

**Keep Them Alive.
Keep Them Healthy.**

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The Challenge and the Promise: Strengthening the Force Preventing Suicide and Saving Lives

Final Report of the
Department of Defense
Task Force on the
Prevention of Suicide by
Members of the Armed Forces

August 2010





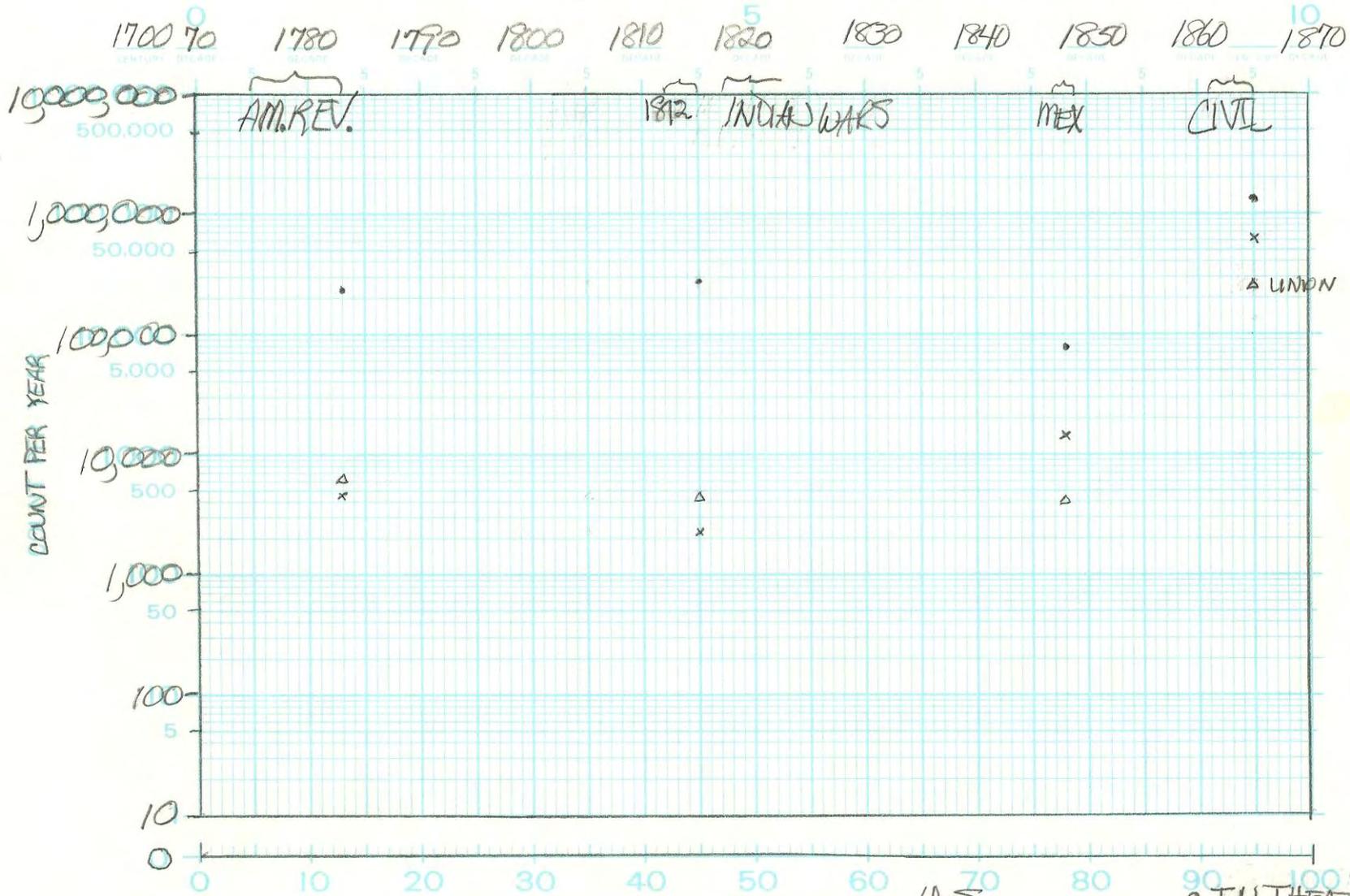
U.S. History of Wars

- American Revolution to the present (2011)
- Some data are estimates.
- Service members .
- In theatre ○
- Wounded △
- Deaths ×

CALENDAR DECADES



YEARLY BEHAVIOR CHART (10, 100, 1000)
 6 CYCLES (100 YEARS PER DECADE)
 BEHAVIOR RESEARCH CO.
 804 3RD WASHINGTON ST. KANSAS CITY, MISSOURI 64101



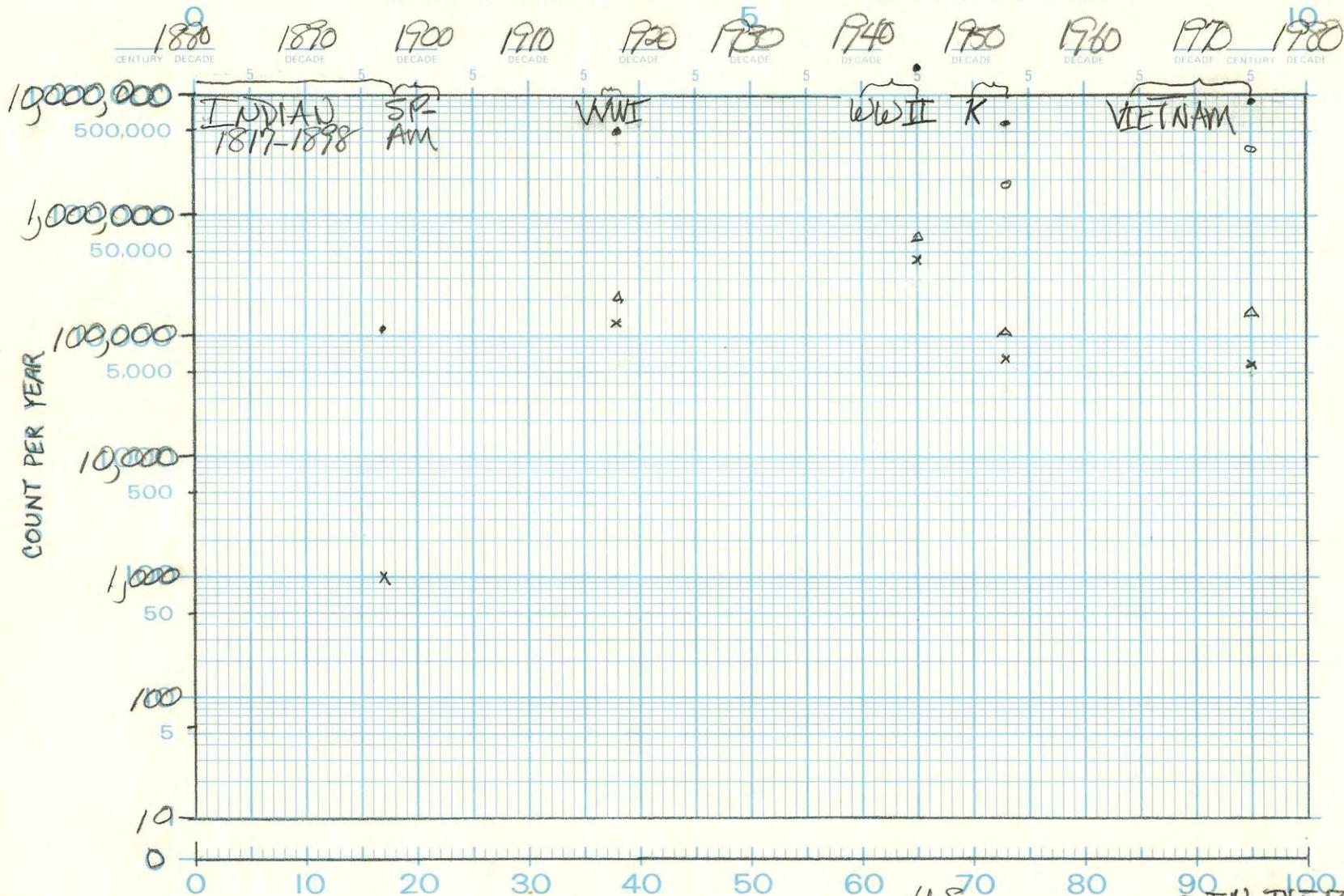
A.B. CALKIN
 SUPERVISOR ADVISER MANAGER
<http://www.infolease.com/lpa/Adopt4615.html>
 DEPOSITOR AGENCY TIMER COUNTER

