
STRIVE

Suicide and
Trauma
Reduction
Initiative





It is my duty to save lives and to aid the injured.

I will be prepared at all times to perform my assigned duties quickly and efficiently, placing these duties before personal desires and comforts.

**These things we do,
that others may live.**





**REDUCTION IN
SUICIDE ATTEMPTS**

Up to 76% reduction in suicide attempts among military personnel who receive treatments developed by STRIVE



**ENJOYING FULL
RECOVERY FROM PTSD**

Over 70% of service members and veterans receiving services from STRIVE no longer have PTSD after completing treatment



**TYPICAL TREATMENT PLANS
WITH QUICKER RESULTS**

Typical length of treatment is 1 week to 3 months

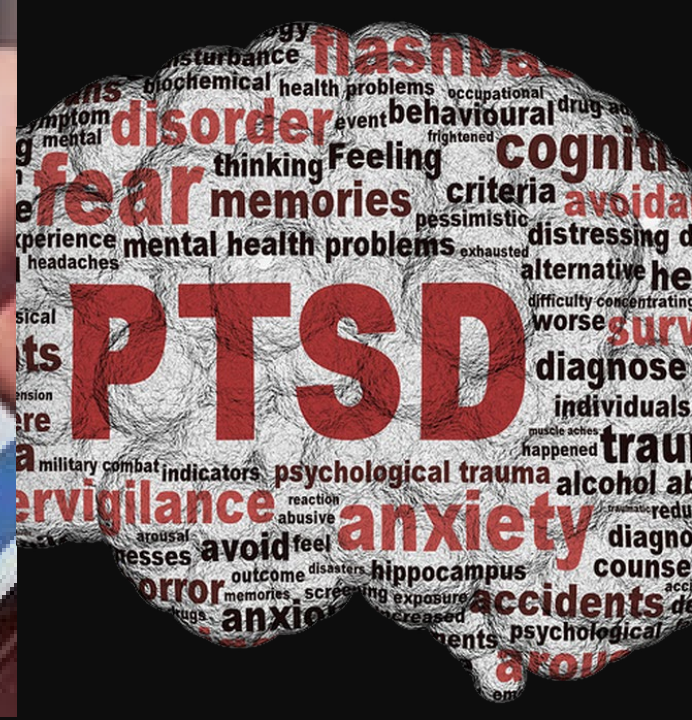
STRIVE

Lines of Effort

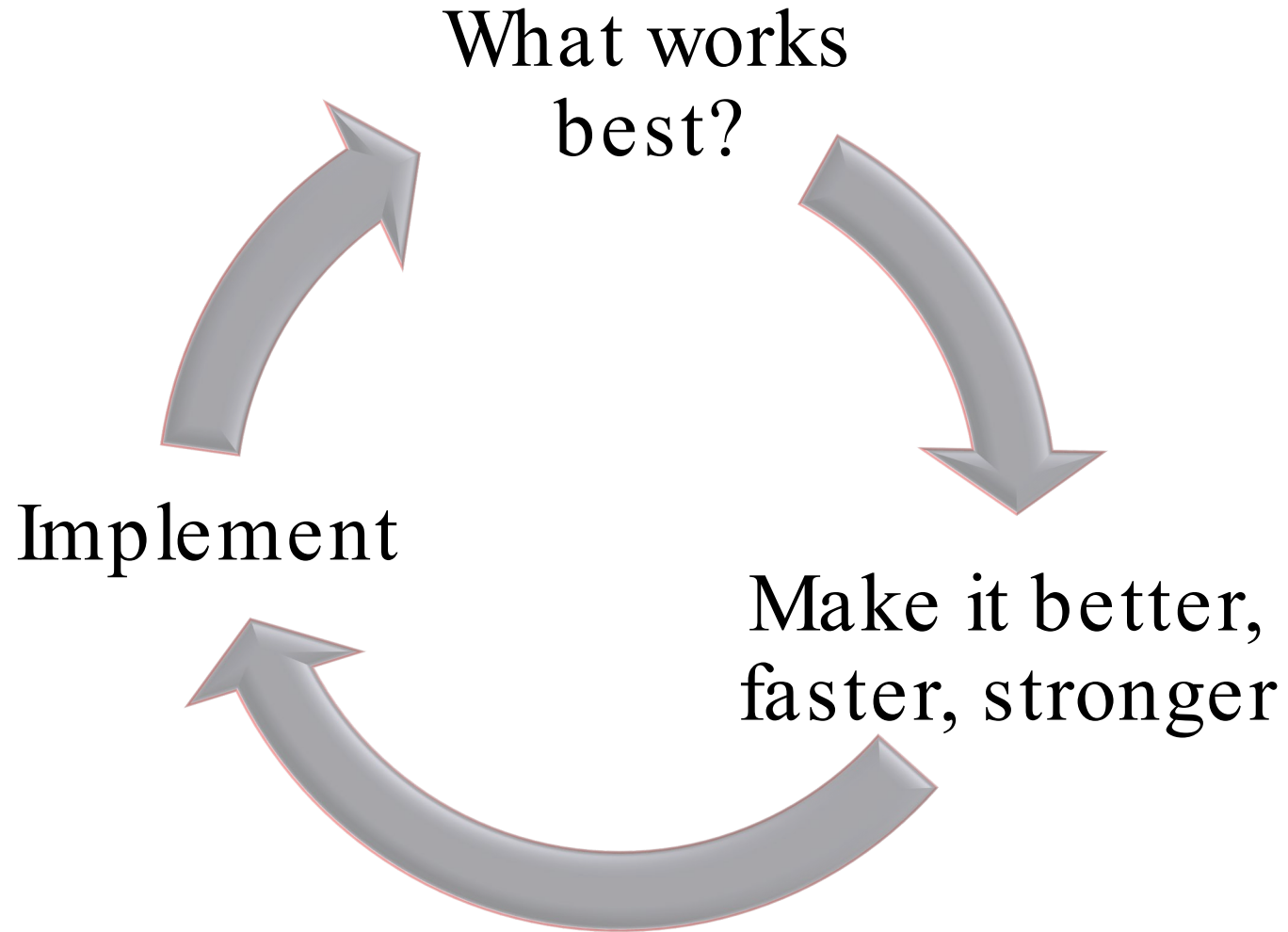
Improving treatments to prevent suicide & promote recovery from PTSD

