



# Building Healthy Military Communities

## Networking Meetings

- Military/Veteran Coalition**  
 Nov 1st, 0930-1100  
 Fort Harrison VFW Post # 7119  
 6526 North Lee Road  
 Indianapolis, IN 46236
- Delaware County Veteran Commission**  
 Nov 15th, 1300-1500  
 Selma American Legion  
 315 S Albany St, Selma, IN 47383
- MACV**  
 Nov 17th, 1400-1600  
 Marriott-East  
 21st & Shadeland Ave  
 Indianapolis, IN
- Boone/Hendricks Co JCFI**  
 Nov 20th, 1300—1500  
 Brownsburg American Legion  
 636 E Main St  
 Brownsburg, IN 46112

## Trainings

### Suicide Prevention Training, See Details Below for Dates and Locations

The Joining Community Forces Indiana Suicide Prevention Coalition will be hosting a series of half-day trainings throughout the state. These trainings aim to provide suicide awareness training to veteran/military support organizations, but are broad enough to be beneficial for anyone who knows someone military connected. The agenda will include an introductory session on the language and data of Suicide Prevention, SAVE training, a discussion on moral injury, information on the National Guard, and local resources.

All trainings will be held from 9:00 AM—1:00 PM. They are free to attend and will have light refreshments courtesy of AmVets.

Dates and registration links are below:

Thursday, Nov 7: Indianapolis, IN—Operation: Job Ready Vets: <https://www.eventbrite.com/e/77875482665>

Wednesday, Nov 13: Indianapolis, IN—Easterseals: <https://www.eventbrite.com/e/78079739603>

Tuesday, Nov 19: New Albany, IN—Liberty Place: <https://www.eventbrite.com/e/78510690589>

For questions, please contact Sylvia Maixner at [sylvia.h.maixner.ctr@mail.mil](mailto:sylvia.h.maixner.ctr@mail.mil)

### Military Family Learning Network Webinars

#### [Promoting Successful Home-to-School Transitions for Military Families with Young Children](#)

November 6 at 11:00 am-12:00 pm EST

#### [Empowering Diabetes: Self-Management Utilizing the Latest Technology in Personal Blood Glucose Monitoring](#)

November 12 at 11:00 am-12:00 pm EST

#### [What Helping Professionals Need to Know About Kincare](#)

November 13 at 11:00 am-12:00 pm EST

#### [Engaged & Extraordinary: Supporting Young Children with Autism and Other Developmental Disabilities | Kids Serve Too!](#)

November 14 at 11:00 am-12:30 pm EST

#### [Supporting Families During the Elementary School Years: An Overview of the Grow Parenting Programs](#)

November 19 at 11:00 am-12:30 pm EST

Welcome to the November issue of the Indiana Building Healthy Military Communities Newsletter. This monthly newsletter will distribute relevant information to BHMC partners in the state, to include research regarding service members and military families, grant opportunities, and partner updates.

### BHMC Newsletter Call Out

If you are interested in seeing any additional information in the BHMC Newsletter, please e-mail Sylvia Maixner. This can include studies, networking events, or upcoming conferences.



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## 2019 National Veteran Suicide Prevention Annual Report

Office of Mental Health and Suicide Prevention  
US Department of Veteran Affairs

The 2019 National Veteran Suicide Prevention Annual Report includes the most recent analysis of Veteran suicide data from 2005 to 2017. The report's format is meant to clearly present complex suicide data in a practical way, convey the key findings in the clearest terms, and highlight the data-driven initiatives VA and its partners have implemented to prevent Veteran suicide.

As the largest national analysis of Veteran suicide rates, this report also examines:

- Veterans suicide rates by age, gender, method, and more.
- Suicide rates in the Veteran population compared with rates in the non-Veteran population.
- Suicide rates among Veterans who use VHA health care compared with rates among those who do not.

Please contact the VA Suicide Prevention Program at [VASPDataRequest@va.gov](mailto:VASPDataRequest@va.gov) if you are interested in learning more about prevention efforts. For media inquiries, please contact [VAPublicAffairs@va.gov](mailto:VAPublicAffairs@va.gov).

Suicide is preventable, and with the release of the 2019 National Veteran Suicide Prevention Annual Report, VA urges all Americans to come together and take action to prevent suicide. Learn more about how you can support Veteran suicide prevention efforts and access resources at [www.mentalhealth.va.gov/suicide\\_prevention](http://www.mentalhealth.va.gov/suicide_prevention).

Download the 2019 National Veteran Suicide Prevention Annual Report at the following link: [https://www.mentalhealth.va.gov/docs/data-sheets/2019/2019\\_National\\_Veteran\\_Suicide\\_Prevention\\_Annual\\_Report\\_508.pdf](https://www.mentalhealth.va.gov/docs/data-sheets/2019/2019_National_Veteran_Suicide_Prevention_Annual_Report_508.pdf)