



DEPARTMENT OF THE NAVY

U.S. NAVAL SUPPORT ACTIVITY

PSC 817 BOX 1

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NAVSUPPACT NAPLES INST 1720.1A
N01R

7 DEC 2015

NAVSUPPACT NAPLES INSTRUCTION 1720.1A

From: Commanding Officer, U.S. Naval Support Activity, Naples,
Italy

Subj: COMMAND SUICIDE PREVENTION PROGRAM

Ref: (a) OPNAVINST 1720.4A
(b) CNICINST 1720.4
(c) COMNAVREGEURAFSWAINST 1720.4

Encl: (1) Suicide Crisis Intervention Plan
(2) Crisis Response Plan
(3) Crisis Response Plan for Calls/Electronic Messaging/
Social Media

1. Purpose. To provide policy, procedures and assign responsibilities for the Command Suicide Prevention Program (CSPP) per references (a) through (c).

2. Cancellation. NAVSUPPACT NAPLES INST. 1720.1

3. Applicability. This instruction applies to all military service members, civilian employees and full-time contractors onboard U.S. Naval Support Activity (NAVSUPPACT), Naples, Italy. No one seeking assistance shall be refused.

4. The four components of the CSPP are training, intervention, response, and reporting.

a. Training

(1) Per reference (c), the Suicide Prevention Coordinator (SPC) and Alternate Suicide Prevention Coordinator (ASPC) must be an E-7 or above and qualify by completing one of the approved Navy Personnel Command training courses, attending the Navy Suicide Prevention Conference, or attending the annual Department of Defense Suicide Prevention Seminar. The SPC and ASPC are also required to take the Applied Suicide Intervention Skills Training (ASIST) for Trainers (T4T) course and the safeTALK Training for Trainers (T4T) course.

(2) Suicide Prevention General Military Training (GMT) will be offered a minimum of two times per year. The training will consist of awareness of suicide concerns, and improving wellness and intervention. Training will be coordinated and tracked by the

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Suicide Prevention Coordinator (SPC). The SPC or Alternate SPC is the preferred trainer; however, any service member (E-7 and above) trained in ASIST or safeTALK may train.

(3) The command will provide and promote mental, emotional, physical and spiritual wellness programs which greatly benefit suicide prevention. The SPC and ASPC will be familiar with existing programs and coordinate development of new programs as required.

(4) The Commanding Officer (CO) will promote a healthy command climate consistent with operational stress control principles per reference (a). Additionally, the CO will actively promote the CSPP through all available channels.

b. Intervention

(1) Enclosure (1) is the approved plan for intervention. Ask Care Treat (ACT) is the foundation of this plan. All watch stander/duty binders will include copies of the Intervention Plan (enclosure (1)) and corresponding Crisis Response Plans (enclosure (2)) and Crisis Responses Plan for Calls (enclosure (3)). Additionally, all departments/shops will be familiar with the CSPP and enclosures (1) through (3). Enclosures (2) and (3) will be posted at the quarterdeck, Unaccompanied Housing/Barracks watch, Command Duty Officer binder, and emergency dispatch.

(2) At least one member of each department shall be trained in additional suicide intervention skills. Training used will be safeTALK, a three-hour alert helper course offered by NAVSUPPACT Naples' Religious Ministry Team and Chaplains Religious Enrichment Development Operation. In addition, all Command Duty Officers and Assistant Command Duty Officers shall be trained in safeTALK. Tracking will be kept by the SPC but it will be the responsibility of each Department Head and Leading Chief Petty Officer to promote training.

(3) Persons at risk may receive intervention initially through any command member trained in ASIST or safeTALK Alert Helpers. The next step in intervention is advanced intervention with a chaplain, FFSC, Mental Health, or medical professional.

c. Response

(1) Per reference (a), all reports of suicidal behavior will be treated seriously and will receive immediate, compassionate, and proper response from the command.

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(2) Persons at risk and those affected (family, co-workers) will receive follow-up care by a chaplain, counselor, or mental health professional.

d. Reporting

(1) Per reference (a), the command will complete the Department of Defense Suicide Event Report (DoDSER) for all suicides within 60 days of notification of death. A DoDSER will be completed for all suicide attempts, as determined by a competent medical authority, for all active duty and reserve component service members within 30 days of medical evaluation.

(2) All events requiring a DoDSER shall be reported to the SPC for proper tracking and follow-up.



