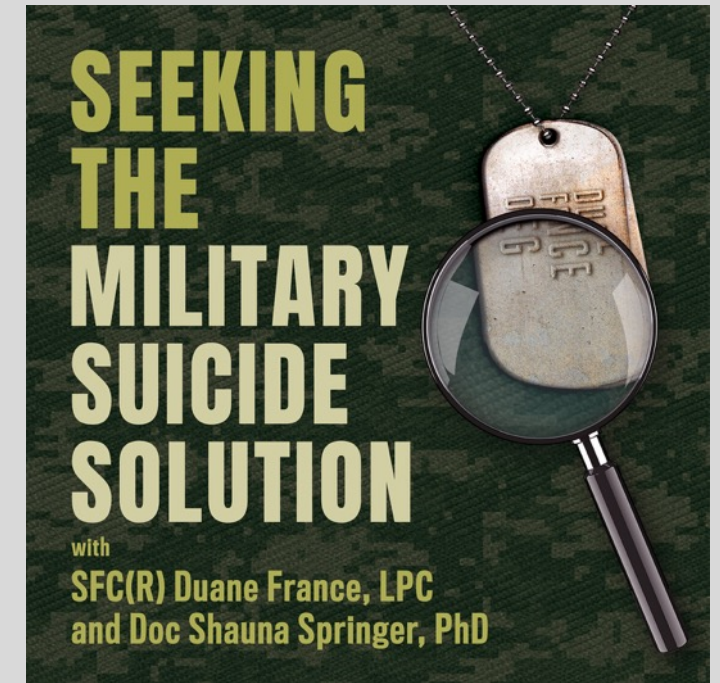


Seeking the Military Suicide Solution

A Podcast that brings the knowledge of experts on suicide in the military affiliated population to communities that need it

Launch: 01/02/2020



We know the statistics about suicide – they are alarming. Simply raising awareness of a problem without pairing it with meaningful action promotes a sense of helplessness and hopelessness. This podcast is designed to move us beyond awareness and into meaningful action. Whether it's social media posts, community conversations, or awareness demonstrations, it seems as though we are inundated with information on how to stop suicide in the military affiliated population.

And yet, numbers of service members, veterans, and their family members are taking their own lives every day. Whether it's 20 a day, 22 a day, or more; whether they are connected to the Department of Veterans Affairs or not; whether high profile or go unnoticed, one death by suicide in the military affiliated population is too many.

At the same time, a significant amount of research on to how to stop suicide in the military population is being conducted. Professionals across the country are helping those in the military affiliated population hold on to hope and navigate the challenges in their lives. Methods of prevention, intervention, and postvention are being developed and show promising results.

The **Seeking the Military Suicide Solution Podcast** will move beyond awareness to action by sharing what works, what doesn't, and what gaps remain.



DoD Photo.



DoD Photo.

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The Seeking the Military Suicide Solution Podcast will be an interview show that highlights the leading experts and practitioners of suicide prevention in the military affiliated population. It will focus on actionable insights above all. Guests will be selected on the basis of their ability to bring insights that promote effective, practical strategies for preventing suicide. We will host researchers who will discuss the promising results of caring letters sent to patients following inpatient hospitalizations, and clinicians with innovative ideas that have show great promise for helping us connect people to hope. We will have real and honest conversations with community members doing real work with actual results.

The show will launch in the first week of January of 2020 and be limited to 50 episodes. New episodes will be released weekly, with a mid-season break. Shows will be limited to no more than forty minutes, with the average show intending to last approximately thirty minutes.

The show will be hosted by Duane K. L. France, a retired Army Noncommissioned Officer, combat veteran, and clinical mental health counselor. He is the founder and host of the Head Space and Timing Podcast, a show that addresses the broader subject of mental health and wellness in the military affiliated population.

The co-host, Dr. Shauna Springer, is a licensed psychologist and nationally recognized expert on initiatives that benefit the military community. Known as “Doc Springer”, she is a trusted advisor for a vast network of veterans, military families and fellow thought leaders. Dr. Springer’s work has been featured on NPR, NBC, CBS Radio, Military Times and Marine Corps Times.



The Head Space and Timing Podcast launched in July of 2017 as part of the Change Your POV Podcast Network. The network consisted of a group of shows focused on bringing information to transitioning service members about employment, education, recreation, and mental health. After 300 episodes and nearly 160,000 lifetime downloads, the founders of the network decided to move on to different projects. At the height of its popularity, the network achieved over 4,000 collective downloads per month across the five shows.



An Important Contribution to Veteran Mental Health

Headspace and Timing is an important podcast for anyone who is interested in veteran mental health issues. Having been a guest on this podcast some time ago, I can attest to the fact that Duane France is a superb interviewer, who has both a wide ranging and in-depth command of the myriad issues surrounding veteran mental health in today's society. I recommend this podcast, without qualification, to anyone interested in learning about veteran mental health initiatives.



Important conversations!