U.S. SERVICE MEMBERS
 BEHAVIOR AGE LABEL
 A.B. CALKIN
 CHARTER
 IN THEATRE
 WOUNDED
 NON MORTAL
 DEATHS-KIA & OTHER

CALENDAR DECADES



YEARLY BEHAVIOR CHART (YC-1EN)
6 CYCLE - 100 YEARS (10 DECADES)
BEHAVIOR RESEARCH CO.
BOX 3351 KANSAS CITY KANS. 66103



A.B. CALKIN

SUPERVISOR ADVISER MANAGER

SUCCESSIVE CALENDAR YEARS

U.S. SERVICE MEMBERS

BEHAVIOR AGE LABEL

○ IN THEATRE
△ WOUNDED
NON MORTAL
× DEATHS - KIA & OTHER

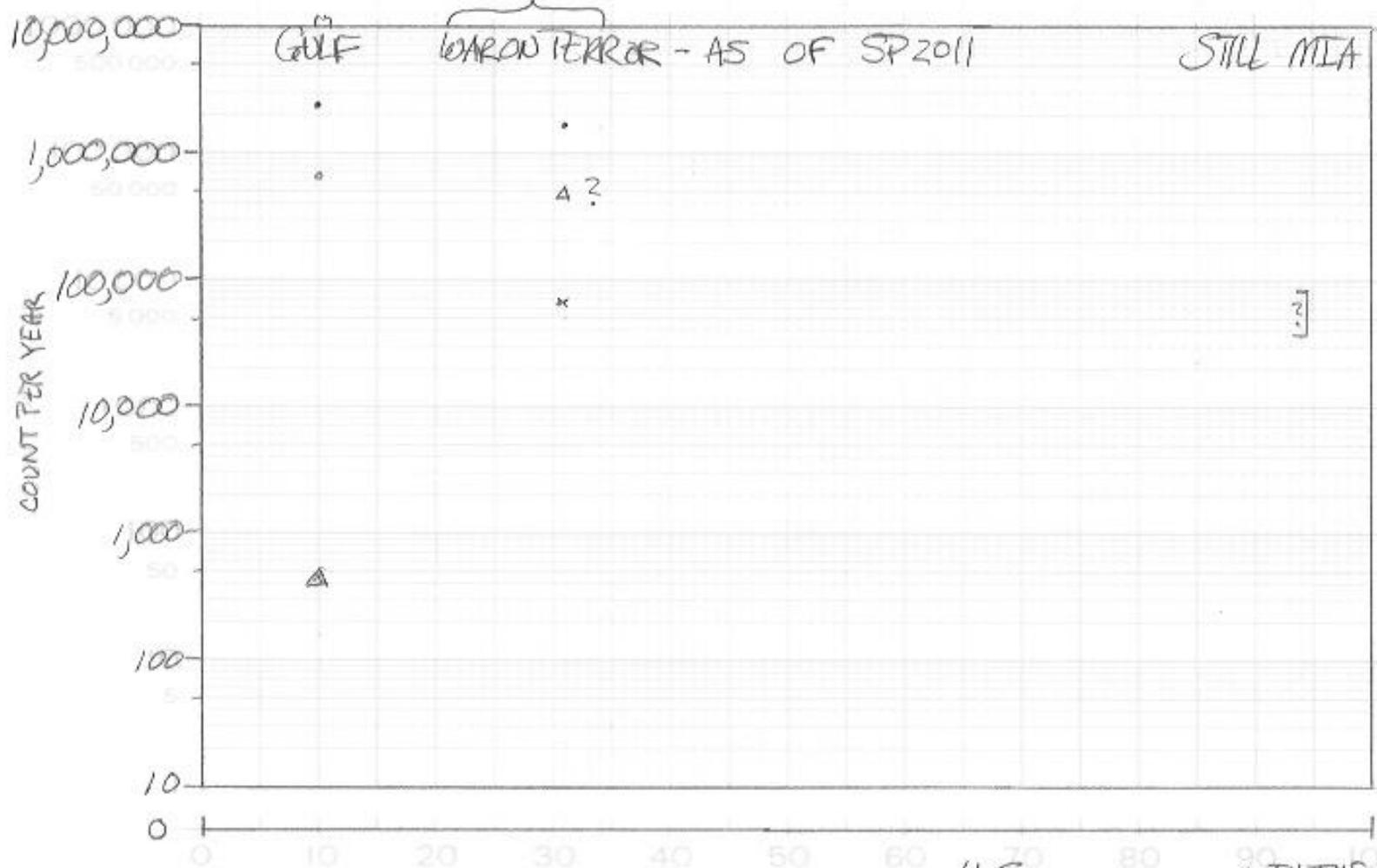
<http://www.infoplease.com/ipa/A0004615.html>

DEPOSITOR AGENCY TIMER COUNTER

A.B. CALKIN CHARTER

CALENDAR DECADES

1980 1990 2000 2010 2020



GULF WAR ON TERROR - AS OF SP 2011 STILL MIA

A.B. CALKIN
<http://www.infoplease.com/1yr2/Aapp4615.html>

U.S. SERVICEMEMBERS
 A.B. CALKIN
 ○ IN THE ATRE
 △ WOUNDED
 NOW MIA/AL
 × DEATHS - KIA OR
 OTHER

Some Stories...

