HSR&D Suicide Prevention Research Roadmap: Transition to Veteran Status

NOTE: The Roadmap aligns with the JOINT ACTION PLAN FOR SUPPORTING VETERANS DURING THEIR TRANSITION FROM UNIFORMED SERVICE TO CIVILIAN LIFE (a response to Executive Order 13822) to ensure seamless access to a continuum of high-quality mental health care and suicide prevention resources during the transition from uniformed service to civilian life, especially during the first year following discharge. As outlined in the Joint Action Plan, the Roadmap will use the Prevention Classification Framework from the National Academy of Medicine: 1) Universal strategies for all Veterans: 2) Selective strategies for Veterans at greater risk: 3) and Indicated strategies for high-risk Veterans.

	EPIDEMIOLOGY RISK IDENTIFICATION		TFICATION	INTERVENTIONS			HEALTH SERVICES	
Objectives: 1) To fully characterize military personnel transitioning to civilian status on medical, psychological, social, and economic factors, and 2) to gain an understanding and knowledge of patterns and trends in suicidality among Veterans		Objective: to identify specific risk factors or special populations at risk for suicide		Objective: to test and evaluate novel outreach strategies and clinical interventions, particularly in high risk Veteran populations			Objective: to test, disseminate, and implement effective outreach strategies and interventions, in partnership with operations	
Partners: CDC, DoD, States, SAMHSA, NIH/NMIH, VA Office of Policy and Planning, VBA		Partners: DoD, NIH/NIMH, BLRD, CSRD, CSP, VBA		Partners: DoD, NIH/NMIH, CSRD, CSP, RRD, VBA			Partners: QUERI, VA OMHSP, VISNs/VA medical centers, Diffusion of Excellence hubs	
		nal Research Action Plan (NRAP) fo ers below reflect active projects in						
NIMH = 9, VA = 3, DoD = 10 N = 22		NIMH = 11, VA = 7, DoD = 2 N = 20		NIMH = 32, VA = 14, DoD = 65 N = 111			NIMH = 7, VA = 10, DoD = 5 N = 22	
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	Comparative Safety of Benzodiazepines and Opioids Among VA Patients with PTSD (Hawkins)	Millennium Cohort Study - examination of mental health and suicidality	Leveraging intensive home telehealth data for suicide prediction and prevention (Depp)	RCT of Behavioral Activation for Depression and Suicidality in Primary Care (Funderburk)	Mindfulness-Based Cognitive Therapy for Preventing Suicide in Military Veterans (Interian)	Improving Sleep as a Strategy to Reduce Suicide Risk Among at-Risk Veterans: A Real World Clinical Trial (Pigeon)	Facilitating use of the Veterans Crisis Line in High- Risk Patients (Ilgen)	Risk Stratified Enhancem to Clinical Care: Targeti Care for Patients Identif Through Predictive Mode as Being at High Risk fo Suicide, with the Office Mental Health Operatio (Landes)
	TVMI The Veterans Metrics Initiative: Linking Program Components to Post- Military Well-Being studylongitudinal post-9/11 veterans' transition and reintegration experiences, while simultaneously assessing outcomes impacted by specific components of transition assistance programs used		Genomic study of acute suicidality with MVP patients	An Adjunctive Behavioral Sleep Intervention to Prevent Veteran Suicides (Pigeon)	Evaluation of Caring Contact Initiative (QUERI)	Veterans Coping Long Term with Suicide (Primack)	Increasing Treatment Seeking Among Suicidal Veterans Calling the Crisis Line (Stecker)	Incorporating Treatme Outcomes into Qualit Measurement of Depres Care (Pfeiffer)
	VA / DOD Research Data and Analysis Center: 1) Coordinate	e regulatory issues; 2) Manage dat	a access to researchers; 3) Genera	ate data sets relevant t	o transitioning Veterar	ns; and 4) Adapt predict	ive models to population of transi	tioning service members
chara milita	What are the relevant physical and psychosocial racteristics of Veterans currently transitioning out of the tary and reintegrating into civilian life that affect suicide or resilience? 1) What are similarities and differences between risk factors for suicide and those for other hazardous behaviors such as substance use, unsafe motor vehicle driving, unintentional injuries, and overdose.			 What are community level and/or public health outreach strategies (e.g. messaging campaigns; mental health screening) that can effectively ensure all transitioning service members are aware of and have access to mental health services, and promote engagement with all Veterans who are being 			Which approaches are most effective for disseminating and implementing suicide prevention outreach strategies interventions for Veterans transitioning out of the military.	

- 2) Following discharge from the military, how does the receipt of benefits from VBA, from VHA, or both affect risk of suicide?
- 3) What are the periods of highest risk for suicide and other hazardous behaviors within the first three years following discharge from the military?
- 2) Are there geographic regions or specific VA medical centers/VISNs that are "hot spots" for suicide and associated risk factors?
- 3) What are efficient strategies for identifying those at highest risk for suicide during the transition period?
- 4) How do geographic, community-level, household-level and other social factors (e.g. connectedness) affect risk or protection from suicide?
- 2) Which targeted suicide prevention interventions and delivery approaches are most effective for Veterans in at-risk groups (e.g. those most recently transitioning out of the military, those with mental health conditions, etc.)?
- 3) What suicide prevention strategies are most effective for individual Veterans at highest risk during the transition period (e.g. those with a previous suicide attempt)?
- 4) Are there effective alternative delivery approaches (e.g. telehealth, IVR) to provide evidence-based interventions for Veterans transitioning out of the military in hard to reach/high risk geographic areas?
- 2) What are the barriers and facilitators to implementing effective suicide prevention outreach strategies/interventions for Veterans recently discharged from the military who are at risk for suicide and associated hazardous behaviors?
- 3) What are the guidelines and/or protocols in place with DoD and/or VBA to ensure coordination of services for Veterans as they are discharged from the military? What are the opportunities for improvement?

IMPACTS

- 1) Develop Risk prediction algorithms applicable to Veterans during the transition period.
- 2) Make DoD/VA data on Veterans during the transition period available to researchers.
- 3) Increase the number of suicide prevention intervention studies targeting Veterans during the transition period.
- 4) Increase the number of Veterans receiving evidence based suicide prevention interventions.
- 5) Decrease the number and rate of suicides among Veterans during the first year following discharge from the military.

JOINT ACTION PLAN FOR SUPPORTING VETERANS DURING THEIR TRANSITION FROM UNIFORMED SERVICE TO CIVILIAN LIFE — GOALS

- Improve actions to ensure all transitioning Service members are aware of and have access to mental health services. [All]
- Improve actions to ensure the needs of at-risk Veterans are identified and met. [Some]
- Improve mental health and suicide prevention services for individuals that have been identified (indicated populations) in need of care. [Few]