

PHP NEWS

The official news letter of the Army Reserve
Psychological Health Program



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April 2021 Newsletter

*“Do your little bit of good where you are; it's
those little bits of good put together that
overwhelm the world.”*

- Desmond Tutu



U.S. ARMY

Remember to visit the website!

www.usar.army.mil/PHP

PHP Updates

New Website Updates

The PHP website has been updated, and will continually be updated to include readily available program and mental health policy updates. Additionally, the website is being formatted to become a user friendly aid for community services and immediate connection to services when needed.



Training

The Center for Deployment Psychology (CDP) & USARC Psychological Health Program (PHP) are teaming up to create specialized training for leadership engagement & crisis management. The CDP advances trauma-informed care through cutting edge research, education, training, and resources that draw upon expertise in military and disaster psychiatry.



Resource

The Star Behavioral Health Providers Registry allows soldiers & commanders to make referral, or find local providers who are training in military culture, sensitivity, and treatment of common combat related injuries. To find out more visit: <http://starproviders.org/>

PHP Newsletter

Beginning 01 April 2021, the program will produce quarterly News Letters. The News Letter will serve as a form of increasing awareness of the program, as well as relaying tips, ideas, and updates each quarter. If you have any considerations, or thoughts on what you would like to be kept aware of, please reach out and let us know.



Resilience Practice

Activating the Parasympathetic Nervous System (PNS)

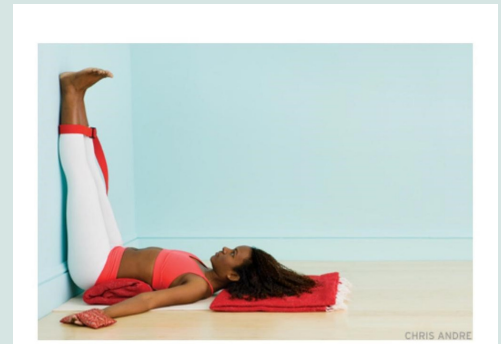
The PNS is one of the three parts of the autonomic nervous system.

This system regulates automatic responses like heart rate, and other psychological symptoms triggered by anxiety.

Laying in certain positions, practicing breathing techniques, or finding other physical activities can instantly activate your PNS and disrupt feelings of anxiousness when overwhelmed or in a brief moment of frustration.

When you find yourself in a stressful situation feeling anxious, or worried, here are a few suggestions to instantly activate you PNS.

- Find a different position
 - Laying or standing up to change your body's composition
- Practicing the 4-count breath
 - Inhaling on a 4-count;
 - Hold for a 4-counting; and,
 - Exhale on a 4-count
 - Repeat 3xs



Here are a few things to aid to your daily routine for your PNS for continuous self-care.

1. Spend time in nature
2. Practice meditation
3. Repeat positive affirmations
4. Practice yoga
5. Increase stretching to your workout regimen.
6. Try progressive relaxation



Three-Step Theory (3ST)

A Theory of Suicide Rooted in the “Ideation-to-Action” Framework

The theory hypothesizes that suicide ideation results from the combination of pain (usually psychological pain) and hopelessness. Among those experiencing both pain and hopelessness, connectedness is a critical protective factor against escalating ideation.

Finally, the theory views the progression from ideation to attempts as facilitated by dispositional, acquired, and practical contributions to the capacity to attempt suicide.

Drs. David Klonsky and Alexis May (International Journal of Cognitive Therapy, 8(2), 114-129, 2015).

Theory Factors

* Pain & Hopelessness * Decrease in Connectedness * Suicide



Pain & Hopelessness

- Different sources of pain can lead to a decreased desire to live
- Pain alone is insufficient to produce suicide ideation
- Hopelessness is required for the development of suicide ideation



Connectedness

- Connectedness often refers to people but can refer to any sense of perceived purpose or meaning
- Connectedness protects against active suicidal ideation in individuals experiencing pain and hopelessness

Strong suicide ideation will occur when pain exceeds connectedness



Suicide Capacity

- Three categories of variables that contribute to suicide capacity:
 1. Individual factors are driven by genetics
 2. Acquired capability through acclimatization to pain, injury & death
 3. Practical considerations such as knowledge and access to lethal means

Unit Ideas

The Crisis Support Plan (Rudd 2006)

The goal of the Crisis Support Plan is to facilitate the means-restriction process by enlisting the help and support of a significant other to provide social support and implement emergency procedures, if necessary, during a mental health crisis. The significant other is asked to attend (in person, or via T-Con) to delineate the details of the plan and initiate its implementation. If implementing the Crisis Support Plan for all Unit personnel, not select individuals, a pledge, or procedural ceremony can be integrated in the next family day, or resiliency event/effort.

Means Receipt

The means receipt may be used if there are formal agreements or standing Memorandum of Understanding allowing Soldiers to store privately owned weapons on Active duty military installation that are co-located or within 150 miles of your Unit. The Means Receipt may also be used in local Units with medical personnel or first-line supervisors when temporarily storing other lethal means.



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