Flash of Light—1

We live in a small, 900 square-foot house in the middle of a forest. Our kitchen appears big because it has five windows and two doors, but the floor space is 10 by 10 feet.

My husband and I stood at the stove as I checked the homemade noodles and he tended the stir-fry of smoked black cod and vegetables. It was late fall and we'd already had a few feet of snow. Suddenly, the deep new snow silently fell off the roof, reflecting the kitchen lights as it went down. It would land with a thud, but not before Robert responded to what he saw. He startled.

Flash of Light—2

“Wow,” he said. “I thought that was the flash that you see right before a bomb goes off.” He paused then turned to me and said with that twinkle in his eyes, “Now I don’t want you to think I have PTSD because of that.”

I teased, “Whatever would make me think that?” We bumped hips with a grin and leaned into one another as we put the finishing touches on dinner.

It’s been 43 years since Viet Cong bombs exploded around him. Left alone and not reconditioned, Pavlovian conditioning hangs around for a long time...a lifetime. I hadn’t noticed any flash. Nor did I know till then that there was a flash of light a fraction of a second before a bomb explodes.

Salt Licks

Salt Licks

There has to be a better road
than to send young men—
flowers flourishing at the beginning of bloom—
to war
to return home to bawl like babies
or sob like a mother who has just lost her child.

I grow weary of tending my husband's tears
in buckets and jars around the house.

Comforting the Remnants of My Soldier

Comforting the Remnants of My Soldier

The rats of war
chewed pieces out of you.
I hold you at night
covering the holes with my skin.

31

31

In memory of the 31 lost in the helicopter crashes of August 2011

31 lost

31 doors

Receive that dreaded knock,

Unwanted visit

Leave families with shattered hearts

31 pairs of boots lined up with rifles and dog tags and helmets

Comrades grieved for and remembered

31 funerals

Names on newly made grave markers

31 empty places at the table

31 souls who gave all, whose deaths leave a void.

Take 31 days and months

—Pause

Reflect

on—

Sacrifices of 31 lives gone forever.

The Invasion of Normandy





As human beings, as behavior analysts, what can we do about the remnants of war?

What can we do about the thoughts, feelings, and urges that are left whether we are military or civilians?

Standard Celeration Chart & the 1-min timing

- Daily Behavior Chart-DC 8 was first published in 1967.
- The 1-min timing started in 1968 in Ann Starlin's first grade classroom in Eugene, OR.
- First uses:
 - Reading
 - Math
 - Other academic areas, including secondary science, social studies, math, life skills

1-min timings

- Think Write alphabet
- Think Write numerals, 0 to 9
- Think Write positives about self (an inner behavior)

Inner behavior charts

- Ann Duncan and Christina, age 3 ½
- Henri Sokolove, 1973
- Diana Dean, 1973
- First use of the 1-min timing with inner behavior, Calkin, 1977
- How many research projects and charts does it take to...

Table 1. Inner Behavior Research Projects

Researcher	Date	Number of charts*	Number of people**
Behavior Bank	1971, 1974	219*	?
Sokolove	1973	281	281
Dean	1973	312	34
Calkin	1979	161	105
Calkin	1992	35	35
Kubina	1994	2	2
Kostewicz	2000	2	1
Clore	2006	0	10
Cobane	2006	27	22
Rich	2009	3	3
Patterson	2009	6	9
Total		1,048	502**

* Charts in the Behavior Bank in addition to those Sokolove and Dean deposited.

** Does not include the number of people from the additional projects in the Behavior Bank.

How to do this

- Pinpoint the behavior
 - Reads words, correct and error
 - Write digits in mixed multiplication and division correct and error
 - Has positive thoughts; has negative thoughts
 - Has pleasant feeling; has unpleasant feelings
 - Others...

Count positives

- About self *or*
- Any positives

Definitions

- Thought
- Feeling
- Urge
- Depression

Thought

- An operant, verbal behavior
- An idea with no emotion

Feeling

- An operant, verbal behavior
- An idea with a mild physiological component
- The person may or may not sense this physiological aspect.

The physiological component may or may not be apparent or even potentially apparent to another person.

Urge

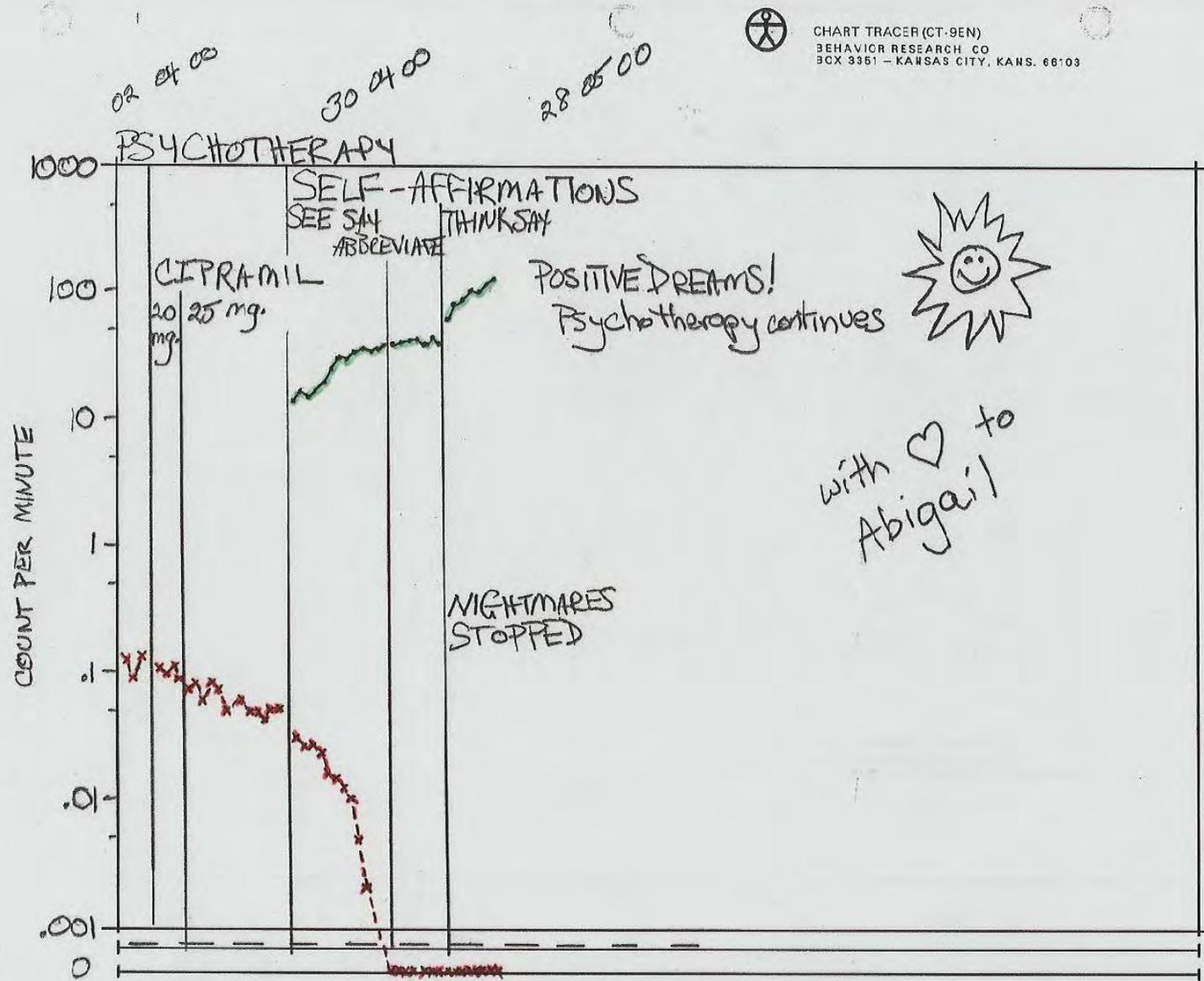
- A respondent, Pavlovian behavior
- First instance
- A strong impulse, force, compulsion, impelling
- What is the second instance?
 - Respondent?
 - Operant?
 - Interaction of the two?

