinator
Southeast Louisiana Veteran's Healthcare

Where the story really begins



Digital mental health screens

HOW DATA DONATIONS WORKS FOR YOU

@DocForeman: My mission: Relieve emotional pain, 1 person, 1 problem, 1 minute at a time if necessary, more effective if possible.

Psychologist at the intersection of mental health, suicide prevention, and technology innovation.

Serves Veterans at risk of suicide.



Digital data donation and mental health

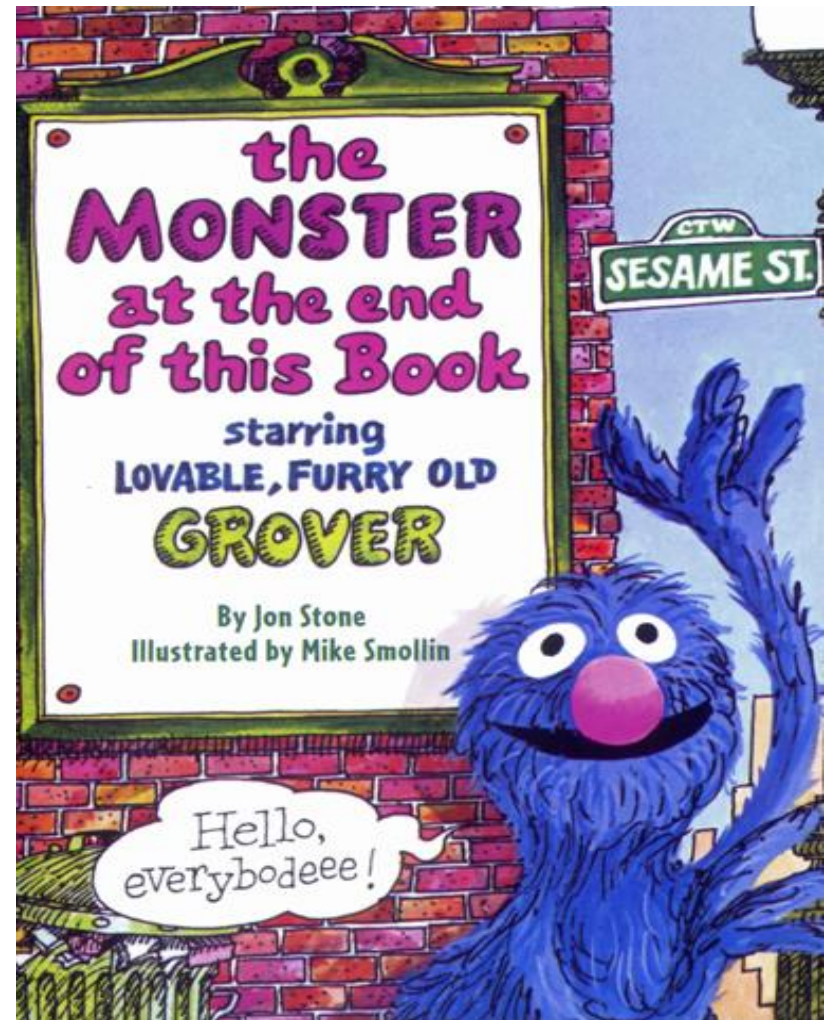
THE “HOW”

- The “Paul Harvey Moment,” or how the story ends
- How it works
- How you benefit
- How it benefits others
- How it changes the world



The monster at the end of the book

- Why public health epidemiologists use the creepy term “Mental Health Surveillance,” why it freaks out regular people like us, and why it shouldn’t.
- But what about my security clearance??
- Realistic risks and rewards.



@DocForeman on Twitter

#SPSM

Facebook (Friend me!)

OurDataHelps.Org

acf@docforeman.com

620-515-0439



Dr. Jodi Jacobson Frey
Associate Professor
University of Maryland, Baltimore
School of Social Work

Middle aged men and depression

“Although men in the middle years (MIMY)—that is, men 35–64 years of age—represent 19 percent of the population of the United States, they account for 40 percent of the suicides in this country. The number of men in this age group and their relative representation in the U.S. population are both increasing. If the suicide rate among men ages 35–64 is not reduced, both the number of men in the middle years who die by suicide and their contribution to the overall suicide rate in the United States will continue to increase.”

