



Civil Air Patrol



October Down Day

ONE CIVIL AIR PATROL, EXCELLING IN SERVICE TO OUR NATION AND OUR MEMBERS!



Overview

- Commander's Intent: Major General Mark Smith
- Introduce/Review the Five Pillar Model
- How we will use the model for Stress and Resilience
- Importance of Suicide Awareness
- Learn Tools: Know the signs, ACE, Hotlines



MARK E. SMITH
COMMANDER, MAJOR GENERAL CAP





Five Pillars

Five Pillars of Wellness and Resilience



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What Is Wellness?

Five Pillars of Wellness and Resilience

“The five pillars are Mind, Body, Relationships, Spirit, and Family. They represent the focus areas that contribute to our personal level of **“wellness.”** This personal wellness enables us to operate at our best, sustaining us during times of **stress** and making us **resilient** to the difficulties of life. This helps us to be successful as CAP Volunteer Airmen.”

(Maj. Gen. Mark Smith)



What Is Wellness?

“**Wellness**” is living with good “habits” so that we are equipped to achieve personal excellence, sustaining us during times of stress and making us resilient to the difficulties of life.



What Is Wellness?

“For more information on the Five Pillars of Wellness and Resilience, visit the webpage at:

bit.ly/CAP5Pillars



Stress and Resilience

- **Stress** is our reaction to change. Some stress is good.
- When changes accumulate or put “pressure on us,” or when one of the pillars experiences a very radical change or disruption, **CRISIS** occurs. At this point we feel “**PAIN**” (mental or physical or emotional).
- When the “**pain**” seems unbearable, some people may want to take drastic measures to stop it. They may want to end their life.



Suicide Awareness

“How big is this problem? HUGE!

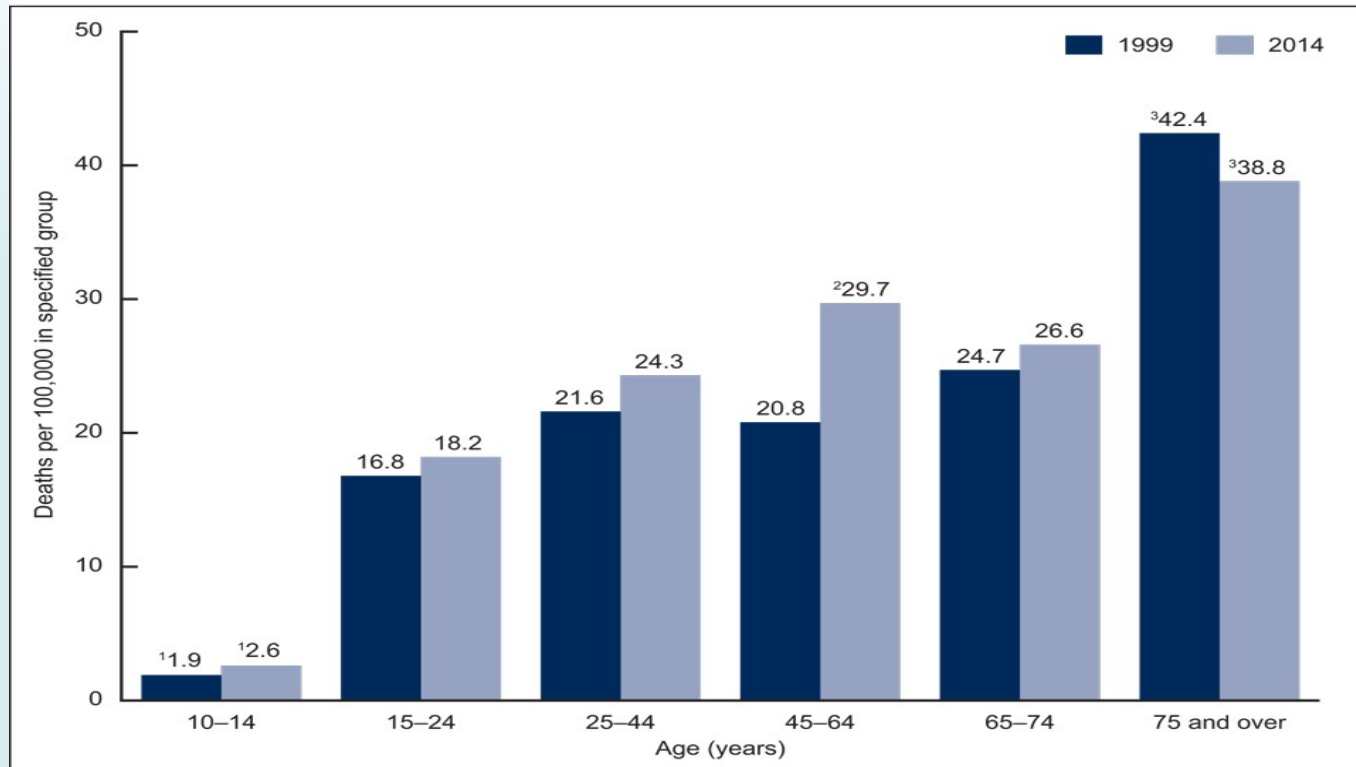
In 2015, suicide was the second leading cause of **death** in people 15 to 34 years of **age** and third leading cause of **death** in children aged 10 to 14, according to the CDC. Men are four times more likely than women to kill themselves, and 77 **percent** of U.S. suicides are completed by men, the CDC said.
Aug 10, 2017