Depression

- A decrease in the frequency of behavior
- Similar to its definition in physics

Judy

- Suicide thoughts
- Self-affirmations
- Psychotherapy throughout project
- Missed the “happy to be alive” thoughts



A.B. CALKIN A.B. CALKIN JUDY

JUDY 21 SELF-AFFIRMATIONS

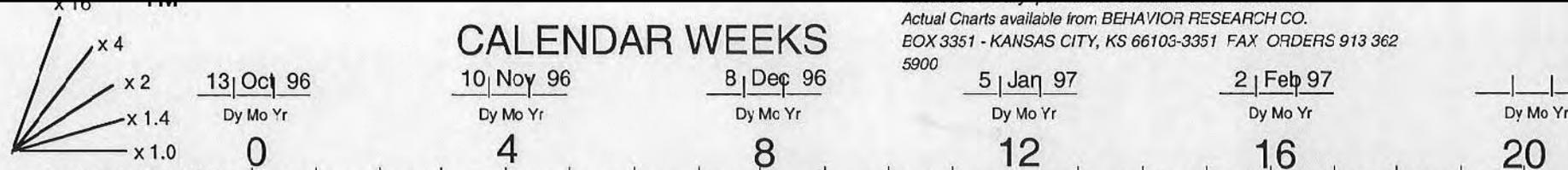
JUDY JUDY JUDY X SUICIDE THOUGHTS

Doug

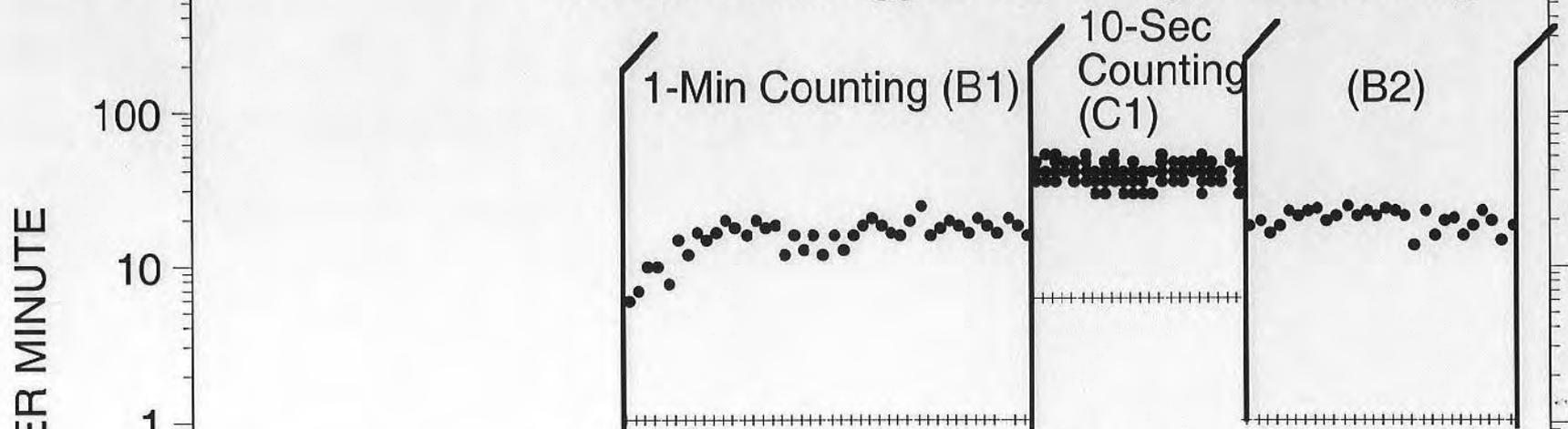
- Aggressive thoughts and feelings
 - Including ‘I hate you,’ urges to hurt self, someone else, or damage an object
- Missed the pleasant thoughts and feelings
- 24-hour day counts
- A study published in *The Journal of Behavior Therapy and Experimental Psychiatry*

