



**SILENT WATCH, VETERAN SUICIDE AWARENESS**

# **PLANNING MANUAL**

*for Potential Silent Watch Hosts*

## **First, A Letter From Our Founder:**

Hello,

Before I begin, allow me to introduce myself. I am Retired Master Sergeant Tim Chandler. I am here to, hopefully, get everyone to try something with us in September called a Silent Watch. This is a movement to bring about awareness to Veterans Suicides and I hope we can count on all of you to help this year. What is Silent Watch you are asking? First, let me explain how things began.

I was deployed to Bagram AB in 2007-2008. Before Veterans Day of 2007, they were asking for volunteers at rollcall. Now, of course, as Veterans we knew nobody volunteers (joke intended). So, they explained that they wanted to have two people stand guard at the main flag pole on Veterans Day from Reveille until Retreat. This was to honor those who had served and those serving at the installation. The two people would stand “watch” for 20 to 30 minutes and then rotate out with two others to relieve them, and so on and so on until the day was done. Well, the sign up sheet was filled and overflowing after that so our “watches” were only 20 allowing everyone a chance to stand.

After returning home, I was introduced to Veterans Suicides when two of my friends took their own life; one at the base and one at home. Dealing with my own Post-Traumatic Stress Disorder (PTSD) issues, this opened my eyes to the lack of help and support for those who needed it and the apparent lack of help that was available. After much research and talking to so-called specialists, I concluded that there is no such thing as “suicide prevention” but merely suicide awareness. I say this because when the person reaches the point of no return, they will take their life and nobody will change their mind.

This brings me to a young couple that helped me get something started. Michele Hawks lost her only brother to suicide in 2008. After serving in the U.S. Army and a tour of Iraq, Seth was home just in time to see his younger sister graduate. What a wonderful surprise when he walked across the field to present her diploma. That was in June. Struggling with his own war, Seth searched for help with many people and agencies but in October of that year, he lost the war he so strongly fought and took his own life to join his best friend who died overseas. Through a strange series of events, Michele and I happened to connect and upon hearing of our stories we came up with something to try. Michele, her husband, Rob Hawks, Mike Swick, and myself worked on getting permission from the mayor to set up a display and perform a “Silent Watch” on Veterans Day for those who took their own lives and to bring about the awareness of it. Back in 2009, 2010 and 2011 when we were doing these Watches the Veterans Suicide rate was 18 per day; today it is 20-25 per day depending on what statistics you find.

Anyway, I came up with a name for it as PAVES; Public Awareness of Veterans Escalating Suicides. We borrowed a casket from the base honor guard, draped it with a flag, stood in front of it, and rotated our ‘guards’ every 20 minutes. The church across the street allowed us a space for the next ‘Watch’ to stay in out of the cold. We had coffee and donuts donated, made a lot of friends, but more importantly we had many citizens stop and ask what we were doing and why. We also

had a few members of the Mental Health Society there to explain how to be aware of a potential suicide and what to do.

In 2010 Michele and Rob came to me with a new idea; a new name for the “Silent Watch”. Since her brother, Seth, was one of our reasons for the “Watch,” they said why not call it SETH: Soldiers, Everyone’s True Heroes. The idea was great and we called it SETH PAVES the WAY. This time when we put out our display and presentation we placed 18 pairs of boots along the sidewalk so people could get a realistic idea of how many per day were leaving us, along with the casket. It reached even more people. The third year we went one better and found about 50 photos of suicide victims. Along the sidewalk, we placed framed photos with a small vase and flower beside, again displayed the boots, and stood by the flag draped casket. The response of people was unbelievable and questions were asked all day.

Then things got busy and we had to stop doing the Silent Watch, but we never forgot about it. Since they now recognize September as Suicide Awareness (or Prevention) Month we would like to select a date in September and have this done in EVERY county of Ohio (all 88) on the same day if possible, or weekend. Anyone can volunteer from Veterans to families to children. We allowed anyone who walked by and asked to stand and join one of those already on ‘watch’ or to come back and fill in a different time slot. We even had the Mayor of Mansfield join us and stand his “watch.”

I believe that if we have participation from every county of Ohio it would be a huge boost of recognition for veterans suicides and hopefully bring about more help, more hope, and more Veterans who don’t take their lives.