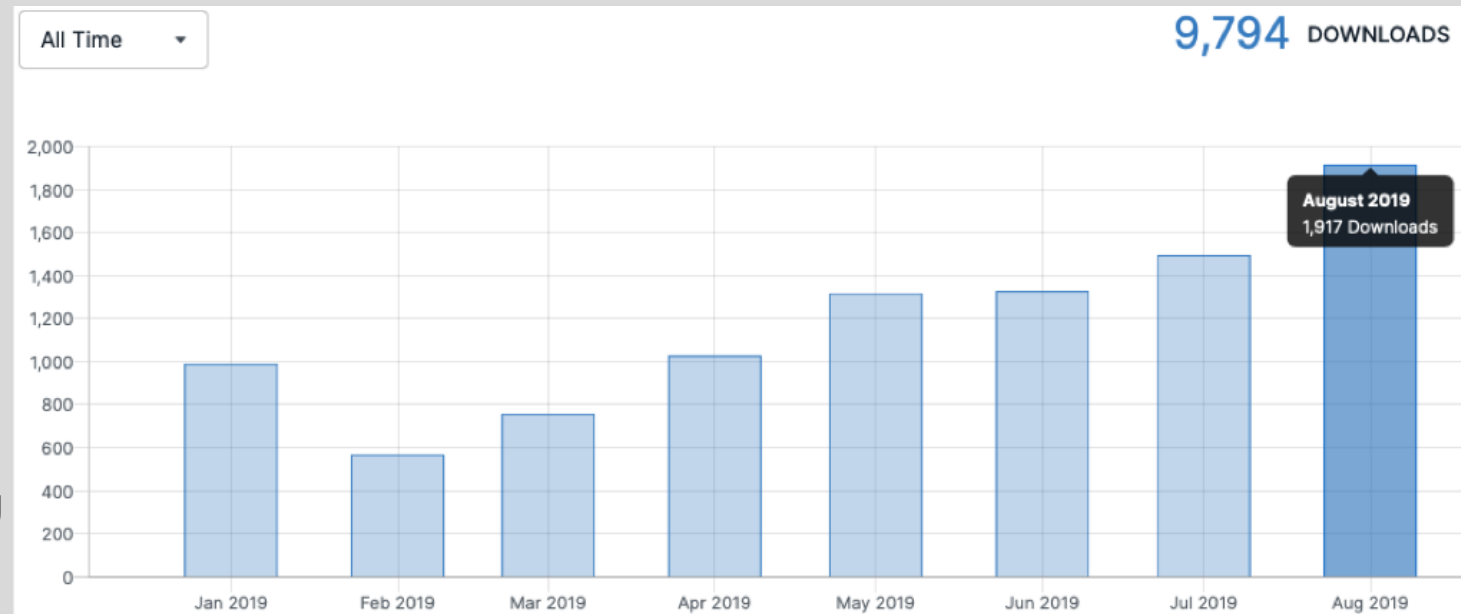
Duane does a great job with this podcast! These are such important topics, and ones that you do not find on other podcasts. Veteran mental health is something that we all need to be more aware of, and Duane and his guests do a great job of filling that gap.



In January of 2019, Head Space and Timing launched as an independent show on its own RSS feed requiring a reacquisition of it's listening audience.

After only 8 months as an independent show, the podcast has achieved nearly 10,000 downloads and approaching 2,000 downloads per month.

While the Seeking the Military Suicide Solution Podcast is produced, the Head Space and Timing Podcast will go on hiatus after reaching 150 Episodes in October 2019.



**MEDIA AND
DISTRIBUTION
PARTNER**

The Hosts of the Seeking the Military Suicide Solution have entered into an agreement with Military Times to promote and distribute the podcast as part of their news and information to the military community

MilitaryTimes

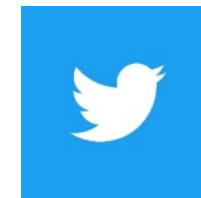
The Military Times group comprises Army Times, Navy Times, Air Force Times and Marine Corps Times. Established in 1940, Military Times has earned its role as part of the fabric of the U.S. military community, playing an important role as the premier, dedicated, independent news source for the active-duty military, their families, veteran and retirees.

The Military Times brands serve a vast digital, mobile and social media audience, as well as strong print readership. Each of the Military Times brands are specifically focused for the needs, interests and culture of their particular military service. Other national media have come to rely on Military Times for groundbreaking journalism about the military community, and frequently pick up news first reported on our media platforms.