CALENDAR WEEKS

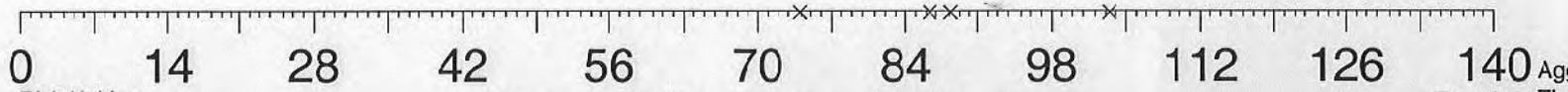
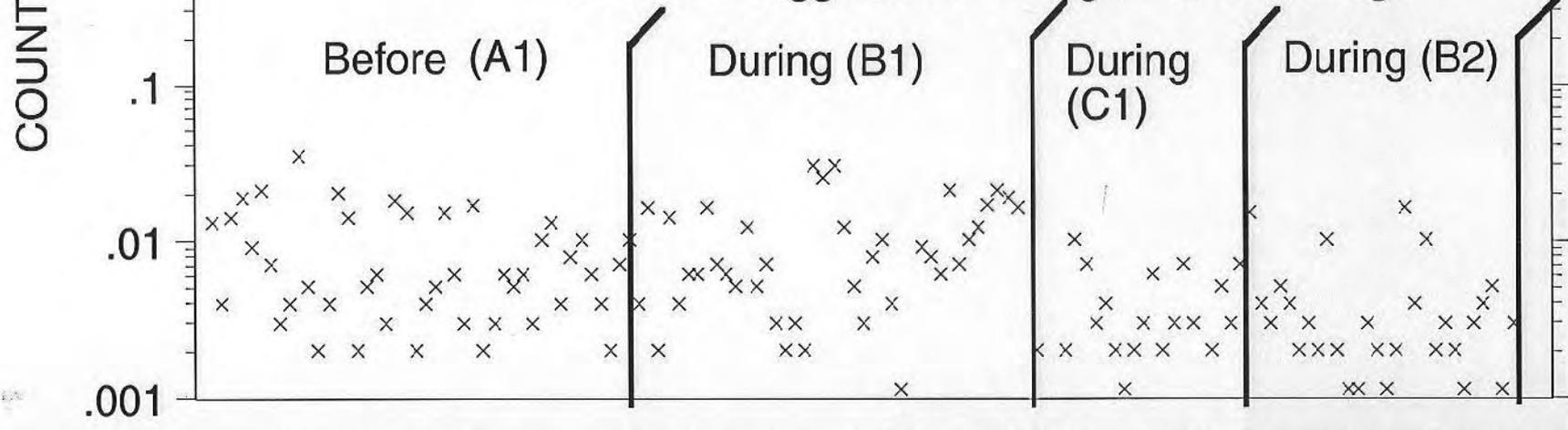
Actual Charts available from: BEHAVIOR RESEARCH CO.
 BOX 3351 - KANSAS CITY, KS 66103-3351 FAX ORDERS 913 362
 5900



Counts of Non-aggressive Thoughts and Feelings

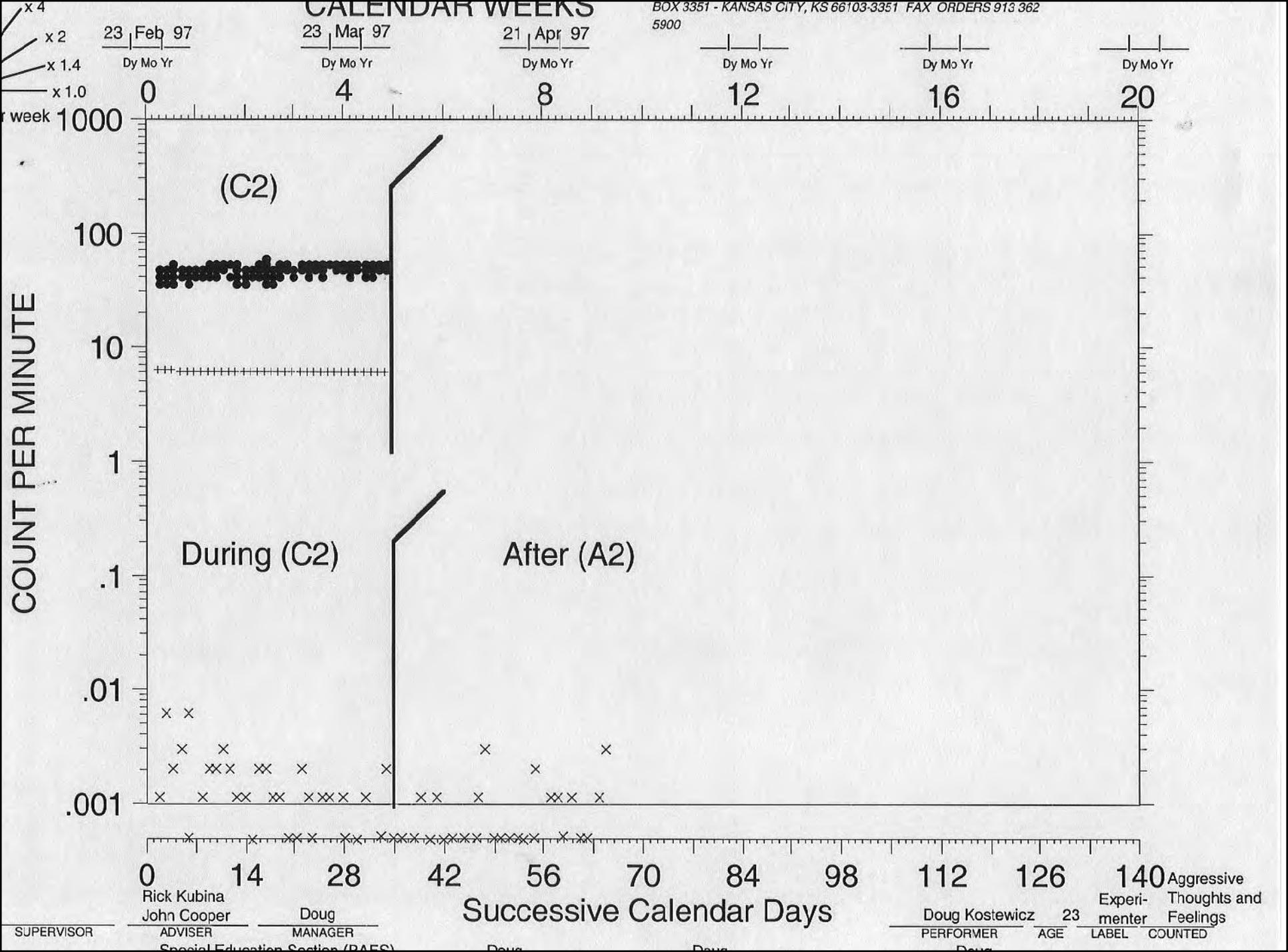


Counts of Aggressive Thoughts and Feelings



Successive Calendar Days

Agg Tho
 Feed



MH

- A graduate student in her 40s.
- Bouts of depression
- Her son had committed suicide 7 years earlier
- On the chart
 - Negative inners
 - Positive inners
 - Intensity measure
 - 1-min timing
 - Dissertation words written
 - Beck Depression Inventory ratings