Tim Chandler  
Retired Master Sergeant, USAF and Ohio Air National Guard  
SilentWatch22@gmail.com

## **SILENT WATCH, VETERAN SUICIDE AWARENESS** **PLANNING MAUAL FOR POTENTIAL HOSTS**

Thank you for taking the time to explore more about Silent Watch, why it was created, and how to host a Watch in your community. It is our goal to raise awareness and work toward decreasing the rising epidemic of veteran suicides. Currently the statistic is that there are 20-25 veteran suicides each day.

This manual contains ideas, information, and resources to help you during this process. It is important to note that many of the ideas within are merely suggestions and are provided to help the Watch host. We have learned from our previous Watches; what seems to work the best, help the volunteers, get the community involved, and to draw the most attention, questions, and awareness. Feel free to contact Tim Chandler or Michele Hawks (email: SilentWatch22@gmail.com, Facebook: Silent Watch, Veterans Suicide Awareness) at any time during your Silent Watch planning, during, or aftermath with questions, comments, concerns, or help.

While we are striving for continuity and would like the Watches to be recognizable regarding their similarities, there are only a few MUST DOs. First, the date chosen must be in September as September is now known as the Suicide Awareness month. Second, there must be at least one person to stand “watch” at all times during the entire scheduled time. This person may be a veteran, active duty soldier, or civilian but he/she must not speak or move while standing.

There are several items to take into consideration prior to hosting a watch.

- **DATE:** First, the host must select a date. Silent Watches are performed in the month of September as it is now known as Suicide Prevention month. Factors to think about when choosing a date is if the community has any other events happening, (would those events help drive traffic to the Watch or take away from the Watch) and would a weekday bring more traffic (are more businesses open and people walking around) or would it be better to host on a weekend. While choosing a date, also think about when you want your Watch to start and end. Tim Chandler has always suggested that times go from Reveille (7:00am) until Retreat (5:00pm) as this is considered a “normal” day in the military. Make sure that when you start you have your first volunteer ready to stand watch and that someone is constantly standing guard until your chosen end time. We recommend each person stand for 15 - 20 minute rotations throughout the entire Watch from start to finish.
- **LOCATION:** While choosing a date and setting your times, also think about where you will host your Watch. Think about where in your community is considered a high traffic area. The location should be able to draw attention but must also be safe for those walking by and volunteering. Some popular choices include your County’s Veteran’s Memorial, the center of town, a large flagpole, outside the courthouse or outside the city building. Keep in mind that some locations require prior permission and/or a fee to use. To see if your

location requires any prior permission contact your County Commissioners Office, City Building, or other county official for direction and information. Other factors to consider when choosing a location include what resources are near your site. Such resources include a restroom to use for your volunteers throughout the day, a break room for returning or all day volunteers, and/or a place for your volunteers to go to have a break from the weather (if it is cold, hot, rainy, etc). In the past, hosts have contacted local churches, college campuses, Veteran's Services Office, Veteran Affairs personal, AMVet, Lodges, mental health facilities etc. to see if they would be willing to work together during the day for the sake of the volunteers.

- **VOLUNTEERS:** Once the date, time, and location details are set for the Watch, it is beneficial to start recruiting volunteers. We recommend each volunteer stand for 15 -20 minute rotations; a total of about 35-45 time slots. By working to obtain volunteers prior to the event, the host can gain a better understanding of how the day will run. This also helps the host to have approximate numbers to provide to local vendors when asking for food and drink donations (more below). Some hosts have recruited volunteers from schools (staff and ROTC program), churches, county buildings, and veteran related lodges and offices. Sample sign-up sheets are provided at the end of this manual.

It is preferable to have a break area for volunteers to use the restroom, have a refreshment, and take a break from the weather. Although September in Ohio is not usually cold the weather may be hot, windy, rainy, etc. and volunteers appreciate a place to go. Hosts should speak with churches, businesses, offices that are within walking distance from the Watch site to ask if volunteers would be able to use a room and restroom facilities during the day of the Watch.

Some hosts have reached out to local restaurants to see if they would be able or willing to donate food and/or drinks for the volunteers. Ideas include Tim Horton's, Panera Bread, a local bakery, pizza shop, or Subway. Be prepared to offer a flyer, a copy of Tim's letter, a portion of this manual, a receipt from the location rental agreement, or some other form of proof that a Silent Watch is happening on the specific date, time, and location. After gaining approval, the host should follow up and confirm with the restaurant/provider as the event comes closer. If there are no agreeable buildings, previous Watch hosts have simply set up a canopy tent with a folding table to lay a cooler of bottled water and individually wrapped snacks (chips, granola bars, danishes, trail mix, etc).

