



# NETWORK NEWSLETTER

Volume 2, Issue 3

July 15, 2019

## Special points of interest:

- 47 Communities
- 18 Businesses

For a current listing visit:  
[ndcares.nd.gov/  
communityprograms](http://ndcares.nd.gov/communityprograms)

## Inside this issue:

"Commissioner's  
Challenge" 1

Free Online  
Training & Apps 2

### Factoid

**Military Facts:**  
ND had 148 suicides in 2017.

Of the 148 suicides, 27 or 18.2% had served in the U.S. Armed Forces, yet, Veterans represent only 9% of the North Dakota adult population.

Vital Statistics, ND Department of Health.



## NORTH DAKOTA VETERANS AFFAIRS

Invites all North Dakotans to accept the

### **"Commissioner's Challenge"** **on Suicide Prevention**

July 1<sup>st</sup>, 2019 through October 31<sup>st</sup>, 2019

**I am Challenging organization leaders in ND to accept the challenge of ensuring your members take the S.A.V.E. training**

This challenge involves only 25 minutes of your time viewing a suicide prevention video, which could make a difference in the life of someone you love. The video was a collaborative effort between the U.S. Department of Veterans Affairs and PsychArmor Institute, designed to empower viewers with the basic knowledge of what the signs may be for someone who is struggling with the thoughts of suicide and it provides ideas on how to help. While the video refers to Veterans, the principles are universal, so let's make a difference in North Dakota with S.A.V.E.!!

To register and take the training please go to:

<https://psycharmor.org/sign-up/ndsava/?gid=351472&unDaDziBt7dbY>

For in person training: [https://www.fargo.va.gov/services/Suicide\\_Prevention\\_Program.asp](https://www.fargo.va.gov/services/Suicide_Prevention_Program.asp)

To request a certificate email: [NDcares@nd.gov](mailto:NDcares@nd.gov) with the name used for registration

Goal: 100,000 North Dakotans watch the video

Please create a "SAVE" contact in your phone with the following:

<https://www.veteranscrisisline.net>

Call: 1-800-273-8255

Text: 898-211

The Commissioner's Challenge is conducted in partnership with PsychArmor Institute, and in collaboration with FirstLink of ND, the ND National Guard, and ND Cares.



## Upcoming 2019 Tele-Conference

**Who: Steering Committee  
Members  
All POC's  
(Community &  
Business)**

**What: Teleconferences**

**When: Sept 12th @ 11am**

**Where: Via Phone  
Dial in information  
will be published**

**Why: Exchange ideas  
Address issues**

## Upcoming Events

**Executive  
Committee  
Aug 21st**

**VA Community  
Health Summit  
Aug 22nd**

**Coalition Meeting  
Sep 12th**

**Vital Services  
Conference  
Sep 17-19**

**We're on the web:  
[ndcares.nd.gov](http://ndcares.nd.gov)**

ND Cares  
PO Box 5511  
Bismarck, ND 58506-5511

Phone: 701-333-2015  
E-mail: [ndcares@nd.gov](mailto:ndcares@nd.gov)  
Website: [ndcares.nd.gov](http://ndcares.nd.gov)



## Free Online Training & Apps



<https://psycharmor.org/>

PsychArmor Institute is a Non-profit that provides FREE EDUCATION and support for all Americans to engage effectively with the military community. It is the only national institute of its kind, dedicated to bridging the military-civilian divide through FREE ONLINE EDUCATION. Additionally, PsychArmor provides a Support Center staffed with mental health experts that are ready to support you.

PsychArmor recruits nationally recognized subject matter experts to create and deliver online courses about issues relevant to the military and Veteran communities. Our self-paced courses are delivered within nine topic areas geared toward military culture, healthcare providers, employers, K-12 educators, higher education, volunteers, caregivers and families, transitioning service members, and communities serving Veterans. We provide critical resources to all Americans who work with, live with, and care about Veterans.



[www.train.org](http://www.train.org)

TRAIN is a national learning network that provides thousands of FREE quality training opportunities to more than one million professionals who protect and improve the public's health.

Powered by the Public Health Foundation (PHF), the TRAIN Learning Network brings together agencies and organizations in the public health, healthcare, preparedness and event Military Culture Trainings for the wide array of different workforces on a centralized training platform.

Government agencies, academic institutions, and other nationally-recognized and respected organizations that post content to the TRAIN Learning Network in order to disseminate and track their trainings to the health workforce.

TRAIN learners from all US states and territories, as well as other 177 countries. Anyone can register as a learner on TRAIN at no cost and access thousands of openly available course offerings, the majority of which are free.

New phone resources are routinely becoming available for our Veteran and Active Duty Service Members.

You may wish to check the following websites for additional or new smart phone applications:

- The Department of Veteran Affairs App Store: <https://mobile.va.gov/apstore/all>
- The National Center for Telehealth & Technology (T2) is part of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). The mission of T2 is to lead the innovation of health technology solutions for psychological health and deliver tested, valued health solutions that improve the lives of our nation's warriors, veterans, and their families. <http://www.t2health.dcoe.mil/products/mobile-apps>

**New Website: <https://www.ndcares.nd.gov>**