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Sailor Assistance and Intercept for Life (SAIL)

Training for Suicide Prevention Coordinators

March 13, 2017

Objectives

The objective of this training is to educate suicide prevention coordinators (SPCs) on the Navy's Sailor Assistance and Intercept for Life (SAIL) Program as outlined in [NAVADMIN 208/16](#) and [NAVADMIN 027/17](#).

- SAIL purpose and benefits
- Reporting requirements and SPC responsibilities
- SAIL Referral Process

What is SAIL?

The SAIL Program...

- Is an intervention strategy that provides rapid assistance, ongoing risk management, care coordination and reintegration assistance for Sailors identified with a suicide-related behavior. Participation is completely voluntary.
- Supplements mental health treatment by providing continuous contact throughout the critical first 90 days after a suicide related behavior.
- Applies evidence-based tools—the Columbia Suicide Severity Rating Scale (C-SSRS) and Veteran’s Administration Safety Plan (VA Safety Plan)—to monitor the needs of and provide additional resources to Sailors who accept the program.
- Promotes a collaborative relationship with healthcare providers and command leadership.
- Facilitates the coordination of additional resources for Sailors beyond medical intervention to promote ongoing recovery and success.

SAIL is not designed to replace existing services and is not a form of treatment.

Why do we need SAIL?

- Previous suicide-related behavior (SRB) significantly increases the risk of future suicide.
- Approximately 40% of Sailors who died by suicide had a previous SRB.
- Maintaining contact with and coordinating care services for individuals who have exhibited an SRB can prevent future suicide ideation and attempts.

Reporting Requirements

- When an SRB occurs, the SPC will:
 - Visit Navy Suicide Prevention's SAIL webpage (www.suicide.navy.mil > [Command & Leaders](#) > [SAIL](#))
 - Click on the link titled "SAIL Mailbox"
 - Submit the required information via encrypted email to MILL_N17_SAIL.fct@navy.mil, subject: SAIL REFERRAL
- The SPC should not contact the Sailor directly to obtain their information. Command administrative resources should be utilized.

Required Information

- a) OPREP/SITREP DTG
- b) Date of Incident
- c) Sailor's Last Name
- d) Sailor's First Name
- e) Sailor's Middle Initial
- f) Sailor's Rank
- g) Sailor's Work Phone
- h) Sailor's Email Address
- i) Sailor's Current Location (City, State, Country)
- j) For Reserve Component Sailors only, indicate status: (FTS, SELRES on orders, SELRES not on orders)
- k) Base/Installation
- l) Region
- m) Commanding Officer's Name
- n) Commanding Officer's Phone
- o) Commanding Officer's Email

Sending Encrypted Mail to the SAIL Mailbox

- If experiencing problems sending a SAIL referral via encrypted email:
- Go to website: <https://dod411.gds.disa.mil>
- Enter the SAIL email link: MILL_N17_SAIL.fct@navy.mil
- Click “Search”
- Click on “BUPERS”
- Click on the appropriate download link (usually: Download Certificate(s) as vCard Outlook & Internet Explorer or Netscape 7.x Required)
- Select Certificate
- Click “Save”
- Once downloaded, member can send encrypted emails to SAIL Mailbox

SAIL Referral Process

Sailor

Experiences suicide-related behavior



Command

Submits OPREP/SITREP. SPC submits Sail Referral to OPNAV N171 using encrypted mail link MILL_N17_SAIL.fct@navy.mil



OPNAV N171

Receives and tracks SAIL referral and forward to CNIC HQ



CNIC

Receives and tracks SAIL referral and forward to appropriate installation FFSC SAIL Case Manager



FFSC SAIL Case Manager

Contacts Command to verify information and incident. Contacts Sailor to offer SAIL services. Initiate caring contacts if member accepts



Sailor

Receives caring contacts at a minimum of 3, 7, 14, 30, 60, and 90 days providing resources and updated safety planning as needed.



Update your Crisis Response Plan

- Command crisis response plan must include process to notify SPCs of all suicide-related behaviors to ensure timely submission of Sail referrals to OPNAV N171.
- All SRBs are to be submitted for a SAIL referral.
- Maintain the Sailor's privacy. The Sailor's information must be protected in compliance with the Privacy Act, HIPAA and applicable directives.
- More information on developing crisis response plans can be found in the Commanding Officer's Suicide Prevention Program Handbook ([link](#)).



SAIL Questions

Please contact OPNAV N171 if you have questions regarding the SAIL Program.

Navy Suicide Prevention Program Office
(901) 874-6613

MILL_N17_SAIL.fct@navy.mil