MWHS-1 Suicide Prevention Resources

1. Force Preservation Council (FPC). The monthly FPCs rely on engaged leadership and mentorship. The department and Squadron leadership as well as the Staff Non-Commissioned Officer (SNCO) and Non-Commissioned Officer (NCO) corps are vital component of the FPC. Leaders at all levels shall utilize the Marine Corps Mentorship Program to ensure they have a comprehensive understanding of each of their Marines and Sailors. This picture is then presented at the FPC where negligible, moderate, serious, and critical personnel are identified and measures are put in place to provide these personnel the best support possible. It is through this engaged leadership that we can preemptively identify issues and give our Marines and Sailors the help they deserve. FPCs are used to negate the stigma associated with suicidality, by using it as a tool to discuss all personnel within the command. All personnel are listed on the FPC, the section leadership is to brief the command and the specialists on their Marines to get the appropriate help for all needs, as well as promote the great things MWHS-1 Marines and Sailors are doing. For personnel that have been identified at-risk or have had suicide ideations or attempts, the FPC is used to address and elevate the status of the individual. The FPC provides the Commander, EPBHC, and other behavioral health professionals the opportunity to give guidance to the section leadership, and develop restrictions to access of lethal means.

2. Unit Marine Awareness Prevention Integrated Training (UMAPIT). UMAPIT consists of solution-focused behavioral health sustainment education covering topics such as Combat and Operational Stress, Substance and Alcohol Misuse, Family Advocacy, and Suicide Prevention. The training educates Marines and Sailors in best practice intervention techniques to provide them with the skills to build their own resilience and provide support and empower peers. This training will be conducted in small groups of no more than 30 personnel, and is designed to be team-taught by SNCOs, Officers, Operational Stress Control and Readiness (OSCAR) Master Trainers, OSCAR Trainers, and Substance Abuse Control Officers (SACO).

3. Operational Stress Control and Readiness (OSCAR). The OSCAR Team is designed to provide Marines and Sailors with the ability to prevent, identify, and manage combat and operational stress problems as early as possible, before they require medical or specialized attention. The OSCAR Team consists of selected Marines and Sailors, medical professionals, and religious ministry teams. Leadership should encourage Marines and Sailors to become involved in OSCAR as either team members, trainers, or master trainers to better support personnel within sections.

4. Marine Corps Community Services (MCCS). MCCS provides, education, counseling services, and workshops to individuals and families seeking self-improvement. MCCS has counseling and advocacy programs comprised of highly qualified, licensed, clinical staff trained in family violence and are available to provide counseling services at the request of the service member. Leaders shall not deprive members of Marine Intercept Program benefits by failing to report suicide-related incidents under false pretenses.

5. Marine Intercept Program (MIP). The MIP is intended to complement existing Marine Corps prevention and treatment programs by providing an added layer of counseling and coordination for those identified with suicide ideations or have attempted suicide, by lethal or non-lethal means. This program is meant to help close any potential gaps in care for those identified via a serious incident or personnel casualty report as having a suicide ideation or attempt. Once the Marine or Sailor is identified by a formal command report as having a suicidal ideation or following a suicide attempt, the MIP officer will make contact with the Marine Corps Community Counseling and Prevention Program (CCP) to arrange contact with the identified person. Commands shall make liaison with the MIP for all personnel engaged in suicide-related behavior. Contact with MIP shall be both through formal messaging (i.e. Serious Incident Report) and direct contact in person or via phone. Contact with MIP is not dependent upon Emergency Room findings. The Embedded Prevention Specialist and Suicide Prevention Program Officer (SPPO) shall have access to all data for the MIP and report to the Commanding Officer on a monthly basis, or as necessary.

6. DSTRESS Hotline. This is an anonymous counseling service for Marines, Sailors, and family members who wish to speak with “one of their own” about the battles they face in their lives. DSTRESS Line Counselors are non-

medical and will not diagnose symptoms or prescribe medication, however, they will help callers find a way forward, stemming from issues due to operational stress, emergency situations, and everyday stressors of life.

7. Military OneSource. Military OneSource is a Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to activity, guard and reserve service members, and their families. This information includes, but is not limited to deployment, reunion, relationships, grief, spousal employment and education, parenting and child. Military OneSource has policy and programmatic information, helpful resources, products, articles, and tips on numerous topics pertaining to military life. Services are available 24 hours a day by telephone and online. In addition to the online support, Military OneSource offers a call center for consultations on issues specific to dependents such as families with special needs, health coaching, and financial support. Eligible individuals may receive non-medial counseling addressing short-term attention, everyday life stressors, deployment and reintegration concerns, parenting, grief and loss, and marital problems. This personalized support is available no matter where Marines and Sailors live or serve.

8. MWHS-1 Suicide Prevention Program Officer (SPPO). The SPPO is an administrative billet that will coordinate resources for the Commander to use in managing the unit Suicide Prevention Program. The SPPO will be notified of all suicide-related events, serve as a point of contact for MIP, and coordinate with the chain of command for appropriate response. The SPPO contact DSN is 645-6900.

9. 1st Marine Aircraft Wing (MAW) Chaplain. The Chaplain's office offers 100 percent confidential counseling to all service members and families of 1st MAW. The Chaplain offers pre-marital counseling, marriage counseling, personal counseling, and a variety of other services. The Chaplain provides referral services when necessary if he or she believes that the service member in his or her care is in need. In the event of an emergency, a Chaplain will be available on a 24/7 duty cell phone.

10. MWHS-1 Embedded Prevention Specialist. Prevention Specialists are primarily responsible for overseeing and supporting the day-to-day implementation and administration of Marine Corps Behavioral Health prevention, education and awareness programs for military members and their families. They maintain readiness by proactively identifying risk factors within the command and implement targeted evidence-based interventions and resources. The main priority of an Embedded Prevention Behavioral Health Capability (EPBHC) is to bridge the gap between the command and base resources, providing installation training and resources to commands based on the unit's particular needs.

11. Marine Corps Leadership Development Program. Company Grade Officers, SNCOs, and NCOs are the leaders directly responsible for creating and sustaining an environment conducive to mission accomplishment and troop welfare. Accordingly, this order relies heavily on the engagement of leadership, frequent counseling, and implementation of suicide prevention and resiliency training and education. It is imperative that all Officers-in-Charge, SNCOs, and NCOs be knowledgeable regarding the available resources in support of suicide preventions. Leaders shall be well versed in all MWHS-1 suicide prevention resources, reintegration plan, and reporting procedures. Leaders at all levels shall encourage Marines and Sailors under their charge to seek help and eliminate any negative stigmas regarding seeking help and suicidality.