

REACH VET Centralized Caring Contacts Pilot



VA Puget Sound Health Care System, Seattle, Washington; Central Arkansas Veterans Healthcare System

Why this research is important:

This research is important because while Caring Contacts is an effective intervention, it is not used frequently. Centralizing this approach will make it easier for providers to use Caring Contacts, thereby increasing their use and improving suicide prevention.

Summary:

Caring Contacts a simple and effective suicide prevention intervention that involves sending patients who have experienced thoughts of hurting or killing themselves brief, non-demanding expressions of care and concern at specified intervals over a year or more. It has been shown to reduce suicide ideation, suicide attempts, and death by suicide. This pilot project will develop a centralized approach for sending Caring Contacts via mail to Veterans identified as being at high risk for suicide by the REACH VET program. The project will evaluate how best to implement this intervention on a larger scale.

How the research will improve Veterans' lives:

This research will improve Veterans' lives by making it easier for providers to send Caring Contacts, an effective suicide prevention intervention. This should increase the number of Caring Contacts sent, which should improve suicide prevention for Veterans.



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