Technology-based systems to improve access to care

Preventing firearm suicide and gun violence



Our Approach



Warning Signs: pacing
feeling irritable
thinking "it'll never
get better"

- go for a walk 10 mins
- watch Friends episodes
- play with my dog
- think about my kids
 - vacation to beach in Florida
 - Christmas Day 2012
- call/text my Mom
or Jennifer
- call Dr. Brown: 555-555-5555
 - leave msg w/ name, time,
phone #
- 1-800-273-TALK
- go to hospital
- call 911

- ① crying
- ② getting angry
- ③ wanting to hit thing
- ④ argument w/wife

- ① video games
- ② woodwork in garage
- ③ go for walk
- ④ breathing 10 mins
- ⑤ photography
- ⑥ writing
- ⑦ games on phone
- ⑧ listen to music (uplifting)

- ⑨ talk to Bill
- ⑩ Dr. Smith: 555-555-5555 (voicemail)
- ⑪ Hotline: 1-800-273-8255
- ⑫ Hospital or 911

avoid others
"What's the point?"
Not wanting to get out of bed

get a cup of coffee
listen to jazz music
spend time with my dog
text michelle
think about kids

Call my therapist
555-555-5555

call the crisis line
1-800-273-talk
press #1 for Veterans

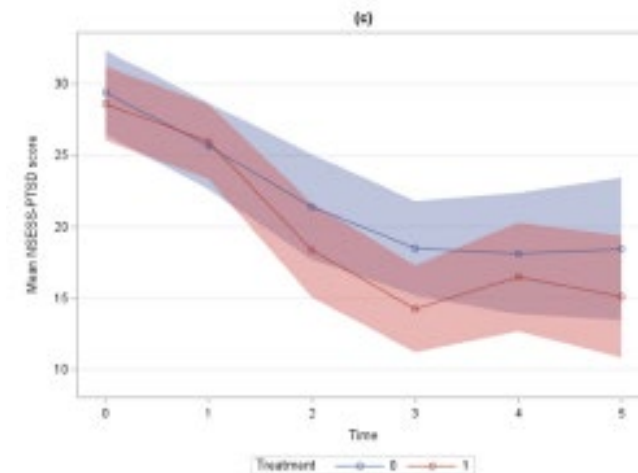
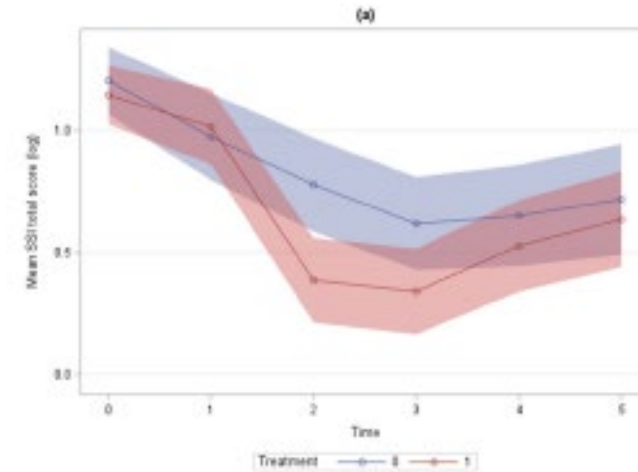
call 911
go to hospital

