

## Title: Veteran Suicide: Culture, Readjustment and Prevention

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- A) At the conclusion of this presentation, the participant will have more knowledge regarding the statistics related to Veteran/Military suicide
- B) At the conclusion of this presentation, the participant will be able to identify ways in which military culture and readjustment related issues influence high rates of suicide in Veteran/Military populations
- C) At the conclusion of this presentation, the participant will be able to identify evidence-based treatments and interventions that improve recovery rates in this population.

Abstract: Veterans and service members are often afflicted by above-average rates of substance abuse, homelessness, behavioral health disorders, divorce, and difficulty adjusting to civilian academic and occupational environments. Approximately 20 veterans per day commit suicide in the United States. Aspects of military culture, readjustment related stress and stigma influence the high rates at which veterans and service members end their lives. Unfortunately, there is also a shortage of culturally competent community providers who work with this population. The need and demand for behavioral health treatment for this population is currently outweighing the actual number of treatment providers who specialize in the area of military psychology. The information provided in this talk is directly in line with the conference theme of Promoting Diversity and Inclusion in Suicide Prevention. There are specific cultural factors that contribute to familial stress, behavioral health issues, readjustment problems and rates of suicide in this population. Working with veterans, service members and their families requires a certain level of cultural competency. This presentation will help community members gain a clearer understanding of the specific challenges this population tends to face in our society. This presentation will identify statistics regarding the rates of suicide in this population. The presenter will also outline the ways in which military culture and readjustment related stressors affect veterans, service members and their families. Specific evidence-based interventions that have been proven to be effective in treating veterans and service members will also be identified. This particular presentation clearly falls under the Clinicians and Peer Supporters track; however, all participants at the conference could benefit from learning more about how our veterans, service members and their families are affected by their military experience.