Suicide Prevention Resource Center (2016).
Preventing suicide among men in the middle years:
Recommendations for suicide prevention programs.
Waltham, MA, Education Development Center, Inc. p. 3

SUICIDE: MICHIGAN 2016 FACTS & FIGURES

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Michigan	1,354	13.23	32
Nationally	42,773	12.93	



Suicide is the **10th leading** cause of death overall in Michigan.



On average, one person dies by suicide approximately **every 6.5 hours** in the state.

Based on most recent 2014 data from CDC



Suicide cost Michigan a total of **\$1,501,780,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,189,058** per suicide death.

IN MICHIGAN,
SUICIDE
IS THE...

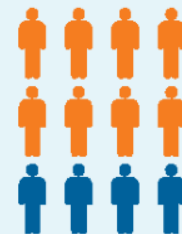
2nd leading
cause of death
for ages 10-34

4th leading
cause of death
for ages 35-54

8th leading
cause of death
for ages 55-64

18th leading
cause of death
for ages 65 & older

Over twice as many people in Michigan die by suicide than by homicide. The total deaths to suicide in Michigan reflect a total of **27,895** years of potential life lost (YPLL) before age 65.



AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org

Healthy Men Michigan

Comprehensive online screening and referral intervention, integrating two existing, and promising, online programs

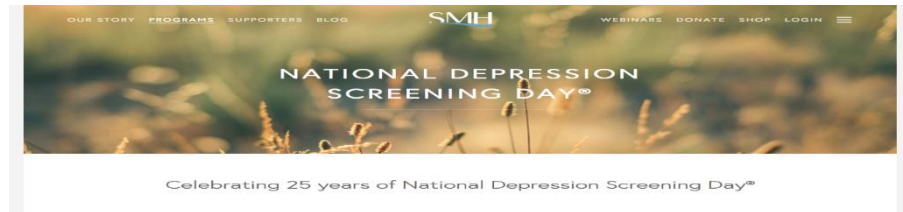
Screening for Mental Health

Man Therapy



Screening for Health, Inc. (SMH)