Crisis response planning rapidly reduces suicidal ideation among U.S. military veterans receiving massed cognitive processing therapy for PTSD

Craig J. Bryan^{a,b,*}, AnnaBelle O. Bryan^a, Lauren R. Khazem^a, Darrin M. Aase^a,
Jose L. Moreno^a, Ennio Ammendola^a, Christina Rose Bauder^a, Jaryd Hiser^a,
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STRIVE Clinic

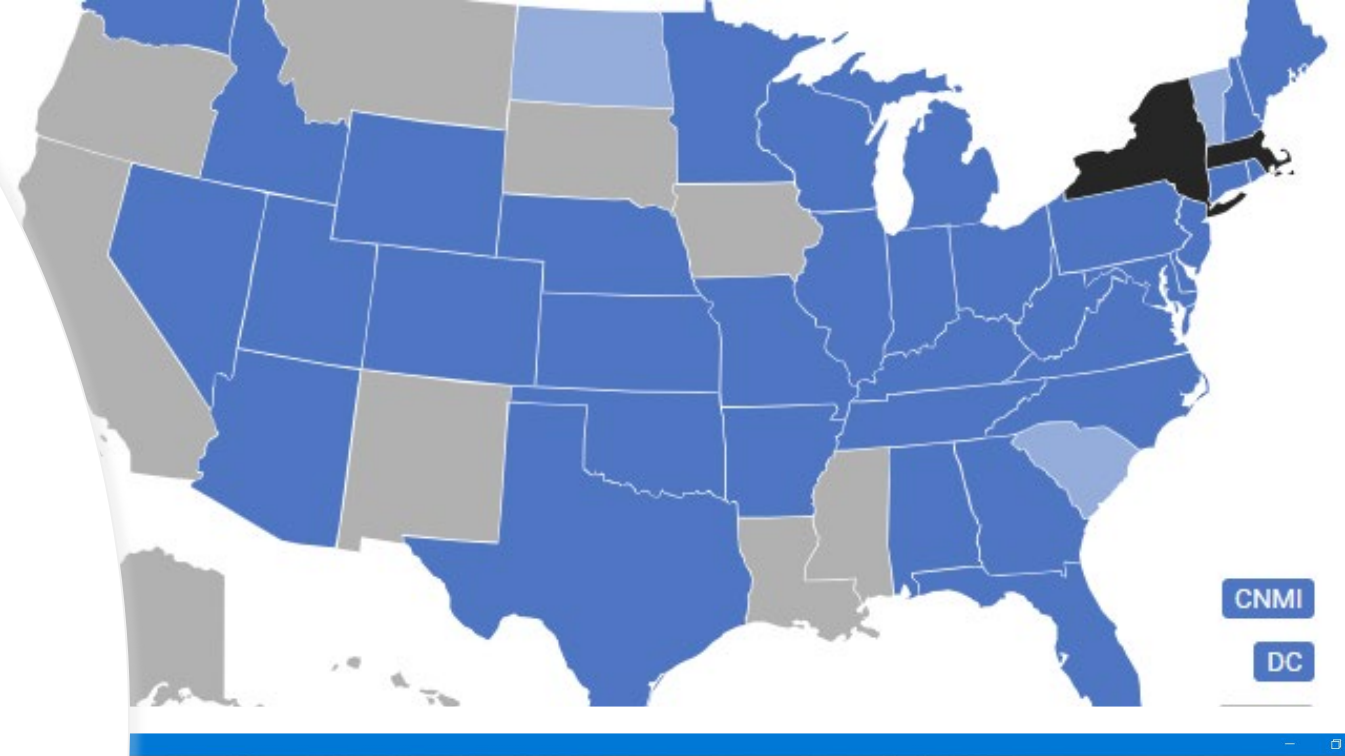
Suicide-focused therapy

PTSD therapy

Flexible delivery models

- In-person
- Remote / virtual (telehealth)
- Massed (daily) therapy

Eligible military personnel, veterans, and family members can receive therapy at no-cost



These things we do that
others may live



"With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, **let us strive on to finish the work we are in,** to bind up the nation's wounds, to care for him who shall have borne the battle and for his widow and his orphan, to do all which may achieve and cherish a just and lasting peace among ourselves and with all nations."

--Abraham Lincoln, Second Inaugural Address

let us strive on to finish the work we are in

Refer a family member,
friend, or veteran

Email

strive@osumc.edu

Online

www.strive2be.org

Volunteer for
a study



Give

go.osu.edu/strive