Why are we concerned?” Because the numbers are rising and have been in this past decade.



Suicide Awareness

Figure 3. Suicide rates for males, by age: United States, 1999 and 2014



¹Significantly lower than rates for all other age groups ($p < 0.05$).

²Significantly higher than rates for all other age groups except 75 and over ($p < 0.05$).

³Significantly higher than rates for all other age groups ($p < 0.05$).

NOTES: For all age groups, the difference in rates between 1999 and 2014 is significant ($p < 0.05$). Suicides are identified with codes U03, X60-X84, and Y87.0 from the *International Statistical Classification of Diseases and Related Health Problems, Tenth Revision*. Access data for Figure 3 at:

http://www.cdc.gov/nchs/data/databriefs/db241_table.pdf#3.

SOURCE: NCHS, National Vital Statistics System, Mortality.

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Suicide Awareness

Let's look deeper...

What are some groups that we think might be at higher-risk for suicide?

Which one of the Five Pillars is “under stress” in these individuals?



Suicide Awareness

- People with Mental illness (including PTSD) - MIND
- Youth who are bullied by peers - RELATIONSHIPS
- Alaska Native and Native American - RELATIONSHIPS
- People with Relationship Problems - RELATIONSHIPS
- People with Financial Problems - (multiple)
- People with Substance Abuse Problems - BODY
- LGBTQ Youth - RELATIONSHIPS
- People with a serious illness - BODY



Suicide Awareness

- People with Mental illness (including PTSD) - MIND
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- LGBTQ Youth - RELATIONSHIPS
- People with a serious illness - BODY
 - **People with Lyme Disease - ALL FIVE PILLARS**
 - **US Military at High Risk**



Suicide Awareness



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Suicide Awareness



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Suicide Awareness



Nicole Malachowski: Unfit for Duty from Debilitating Tick-Borne Disease
http://cdmrp.army.mil/cwg/stories/2018/nicole_malachowski_profile

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Suicide Awareness

Suicide rates are increasing

Suicide is the second leading cause of death for 15-34 year-olds in the United States. In fact, the [most recent CDC report](#) shows that suicide rates among teenage girls has more than doubled from 2007 to 2015, while rates for teenage boys and young men has increased 30%.

Children are also at highest risk for contracting **Lyme disease**. Of particular concern is a 2001 study where the “
[parents indicated that 41% of children with Lyme disease had suicidal thoughts and 11% had made a suicide gesture](#)”

“
“
Nationally overall we have been seeing an increase in suicide rates that is pretty pervasive among all age groups

,” said Thomas Simon, PhD, an **expert in suicide with the CDC**. Overall suicide rates have climbed 28% since 2000.