- National Depression Screening Day



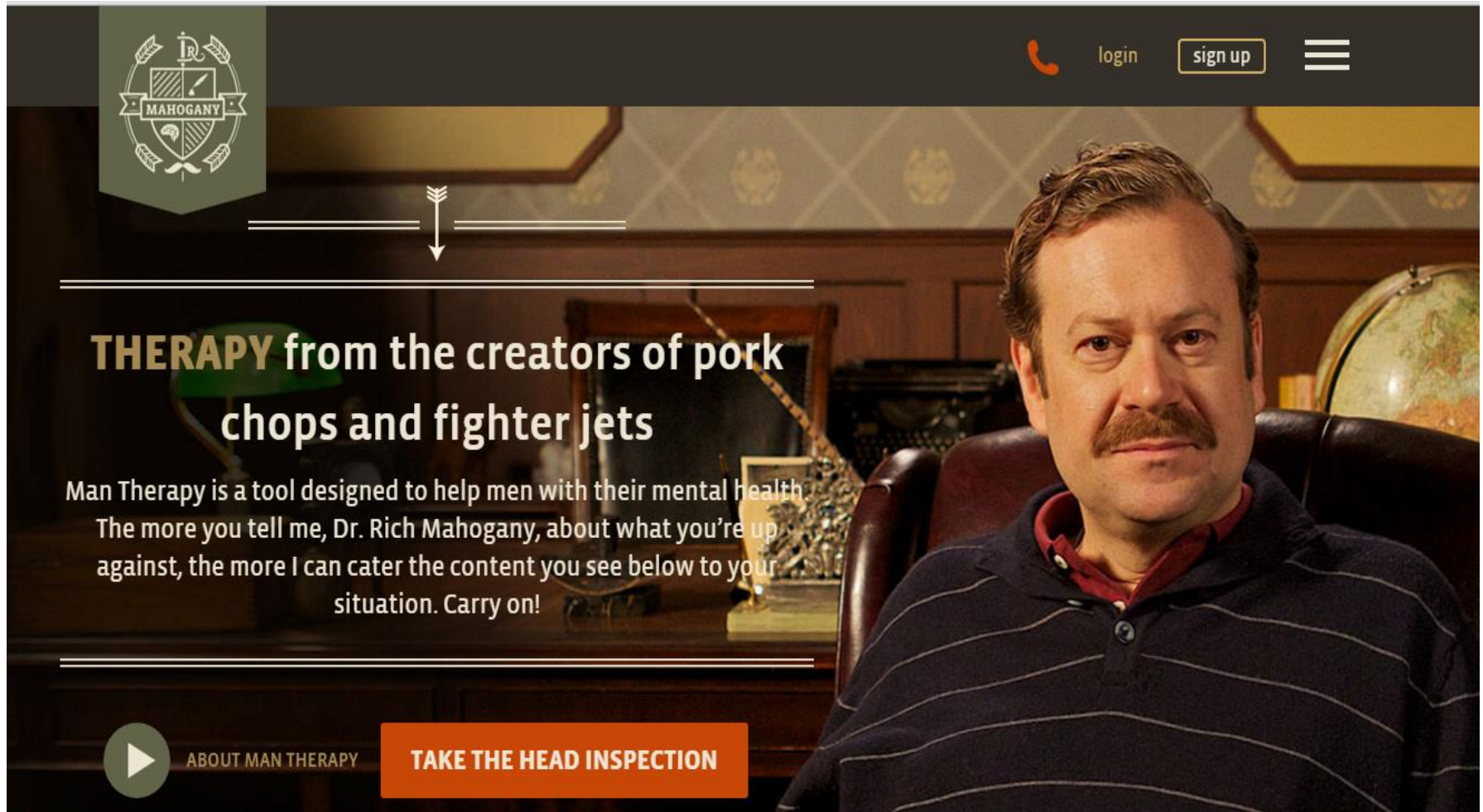
- National Alcohol Screening Day



- National Eating Disorders Awareness Week



Man Therapy



The image shows the landing page of the 'Man Therapy' website. The background is a video frame featuring Dr. Rich Mahogany, a man with a mustache, sitting in a leather chair in a study. The website has a dark header with a logo on the left, a phone icon, 'login' and 'sign up' buttons, and a menu icon on the right. The main content area has a large headline, a sub-headline, and a paragraph of text. At the bottom, there are two buttons: 'ABOUT MAN THERAPY' and 'TAKE THE HEAD INSPECTION'.

MAHOGANY

login sign up

THERAPY from the creators of pork chops and fighter jets

Man Therapy is a tool designed to help men with their mental health
The more you tell me, Dr. Rich Mahogany, about what you're up against, the more I can cater the content you see below to your situation. Carry on!

ABOUT MAN THERAPY TAKE THE HEAD INSPECTION

Therapy. The Way A Man Does It

MassMen.org





<http://www.ssw.umaryland.edu/healthymenmichigan>

Healthy Men Michigan Campaign

Thank you for your interest in the Healthy Men Michigan Campaign and the parallel research study evaluating the online mental health programs used in the Campaign. [Dr. Jodi Jacobson Frey](#), associate professor at the University of Maryland School of Social Work, is the Principal Investigator who is leading the study. This web page provides an overview of the study and some information about the Campaign. We invite you to contact [Dr. Frey](#) with questions about the study and to learn more about participating as a community partner.



Background to the Problem:

Suicide is the leading cause of injury death among men in Michigan ([source](#)). Middle-aged men are not only at higher risk for suicide but are also often less likely to personally identify signs of mental health problems and to engage in mental health services. Preventing suicide among men in this age range requires innovative and comprehensive programs.



Response to the Problem:

Healthy Men Michigan is a campaign designed



Lakhana Peou, MSW
Director of Programs
Screening for Mental Health, Inc.

[TAKE A SCREENING](#)[PRIVACY POLICY](#)

Welcome to Healthy Men Michigan

Healthy Men Michigan is a campaign dedicated to engaging men in important conversations about mental health. We offer free and anonymous mental health screenings to help you learn if the symptoms you are experiencing are consistent with depression or another common and treatable mental health disorder. At the end of the screening, you will be connected with helpful information and local resources.

