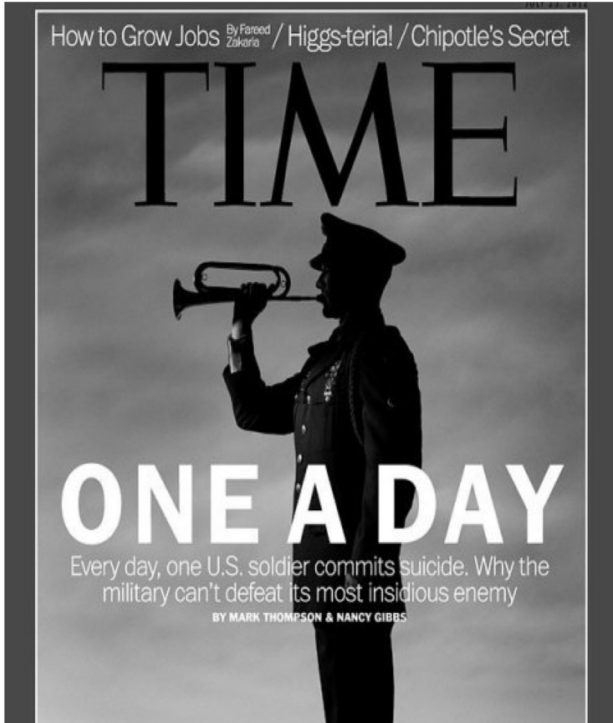


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*Barefoot  
Crusade  
Against Veteran Suicide*



*Awareness is the  
First Step  
Prevention  
Is the Cure!*

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Yellow Ribbon Suicide Prevention Program®

*Thanks  
For  
Your  
Support!*



*Social Justice Committee*



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Reference  
THOMAS J. BERGER, P. (n.d).  
VETERAN SUICIDE PREVEN-  
TION. FDCH Congressional  
Testimony

## Our Inspiration

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### Meet Ron Zaleski:

Mr. Zaleski has been barefoot since 1972. He's walked- barefoot, of course- across the U.S. and the Appalachian Trail collecting signatures to support his **counseling** initiative. He carries a sign bearing a haunting message in bold print:

**"18 Vets a Day Commit Suicide"**

### Consider the Facts:

- Data showed an average of 950 suicide attempts by veterans who are receiving some type of treatment from the VA
- 7% of attempts are successful
- 11% that are not successful try again within nine months
- Although statistics on suicide deaths are not completely accurate because many are not reported as veterans.
- For a suicide to be recognized, examiners must be able to say that the deceased meant to die.



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Strategies to reduce suicides and suicide behaviors by the VA:

- establishment of the Veterans Crisis Hotline and Chatline
  - Social Media Campaign emphasizing VA crisis support services
  - The creation of suicide prevention coordinator (SPCs) positions at all VA facilities
    1. education
    2. training
    3. clinical quality improvement
    4. increased screening
    5. monitoring
    6. interventions to target suicidal ideation
  - The most important interventions are recognizing and treating these underlying illnesses
    1. depression
    2. alcohol and substance abuse
    3. post traumatic stress
    4. traumatic brain injury
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