



June 2022

Welcome!

Summer is in full swing, and June is full of noteworthy celebrations and campaigns. In this newsletter we are highlighting PTSD Awareness Month, Pride Month, Juneteenth, recent work from our team, and a spectacular event focused on increasing awareness of suicide among women Veterans. We hope that these resources enrich your lives by helping you learn more about Veteran suicide prevention and mental health.

Thank you for taking time out of your day to read our newsletter. If you have comments or suggestions, please reach out to us by email:

RockyMountainMIRECC@va.gov

Wishing you a safe and healthy summer,

The Rocky Mountain MIRECC Team

- Welcome!
- Increasing Awareness of Suicide Among Women Veterans: Coming Together to Make a Difference
- Short Takes on Suicide Prevention Episode #134: PTSD and Exercise: Finding recovery through fitness
- June is PTSD Awareness Month
- Celebrate Juneteenth
- June is Pride Month
- Recent Rocky Mountain MIRECC Publications

SAVE THE
DATES

Increasing Awareness of Suicide Among Women Veterans: Coming Together to Make a Difference



UNIVERSITY OF COLORADO
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Increasing Awareness of Suicide Among Women Veterans: Coming Together to Make a Difference

Women Veterans are an underserved and often overlooked population. Suicide among Women Veterans is a growing problem, and suicide by firearm has increased substantially in this population. Join us for a two-part event, Increasing Awareness of Suicide Among Women Veterans: Coming Together to Make a Difference, which will entail a series of talks by national experts, as well as collaborative conversations locally on this important public health issue. This is a two day event:

Day One, Virtual: A series of talks by national experts.

Thursday, June 23, 2022 - 10:00 a.m. to 1:00 p.m. MT

Day Two, In Person: Local community organizations come together for collaborative conversations and sharing resources.

Monday, June 27, 2022 - 11:00 a.m. to 1:00 p.m. MT

University of Colorado Anschutz Medical Campus, Fulginiti Pavilion, Gossard Forum

Lunch will be provided

[Registration and Details](#)

SHORT TAKES
on **SUICIDE PREVENTION**

Episode 134:
PTSD and Exercise:
Finding recovery
through fitness

GUESTS
Daniel Reis, PhD
Army Veteran Adam Holt

ROCKY MOUNTAIN
MIRECC Hosted by Edgar Villarreal, PhD

Short Takes on Suicide Prevention Episode #134: PTSD and Exercise: Finding recovery through fitness

This episode of our podcast series explores exercise as an alternative treatment option for Veterans living with PTSD through the lens of both research and lived experience. Available on most podcasting apps.

Listen

JUNE 2022

**NATIONAL
PTSD
AWARENESS
MONTH**

Find the pledge
and other resources
at ptsd.va.gov!

3 Ways to Make a Difference

- 1** Take the pledge to raise awareness
- 2** Get the facts about trauma, PTSD, and treatment
- 3** Share resources like the Veterans Crisis Line and the PTSD Coach app

encourage
HOPE & HELP
encouragehopeandhelp.com

June is PTSD Awareness Month

According to the National Center for PTSD, there are currently about 8 million people in the United States with PTSD. You can help increase awareness about PTSD and effective treatment options.

[Learn more about actions you can take here.](#)

Celebrate Juneteenth



On June 19, 2022 we will observe Juneteenth (the federal holiday will be observed on June 20).

Juneteenth celebrates the end of slavery in the United States. This holiday is also known as Emancipation Day, Freedom Day, Jubilee Day, Juneteenth Independence Day and Black Independence Day.

Discover more about the history of Juneteenth and find reading lists, resources, and ways to celebrate on social media on [the Smithsonian's webpage](#), [The Historical Legacy of Juneteenth](#).

June is Pride Month



VA celebrates Pride Month by serving all who served. Take some time to review VA's [LGBT+ Mental Health](#) and [LGBT+ Patient Care](#) webpages.

We would also like to highlight an episode of the Military Psychology Podcast Network from October 2021. Listen to a conversation with Dr. Jillian Shipherd, a top scholar on the wellbeing of LGBTQ Veterans:

[Top Researcher Dr. Jillian Shipherd Briefs us on the Wellbeing of our one Million LGBTQ Veterans](#)

Recent Rocky Mountain MIRECC Publications

Our lab is publishing new articles all the time! Take a look at some our 2022 publications:

- [Variation in call volume to the Veterans Crisis Line by women and veterans prior to and following onset of the COVID-19 pandemic](#)
- [Firearm Injury Prevention and Extreme Risk Protection Orders](#)

- Establishing a Research Agenda for Suicide Prevention Among Veterans Experiencing Homelessness
- Development and Preliminary Evaluation of an Education Program Primary Care Teams on Discussing Firearms Storage Safety with Veterans
- ASCEND for veteran suicide prevention: Enhancing surveillance to save lives
- The role of suicide stigma in self-disclosure among civilian and veteran populations
- Cultivating psychological flexibility to address religious and spiritual in moral injury

Keep updated & let us know how we're doing.



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