12 01 03
DAY MO YR

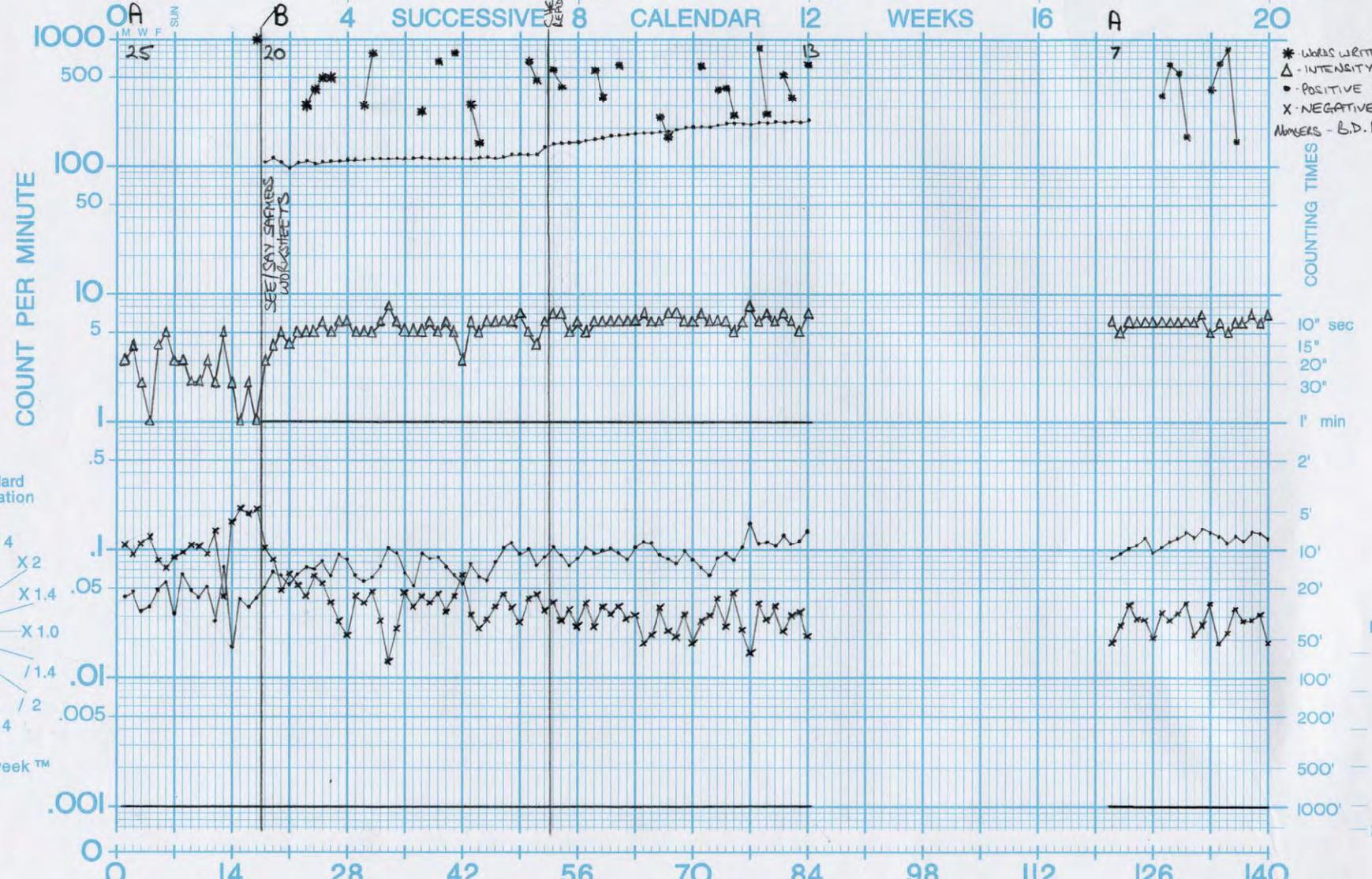
09 02 03
DAY MO YR

09 03 03
DAY MO YR

06 04 03
DAY MO YR

04 05 03
DAY MO YR

1 6 03
DAY MO YR



Standard celeration

X16
X4
X2
X1.4
X1.0
/1.4
/2
/4
/16
per week™

* - WORDS WRITTEN PER DAY
Δ - INTENSITY MEASURE
• - POSITIVE INNERS
X - NEGATIVE INNERS
NUMBERS - B.D.I. SCORE

COUNTING TIMES
10" sec
15"
20"
30"
1' min
2'
5'
10'
20'
50' hrs
1°
2°
4°
8°
16°
24°

MK SUPERVISOR
ADVISER
EC MANAGER
MH PERFORMER
MH
MH
ORGANIZATION DIVISION ROOM TIMER COUNTER CHARTER

POSITIVE + NEGATIVE INNERS
+ WORDS WRITTEN PER DAY
COUNTED
+ INTENSITY MEASURE

Dpmin-11EC

DAILY per minute CHART™

DAILY per minute Standard Celeration Chart - Dpmin-11EC
© 1998 BEHAVIOR RESEARCH CO. FAX ORDERS: 913 362 5900
BOX 3351 KANSAS CITY, KS 66103-3351

