



*Instilling Hope.  
Saving Lives.*

### SAIL Program Overview

The Sailor Assistance and Intercept for Life (SAIL) program was implemented Navy-wide in December 2016. SAIL is an evidence-informed approach to intervention that provides rapid assistance, ongoing risk assessment, care coordination and reintegration assistance for Sailors identified with a suicide-related behavior (SRB). SAIL is not designed to replace suicide prevention efforts nor replace mental health services.

Primary responsibility for the SAIL program is shared between the Navy Suicide Prevention Branch (OPNAV N170B) and Commander, Navy Installations Command (CNIC). The SAIL program is endorsed by the Bureau of Medicine and Surgery (BUMED). SAIL case managers are remote licensed mental health providers who are part of the Fleet and Family Support Program. They maintain contact with Sailors, health care providers and command leadership, providing assistance with care coordination and engaging additional resources as needed.

### Caring Contacts

- SAIL is designed around a series of caring contacts within the first 90 days after an SRB. After the Sailor is referred to SAIL and accepts SAIL services, the Sailor receives caring contacts at a minimum of 1, 3, 7, 14, 30, 60, and 90 days.
- Risk is assessed using the Columbia Suicide Severity Rating Scale (C-SSRS) and managed using the Veterans Affairs Safety Plan.
- Caring contacts begin after the Sailor is assessed by a medical treatment facility or emergency department behavioral health provider, the threat of imminent risk is diminished and the Sailor has accepted SAIL services.

- If the Sailor is admitted to inpatient or residential services, SAIL services will commence immediately upon discharge.
- Sailors have the option of receiving caring contacts telephonically or via Microsoft Teams.

### Program Benefits

- Continuous contacts with Sailor
- Command coordination and continuous contact
- Individualized risk assessment
- Safety planning
- System navigation
- Supportive environment focused on the Sailor's recovery
- Additional access to regional and local resources

### Why SAIL?

- The evidence shows that SRBs significantly increases the risk of suicide, and evidence-informed interventions are needed within the immediate months following SRBs (90 days) to ensure a Sailor's safety.

- Programs that encourage support, provide ongoing caring contacts and help people navigate medical systems following an SRB reduce deaths by suicide.
- The most effective programs provide a range of different elements of support and collaboration with multiple stakeholders.
- According to the Navy Suicide Prevention Annual Multi-Disciplinary Case Review, about 40% of Sailors who died by suicide had a previous SRB.

#### SAIL Feedback:

“I just want to say that although I personally thought that I didn’t need this service [SAIL], I still learned a lot as my case manager was very resourceful. I felt safe to talk freely and the case manager made sure that I had everything I need to have a peace of mind even if that means doing all the research for me in her own time. I really hope that this program will be utilized by the Navy much more in the future.”

“Virtual SAIL is nice. Feels like it’s easier to talk on the phone and not feeling judged for your answers. Thank you for always being there for me!”

#### Why Make Command Referrals?

- **OPNAVINST 1720.4B** requires commanding officers (COs) to ensure that Suicide Prevention Coordinators (SPCs) refer all Sailors who experienced SRBs to the SAIL program.
- In addition, **NAVADMIN 021/21** requires COs to ensure that Sailors who have experienced an SRB contact the nearest Fleet and Family Support Center for SAIL services. This proactive approach strengthens communication between the Sailor and the SAIL case manager by involving both in the initial contact process. To access the SAIL POC list, please visit: <https://www.milsuite.mil/book/docs/DOC-929099>. (\*can only access link with a CAC-enabled computer)
- After the Sailor is contacted, participation in the SAIL program remains voluntary.

#### How to Make Command Referrals?

Command referrals are mandatory and must be made by submitting an email to mill\_n17\_SAIL.fct@navy.mil. Please include **SAIL** in the subject line.

The email should include the:

- OPREP/SITREP DTG
- Date of incident
- Sailor’s last name
- Sailor’s first name
- Sailor’s middle initial
- Sailor’s rank
- Sailor’s work phone
- Sailor’s email address
- Sailor’s personal number
- Sailor’s current location (city, state, country); please note here if Sailor is currently hospitalized
- For Reserve Component Sailors only, indicate status (FTS, SELRES on orders, SELRES not on orders)
- Base/installation
- Command
- Region
- Commanding officer’s name
- Commanding officer’s phone number
- Commanding officer’s email address
- Additional information (e.g. alternate Triad’s contact information)

***If you have any questions, please contact the Navy Suicide Prevention Branch (901-874-6613/DSN 882).***