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Distribution:

NAVSUPPACT NAPLES INST 5216.4BB

Lists: I through IV

Electronic via NAVSUPPACT NAPLES web site:

https://www.cnic.navy.mil/regions/cnreurafswa/installations/nsa_naples/about/departments/administration_n1/administrative_services/instructions.html

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SUICIDE CRISIS INTERVENTION PLAN

1. All military, civilians, family members, and contractors can reach the lifeline by dialing toll-free European number, 00800-1273-TALK (8255).
2. A live internet-based chat service is also available at www.suicidepreventionlifeline.org.
3. Goal Statement. To provide immediate emotional support and crisis intervention to people in life-threatening situations and to educate the command about suicide and suicide prevention.
4. Warning Signs
 - a. Be alert to any signs that are out of the norm and follow up with caring conversation.
 - b. Verbal threats (statements) of suicide.
 - c. Dramatic changes in mood or behavior.
 - d. Making preparations/getting affairs in order.
 - e. Preoccupation with death/dying.
 - f. Previous attempts.
 - g. Isolation/withdrawal.
 - h. Loss of interest in work, school, and favorite activities.
 - i. Increased use of drugs and/or alcohol.
 - j. Feeling hopeless/helpless.
 - k. Taking unnecessary risks, being impulsive, and/or reckless.
 - l. Drastic behavioral changes.
 - m. Unwilling to connect with those who could potentially help.
5. What to do
 - a. Learn the warning signs and be alert.
 - b. If something doesn't seem right, take time to start a conversation.

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c. If the conversation points to suicide, ACT! Do not be a bystander.

d. ASK. Ask the question "Have you had thoughts of suicide?"

(1) Be direct. Talk openly about suicide.

(2) Do not judge the response.

e. CARE. Demonstrate that you care and are willing to help. Listen.

(1) Show concern.

(2) Do not try to solve their problems.

f. TREAT. Get professional help for the person at risk.

(1) Call for help.

(2) Take the person at risk to professional help: chaplain, Mental Health (MH), Fleet and Family Support Center (FFSC), or the Emergency Room (ER).

g. Do not leave them alone!

6. Who can help

a. Lifeline at 00800-1273-TALK (8255).

b. U.S. Naval Support Activity (NAVSUPPACT), Naples, Italy, Capodichino (CAPO) Chaplain at DSN: 626-3539 or COMM: 081-568-3539.

c. NAVSUPPACT Naples, Support Site (SS) Chaplain at DSN: 629-4600 or COMM: 081-811-4600.

d. U.S. Naval Hospital (USNH) Naples, MH Department at DSN: 629-6306 or COMM: 081-811-6306.

e. NAVSUPPACT Naples, FFSC at DSN: 629-6372 or COMM: 081-811-6372.

f. NAVSUPPACT Naples Quarterdeck at DSN: 626-5547 or COMM: 081-568-5547.

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7. What to avoid

- a. Making a moral judgment
- b. Giving advice
- c. Offering simple solutions
- d. Keeping the suicide plan a secret
- e. Trying to solve the problem yourself

8. Training

- a. Annual General Military Training Suicide Prevention
- b. Applied Suicide Intervention Skills Training
- c. SafeTALK (Suicide Alertness for Everyone)

9. Intervention Plan

a. Any person who has reason to believe, by direct or indirect knowledge, that a military personnel or civilian is at-risk for suicide must immediately notify the chain of command and refer the individual to medical for emergency assessment or chaplain for counseling and referral.

b. Establish a safety plan for dealing with high-risk service members (suicidal/homicidal/bizarre thoughts and behaviors) until MH services are available. In the absence of guidance from a MH professional:

(1) Institute a safety plan to include a suicide watch assigned to personnel in need of assistance.

(2) Removal of personal hazards (weapons, belt, shoes, boot straps, draw strings, shirt stays, personal hygiene items such as toothbrush and razor).

(3) Removal of environmental hazards from room (sheets, elastic bands, mirrors, pencils, pens, window dressings such as blinds, shoelaces, strings, razors, metal eating utensils, telephones, tools, or any rope, breakable, or sharp-edged object(s).)

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(4) MH Contact Information

(a) During working hours: USNH Naples MH Department at DSN: 629-6306 or COMM: 081-811-6306.

(b) After working hours: USNH Naples ER at DSN: 629-6150 or COMM: +39-081-811-6150.

(5) Chaplains Information

(a) During working hours: CAPO Chapel at DSN: 626-3539 or COMM: 081-568-3539/SS Chapel at DSN: 629-4600 or COMM: 081-811-4600.

(b) After working hours: Call the Duty Chaplain at CELL: 335-640-6613. They will provide further guidance to assist the service member.

c. Coordinate follow-up plan for personnel following MH evaluation or other support services in place with pass down (e.g. to watch, etc.).

NOTE: In serious cases, if individual refuses to seek an emergency evaluation, contact Emergency Dispatch at DSN: 626-4911/5911 or 081-568-4911/5911 to request a security escort for the individual to USNH Naples ER for an emergency assessment/treatment.

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CRISIS RESPONSE PLAN

If you encounter a distressed or suicidal person, follow the **ACT** suicide prevention model. Get as much of the following information as possible.