1 6 03
DAY MO YR

29 6 03
DAY MO YR

OA
M W F

SUN

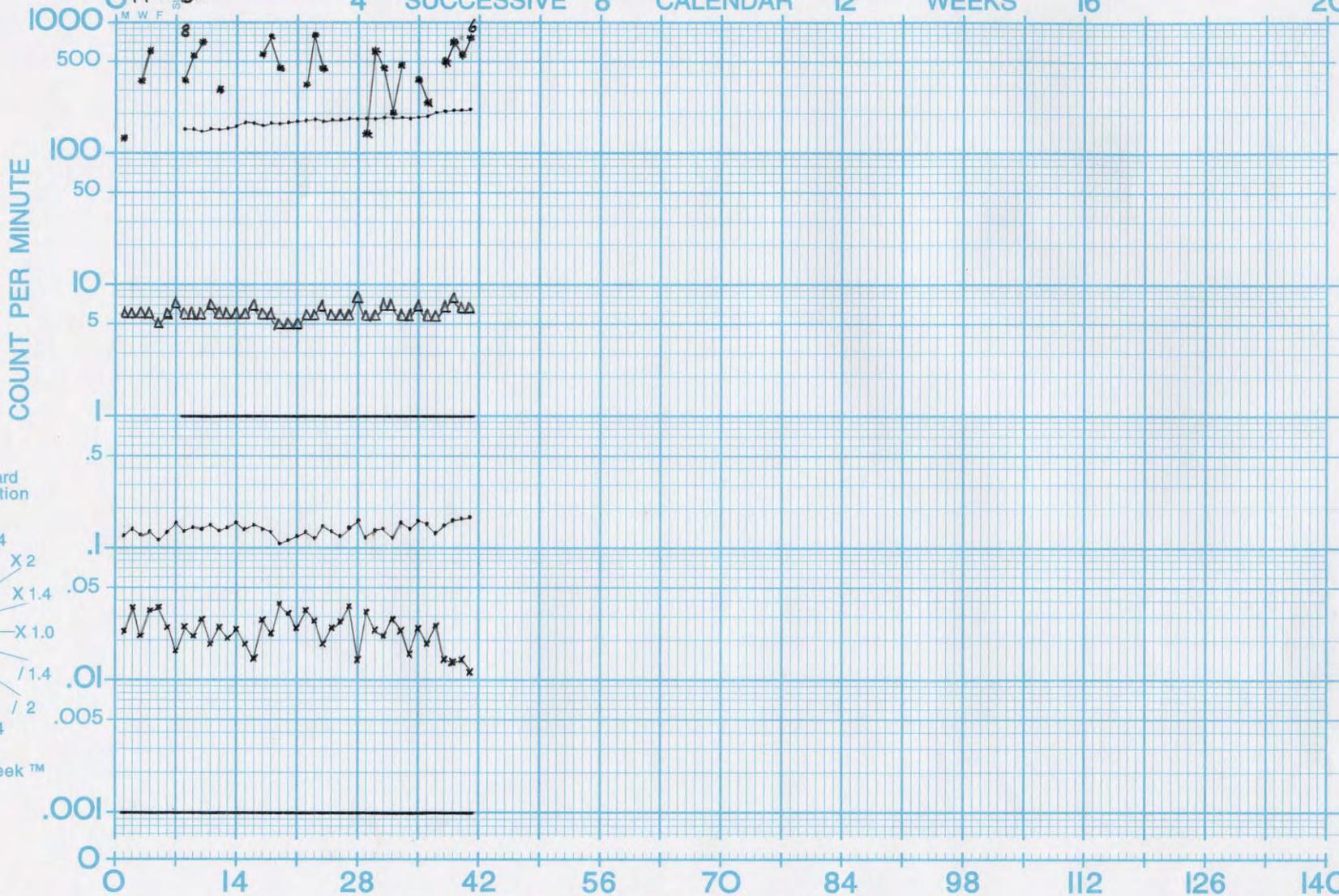
4 SUCCESSIVE

8 CALENDAR

12 WEEKS

16

20



Standard celeration

- X16
 - X4
 - X2
 - X1.4
 - X1.0
 - /1.4
 - /2
 - /4
 - /16
- per week™

COUNTING TIMES

- 10" sec
- 15"
- 20"
- 30"
- 1' min
- 2'
- 5'
- 10'
- 20'
- 50'
- 1'
- 2°
- 4°
- 8°
- 16°
- 24°

MK
SUPERVISOR

ADVISER

EC
MANAGER

MH
PERFORMER

POSITIVE + NEGATIVE INNETS
& WORDS WRITTEN PER DAY
COUNTED
& INTENSITY MEASURE

ORGANIZATION

DIVISION

ROOM

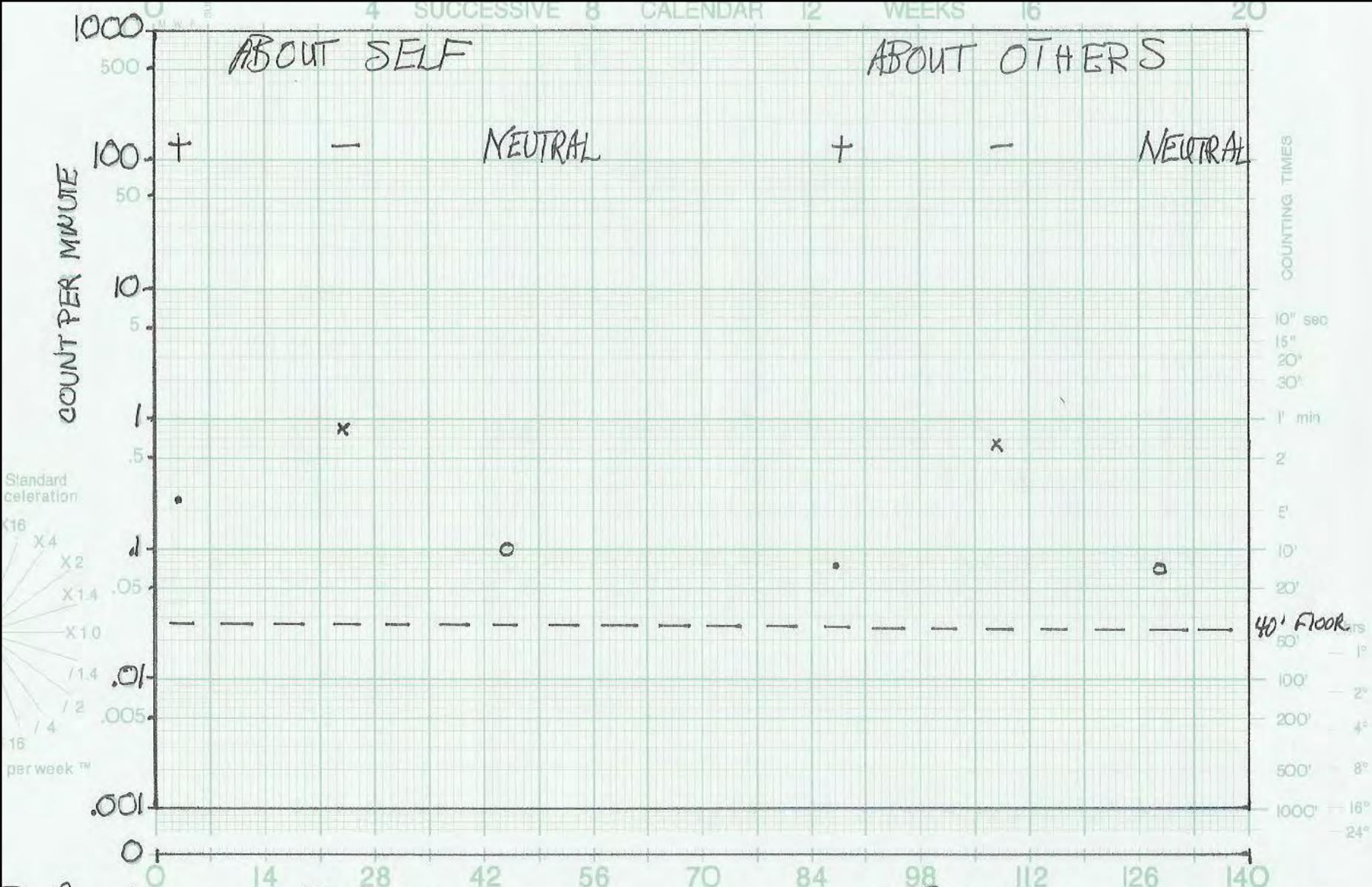
MH
TIMER

MH
COUNTER

CHARTER

Military fort

- Three all-day workshops with the clinical staff working with active duty soldiers
- Opportunity to observe one therapy group for two hours
- 40-min record floor
- What one psychotherapist learned from the workshop...