[Take a Screening](#)

Healthy Men Michigan: Statewide campaign



Healthy Men



MICHIGAN

SOCIAL MEDIA POSTS ▼

ABOUT HEALTHY MEN MICHIGAN ▼

FACTS AND STATISTICS ▼



<http://shop.mentalhealthscreening.org/collections/healthy-men-michigan>



Search 0 items Login

HOME

OUR STORY

COLLEGES AND UNIVERSITIES

COMMUNITY ORGANIZATIONS

MIDDLE AND HIGH SCHOOLS

SMH HOMEPAGE

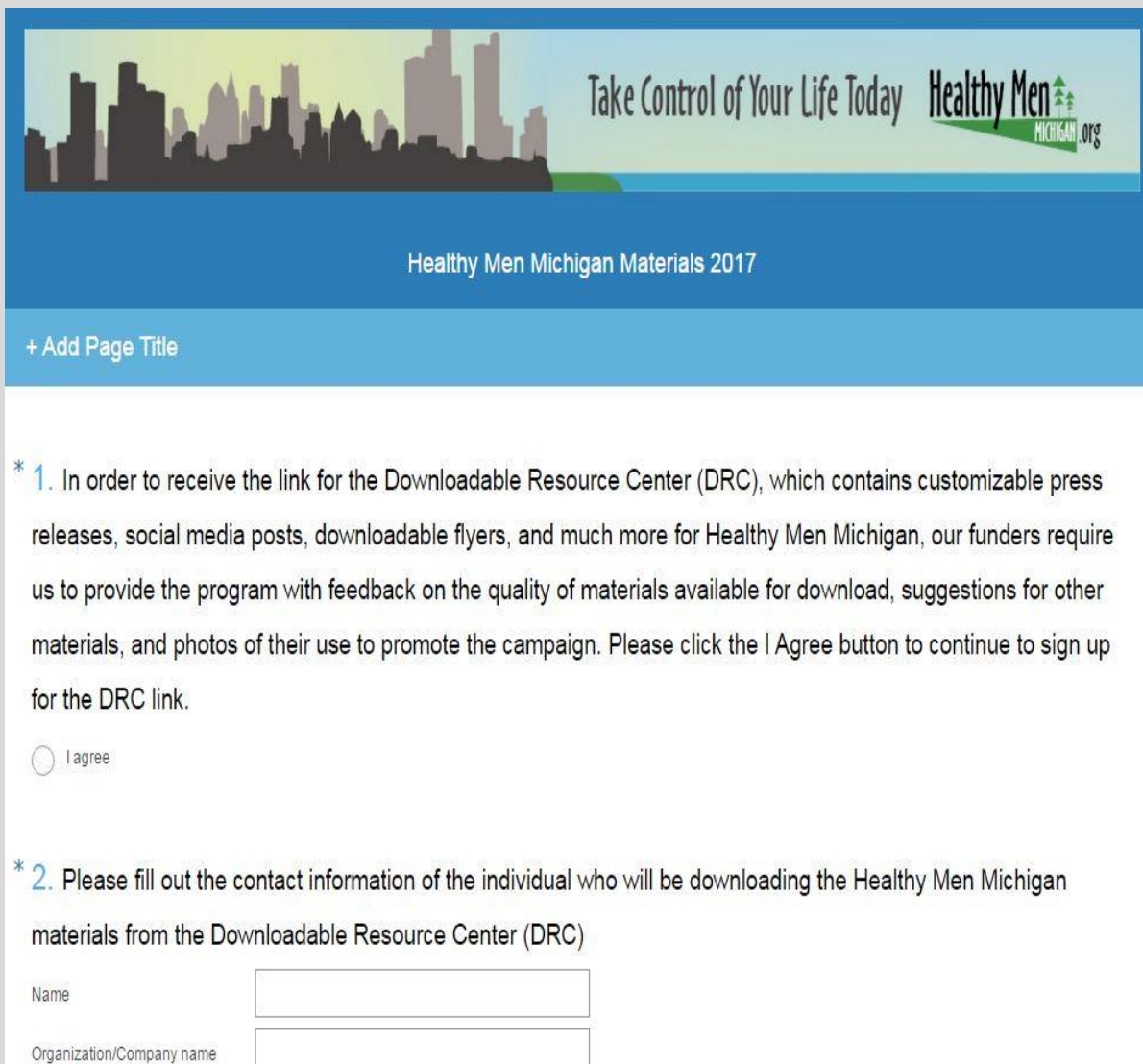
Healthy Men Michigan

HMM

Healthy Men Michigan is a campaign dedicated to engaging men in important conversations about mental health. Learn more at HealthyMenMichigan.org



Downloadable Resource Center



The screenshot shows a registration form for the Healthy Men Michigan Materials 2017. At the top, there is a banner with a city skyline and the text "Take Control of Your Life Today" and "Healthy Men MICHIGAN.org". Below the banner, the title "Healthy Men Michigan Materials 2017" is displayed. A light blue bar contains the text "+ Add Page Title". The form contains two numbered instructions. Instruction 1 explains that users must provide feedback to receive a link to the Downloadable Resource Center (DRC). Instruction 2 asks for contact information. There are two input fields: one for "Name" and one for "Organization/Company name".