If you encounter someone who just doesn't seem themselves and during the course of conversation says things like, "I'm so depressed, I can't go on," or "Life isn't worth living," or "I wish I were dead," etc....

ASK: "Are you having thoughts of suicide?" Yes _____ No _____

- Be direct and clear.**
- Stay calm.**
- Do not judge their response.**

1. Have you thought about how you would harm yourself? Yes _____
No _____

Details: _____

2. Do you have what you need to do it? or, Do you have a gun, pills, etc? Yes _____ No _____

If the person indicates he/she has taken pills, ask how much, when, etc.

If the person has a gun, ask:
Is it loaded? Yes _____ No _____ Where is it? _____

CARE: Show that you are a caring person who will help them.

- Listen.**
- Be yourself.**
- Show concern.**
- Be sympathetic.**
- Offer help and hope.**

3. If you do not know them ask, "What is your name?"

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4. Would you like to talk about what is wrong?

TREAT: Get them to help.

Chaplain.

Mental Health.

Fleet Family Support Center.

Emergency Room.

5. Can I take you to someone that can help you?

DO NOT LEAVE THE PERSON ALONE!

If unable to take the individual to the U.S. Naval Hospital (USNH) Naples Emergency Room, get help and contact Emergency Dispatch DSN: 626-4911/5911.

Local Emergency Number

Emergency Numbers:	On-base:	911
	Off-base:	081-568-4911
	Italian Police:	113
	Italian Ambulance:	118

NAVSUPPACT Naples Quarterdeck	DSN:	626-5547
	COMM:	081-568-5547

NAVSUPPACT Naples CAPO Security Office	DSN:	626-2207
	COMM:	081-568-2207

NAVSUPPACT Naples SS Security Office	DSN:	629-4269
	COMM:	081-811-4269

NAVSUPPACT Naples Duty Chaplain	DSN:	626-3539
	COMM:	081-568-3539
	CELL:	335-640-6613
		(After 1600)

All active duty military, civilians, family members and contractors can reach the Lifeline by dialing commercially via a toll-free European number, 00800-1273-TALK (8255).

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NOTE: The more information you can provide to law enforcement/
security, the better prepared they will be to effectively
handle the situation.

USNH Naples Emergency Room	DSN: 629-6150 COMM: 081-811-6150
USNH Naples Information Desk	DSN: 629-6155 COMM: 081-811-6155
USNH Naples Mental Health	DSN: 629-6306 COMM: 081-811-6306
NAVSUPPACT Naples Chaplain CAPO Office	DSN: 626-3539 COMM: 081-568-3539
NAVSUPPACT Naples Chaplain SS Office	DSN: 629-4600 COMM: 081-811-4600
Fleet and Family Support Center	DSN: 629-6372 COMM: 081-811-6372
Fleet and Family Support Counseling	DSN: 629-6533 COMM: 081-811-6533

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CRISIS RESPONSE PLAN FOR CALLS/ELECTRONIC MESSAGING/SOCIAL MEDIA

If a distressed or suicidal person calls, follow the ACT suicide prevention model. Get as much of the following information as possible.

The order in which you ask the questions may differ depending on the specific situation.

If a person calls and says things like, "I'm so depressed, I can't go on," or "Life isn't worth living," or "I wish I were dead," etc...

ASK "Are you having thoughts of suicide?" Yes ___ No ___

Be direct and clear.

Stay calm.

Do not judge their response.

1. Have you thought about how you would harm yourself?

Yes ___ No ___

Details: _____

2. Do you have what you need to do it? or, Do you have a gun, pills, etc? Yes ___ No ___

If the person indicates he/she has taken pills, ask how much, when, etc.

If the person has a gun, ask:

Is it loaded? Yes ___ No ___ Where is it? _____

CARE: Show that you are a caring person who will help them.

Listen.

Be yourself.

Show concern.

Be sympathetic.

Offer help and hope.

3. What is your name? _____

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4. Who is there with you? _____

TREAT: Get them help. Have someone else call for help while you keep them on the line.

- Chaplain.**
- Mental Health.**
- Fleet Family Support Center.**
- Emergency Room.**

5. Where are you? (Determine specific address, building number, ship's space, etc, if at all possible)?

6. Help is on the way, I need you to stay on the phone until they get there. Would you like to talk to me about what is wrong?

DO NOT LEAVE THE PERSON ALONE! KEEP THEM ON THE LINE!

Get Help and Contact Emergency Dispatch at DSN 626-4911/5911 or 081-568-4911/5911.

Emergency Numbers:	On-base:	911
	Off-base:	081-568-4911
	Italian Police:	113
	Italian Ambulance:	118

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USNH Naples Mental Health	DSN: 629-6306 COMM: 081-811-6306
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Fleet and Family Support Center	DSN: 629-6372 COMM: 081-811-6372
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