278,764 people like this

291,626 people follow this



205.3K Followers



164k followers



HEAD SPACE AND TIMING GUESTS

Previous guests on the Head Space and Timing Podcast are indicative of the caliber of guests that will be approached to appear on the Seeking the Military Suicided Solution Podcast. Previous guests include:

- + Dr. Anthony Hassan, CEO, Cohen Veterans Network
- + Dr. Heather Kelly, American Psychological Association
- + Marjorie Morrison, PsychArmor and PsychHub
- + Kacie Kelly, George W. Bush Warrior Wellness Alliance
- + Terri Tanielian, RAND Corporation
- + Dr. Carl Castro, Director of the Center for Innovation and Research on Veterans and Military Families
- + Dr. Sally Spencer-Thomas, Founder, Carson J. Spencer Foundation and ManTherapy
- + Betsey Mercado, Objective Zero Foundation
- + Brigadier General Don Bolduc, NH Senate Candidate
- + Dr. Shira Maguen, Nationally Recognized Expert on Moral Injury
- + Adam Schumann, inspiration for the film "Thank You For Your Service"
- + Dr. Ed Tick, Author, War and the Soul and Warrior's Return
- + Sebastian Junger, Author of Tribe and War
- + Pat Williams, Author, Veteran and Basketball Hall of Fame Executive
- + Karl Marlantes, Author of Matterhorn
- + Christopher Lochhead, Author, top 100 Business Podcaster, and Silicon Valley CMO
- + Dr. Keita Franklin, VA Office of Mental Health and Suicide Prevention
- + Dr. Sheila Rauch, Emory Healthcare Veterans Program
- + LTC Dave Grossman, Author of On Combat and On Killing
- + Dr. Barbara Van Dahlen, Executive Director the President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS)
- + Dr. Shauna Springer, Senior Director of Suicide Prevention Initiatives, Tragedy Assistance Program for Survivors

SHOW FORMAT

Particulars about the show format:

- The show will consist of fifty thirty-minute episodes airing every Thursday
- The introduction of the show will consist of the co-hosts discussing the upcoming guest (approximately five minutes)
- Approximately five minutes from the guest addressing each of the following questions:
 - What is working when it comes to suicide prevention in the military population?
 - What is not working when it comes to suicide prevention?
 - What gaps exist in addressing suicide in the military affiliated population?
 - What actionable steps can listeners take in addressing suicide in their community?
- The conclusion of the show will consist of the co-hosts discussing the key takeaways of the interview
- Guests will have an opportunity to promote their work and resources available, as well as contact information (email and social media profiles) if so desired
- Guests will need to provide a biography, professional picture, and any links to resources that they want to share with the audience, and agree to the following Guest Agreement

I hereby voluntarily and without compensation authorize a voice recording to be made of me. I hereby give permission to the host(s) of the Seeking the Military Suicide Solution Podcast to use and distribute the voice recording, including my name. I hereby agree to release the host(s) of the Seeking the Military Suicide Solution Podcast from any claims, damages or liability arising out of such use or distribution. I understand that the use of my name, likeness, and voice recording will be primarily for the purposes of education and promotion. I understand that the contents of the podcast recording are the sole property of host(s) of the Seeking the Military Suicide Solution Podcast. I consent to the use of my voice as specified for the above-described purposes. I further understand that no royalty, fee or other compensation of any character shall become payable to me for participating as a podcast

**WE
WOULD
LIKE TO
HOST YOU
ON THE
SHOW**

POINT OF CONTACT

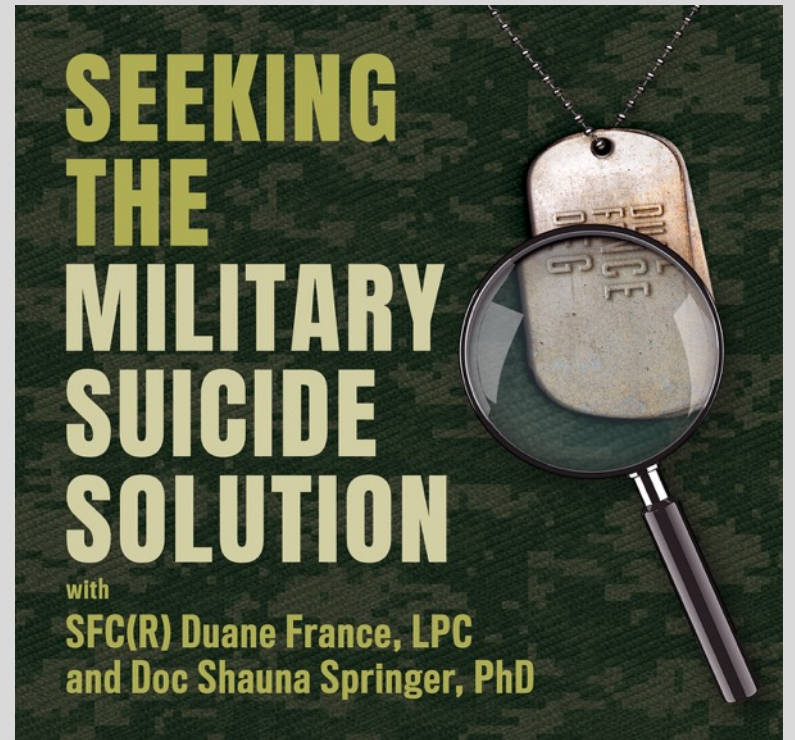
Duane K. L. France, MA, MBA, LPC

EMAIL

duane@veteranmentalhealth.com

PHONE

719-445-7078



CONTACT