Healthy Men Michigan Materials 2017

+ Add Page Title

* 1. In order to receive the link for the Downloadable Resource Center (DRC), which contains customizable press releases, social media posts, downloadable flyers, and much more for Healthy Men Michigan, our funders require us to provide the program with feedback on the quality of materials available for download, suggestions for other materials, and photos of their use to promote the campaign. Please click the I Agree button to continue to sign up for the DRC link.

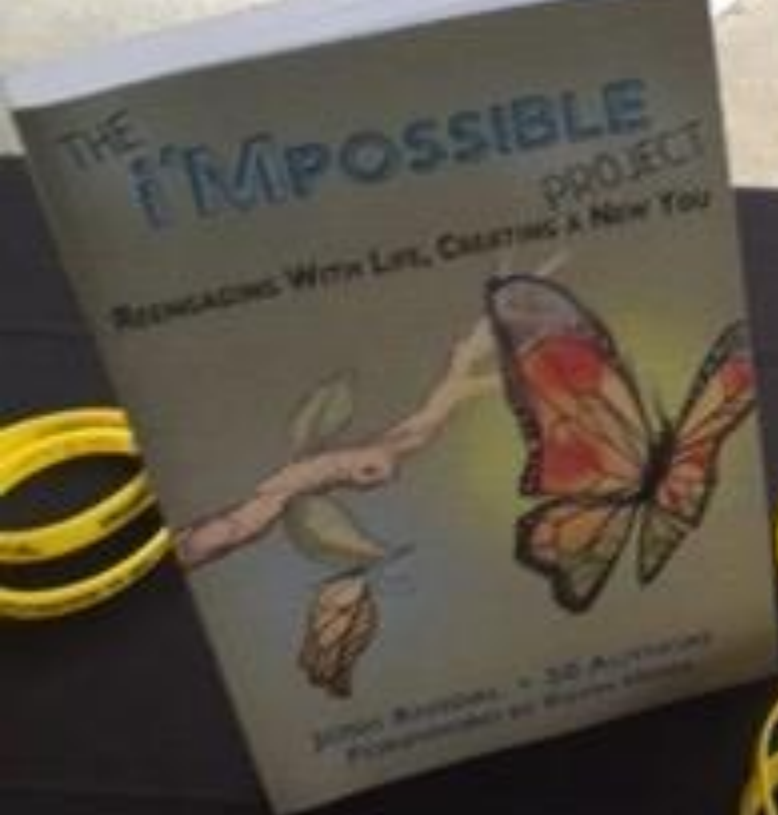
☐ I agree

* 2. Please fill out the contact information of the individual who will be downloading the Healthy Men Michigan materials from the Downloadable Resource Center (DRC)

Name

Organization/Company name

Complete
<https://www.surveymonkey.com/r/DY9ZTJV> to
gain access to
DRC





<https://www.facebook.com/HealthyMenMichigan/>
<https://twitter.com/HealthyMenMI>
healthymenmichigan@mentalhealthscreening.org
<http://healthymenmichigan.org/>



**Tomas K. Cruz, Active Duty Master Sergeant
United States Army**

Thank you for joining us today!

About the Research:

Jodi Jacobson Frey

410-706-3607

[Healthymenmichigan](http://Healthymenmichigan@ssw.umaryland.edu)

[@ssw.umaryland.edu](mailto:Healthymenmichigan@ssw.umaryland.edu)

About the Campaign:

Lakhana Peou

781-239-0071

[Healthymenmichigan](http://Healthymenmichigan@mentalhealthscreening.org)

[@mentalhealthscreening.org](mailto:Healthymenmichigan@mentalhealthscreening.org)

Questions for Deacon Taylor:

970-227-3164

deacontaylor@hotmail.com