B. CALKIN (SUPERVISOR) | **PHIL FLANDERS** (MANAGER) | **8 SOLDIERS** (PERFORMER)
 ARMY (ORGANIZATION) | PFD GROUP (DIVISION) | CALKIN (ROOM) | CALKIN (TIMER) | CALKIN (COUNTER) | CALKIN (CHARTER)

COMMENTS
 • POSITIVE
 x NEGATIVE
 o NEUTRAL

Depression

- A decrease in the frequency of behavior
- Similar to its definition in physics
- Always looking for data...

Dpmin-11EC

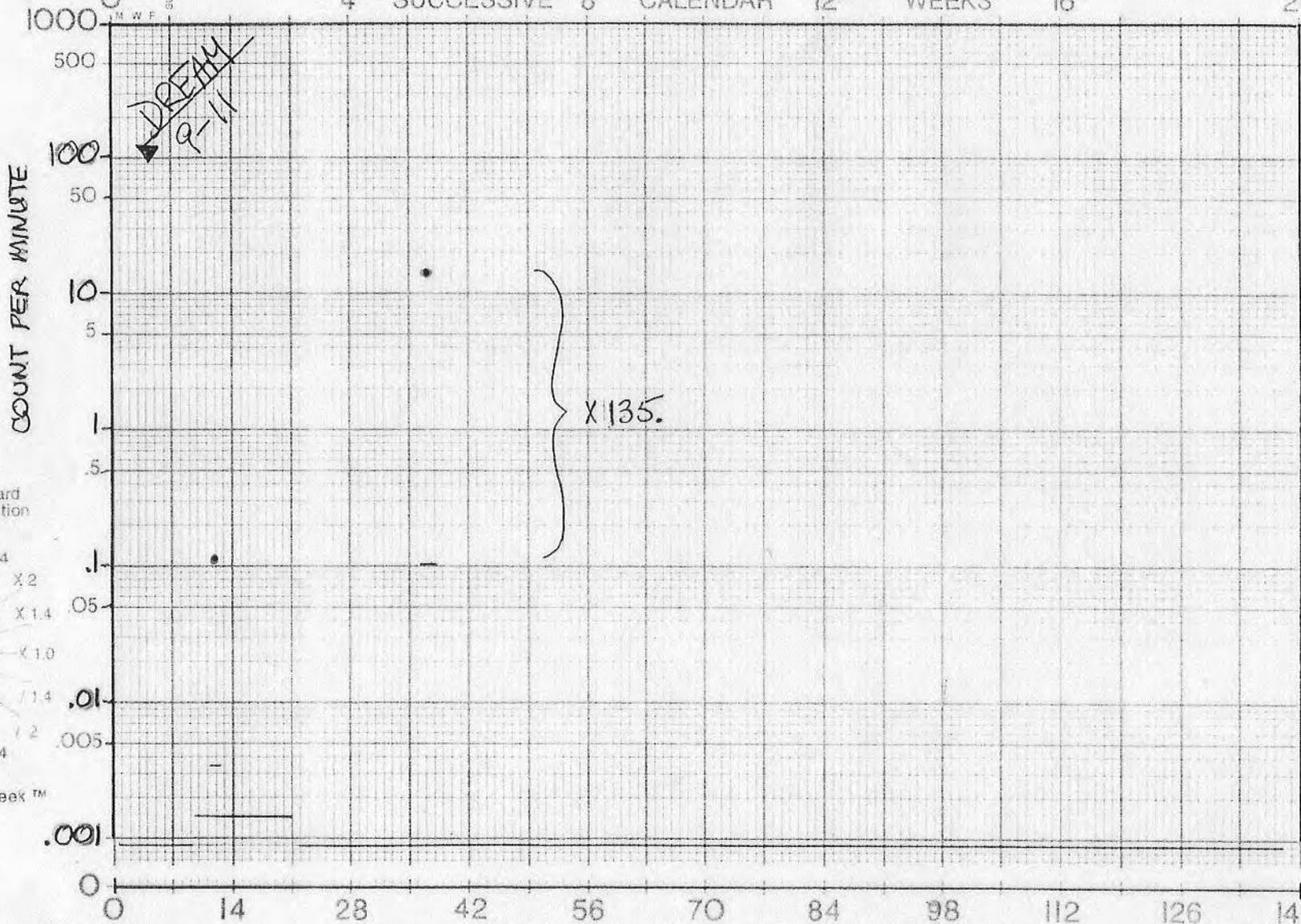
DAILY per minute CHART™

2 Sp 01
DAY MO YR

30 Sp 01
DAY MO YR

28 Oc 01
DAY MO YR

4 SUCCESSIVE 8 CALENDAR 12 WEEKS 16 20



ABIGAIL B. CALKIN
SUPERVISOR ADVISER

MANAGER

SUCCESSIVE CALENDAR DAYS

ABIGAIL
PERFORMER

BEHAVES
COUNTED

ABIGAIL ABIGAIL ABIGAIL

COUNTING TIMES

0' 10' 20' 30' 40' 50' 100' 200' 500' 1000'

1-min timing on inner behaviors

- Write what are different inner behaviors to count.

1-min timing on inner behaviors

- Write what are different inner behaviors to count.
 - Are they all acceleration targets (positive)?
 - Are they all deceleration targets (negative)?
 - Are they in pairs?
 - If not in pairs, then add the other part of some pairs in 1 min.
- Compare with your neighbor.

1-min timing on behaviors related to depression, anger, suicide

- Outer or public behaviors
- Inner or private behaviors
- Pair them
 - Opposites
 - Contraries

Summary—1

- Loss of life of people
 - Who can smile
 - Who have families
- The history of US wars
 - Estimated data but accurate within reason
- Veterans' stories
- D-Day
- Definitions—4
- We looked at seven inner behaviors
 - What are they?
 - Give the specific examples.

What can we do about these issues?

- Reduce or eliminate the negative or unpleasant inner behaviors such as
 - suicide thoughts and and urges
 - aggression (toward self or others) thoughts and feelings
 - Depression
- Paired contrary
 - thoughts about reasons to live
 - Loving or complimentary thoughts toward others
 - List and repeat at least once per day good things in life; physical activity
 - Pair with outer behavior

What next?

- Write down your learnings from my presentation.
- Write down your take-away points from my presentation.
- Write down your learnings from Kent.
- Write down your take-away points from Kent's presentation.

Lastly...

- What are you going to do with those?
 - Nothing
 - Remember...
 - Act on them, in other words, have we changed your future behavior?
 - Have we interested you in helping veterans? In changing inner behavior?