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Suicide Awareness

New study on Lyme and suicide

According to the latest study's author, Robert Bransfield, MD, a board-certified psychiatrist and neurologist with over 40 years of clinical experience, “

[There is a causal relationship between Lyme and associated diseases and suicide](#)

”

Using epidemiological calculations, Dr. Bransfield estimates that over **1,200 suicides in the US annually that are related to Lyme-associated diseases**. To fully understand the true nature of the problem, he proposes “a direct method of acquiring these statistics” on a national scale.

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Suicide Awareness

“Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk.

Suicidal behavior is complex and there is no single cause.”



Suicide Awareness

WARNING SIGNS

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for a way to kill themselves, such as searching online, stockpiling pills, or buying a gun
- Talking about great guilt or shame; extreme self-hating thoughts
- Talking about feeling trapped or feeling that there are no solutions



Suicide Awareness

WARNING SIGNS

- Feeling unbearable pain (emotional pain or physical pain)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Isolation from friends and loved ones



Suicide Awareness

WARNING SIGNS

- Changing eating and/or disrupted sleep patterns
- Showing rage or talking about seeking revenge
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy



Suicide Awareness

WARNING SIGNS

- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

Does anyone have any thoughts about Warning Signs that they would like to share?



Suicide Intervention

Three Steps of “ACE” to help your friend, and save a life.

- **Step 1: ASK**. Ask your friend, “Are you thinking of killing yourself?” It’s a tough question, but you need to ask it.
- **Step 2: CARE**. Show your friend you care by taking them to a safe place, and listening to whatever it is they have to say. Don’t be judgmental, or too quick to give advice. Most of the time, people just need to say what they are thinking and feeling out loud.
- **Step 3: ESCORT**. If your friend gave any hint that they are thinking of killing themselves, call 911 or take them to the Emergency Room. For counseling or guidance, bring them to a chaplain, mental health professional, or a supervisor. **NO MATTER WHAT**, escort your friend to some sort of help. Do not leave your Wingman alone.

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Suicide Intervention

Tools

The **National Suicide Prevention Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Their phone number is **1-800-273-8255**.

The Spanish Language Lifeline phone number is **1-888-628-9454**.

If someone is in crisis, and cannot make a phone call for support, there is also the **Crisis Text Line**.

Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis. The number to Text is **741741**.

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Suicide Intervention

What local resources are there in our area?

- Minnesota
- Wisconsin

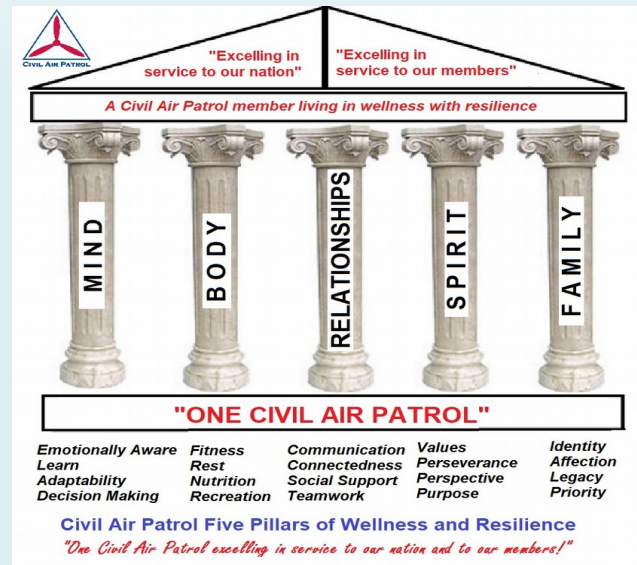
What can we do as a CAP unit to support our members?

- **A.C.T.**



Conclusion

Thank you for participating in today's lesson.



MIND BODY RELATIONSHIPS SPIRIT FAMILY

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