- **ATTENTION AND MEDIA:** Since the purpose of the Silent Watch is to gain the attention and bring awareness of Veteran suicides, it is important for a host to think about how they can reach the most people in their community. Hosts should first contact local media stations (newspaper, radio, news stations) 1-3 weeks before the event and give them the date, time, place, and explanation of the planned Silent Watch.

The local Watches had coverage and interviews during the Silent Watch in 2009, 2010, and 2011. In 2019, the Watch had some video and social media coverage prior to the event and during the event. There were also some follow up newspaper articles after the event. Again, the more people who hear about this epidemic, the better. Understand and utilize what channels of media your community has to offer.

- **MENTAL HEALTH SUPPORT:** A strong factor of veteran suicide regards their mental health. While there are various avenues of treatment and varying schools of thought regarding treatment ideology and what theories are best utilized for treatment of various Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injuries (TBI), suicidal ideation, and depression related cases, the majority of Silent Watch hosts are not mental health professionals. Hosts may contact a reputable mental health facility in their community, preferably one that specializes or at least works with veterans to see if they have a representative who would be willing to be present and available throughout the day to speak with or answer questions or at least provide resources to be available for anyone needing or seeking help. If you do not know who to contact and are looking for a facility or person to reach out to, please contact Tim Chandler or Michele Hawks (SilentWatch22@gmail.com or Facebook messenger : Silent Watch, Veteran Suicide Awareness). There are additional contacts regarding mental health facilities and reputable providers included in this manual's Resources page.
- **PROPS:** Finally, hosts need to decide what they want to utilize as props. Listed below are ideas of props, how they are used, and why they are important. Be sure to look at pictures of previous Silent Watches on the "Silent Watch, Veteran Suicide Awareness" Facebook page for visual ideas and understanding of how the following props have been used in previous Silent Watches. If you have any questions or other ideas of props to use and would like to discuss, please contact Tim Chandler or Michele Hawks (SilentWatch22@gmail.com or Facebook messenger : Silent Watch, Veteran Suicide Awareness).
  - **FLAG DRAPED CASKET:** This is a very impactful, powerful representation of why we are standing watch. This prop is easily one of the most impactful and powerful props a host can utilize to draw attention, questions, and conversations relating to veteran suicides. Contact your local funeral home as soon as you have finalized your date, time, and location to see if they would loan a casket, stand, and flag for the day. The funeral home staff will normally transport it, set it up, and take it down for your event.
  - **SIGN:** A simple sign helps the public understand more of what is happening and to draw more attention. This is particularly helpful for pedestrians who are not wanting to stop to talk with someone, who are just driving by, and when there are limited volunteers available to answer questions. Ideas of the sign may simply say "22 (or current statistic) Veteran Suicides per Day," "Providing Awareness of

Veterans Escalating Suicides,” “Silent Watch: Raising Awareness of Veterans Suicides.”

- **PHOTOS OF VETERANS WHO COMMITTED SUICIDE:** This prop really helps people to recognize the severity of veteran suicides by demonstrating the statistic with an actual face. Framed photographs set out around the area of the casket facing the heaviest traffic area makes a big impact. See the attached pictures of previous Silent Watches for ideas. When talking with the public, Tim Chandler has stated, “Imagine: all of these soldiers you see take their life today; they’re gone. Tomorrow there’s a different face in each frame that will be gone tomorrow...This happens each day. This is why we are standing and raising awareness.” Feel free to utilize this explanation when discussing the Silent Watch. All enclosed pictures of Soldiers who committed suicide have been permitted for use during a Silent Watch. Michele’s brother, Seth Haapanen, and Tim’s friends, Toby Ramey and Eric Meister, who were mentioned above, are included in the enclosed pictures.
- **FLAGS, FLOWERS/VASES, BOOTS :** We recommend using 1 flag, flower, pair of boots, etc. to represent each daily suicide statistic. In the past we have placed a flag and flower next to each picture as mentioned above. Another Watch grouped the pairs of boots together for an impactful visual of the current statistic. See pictures of previous Silent Watches on the Silent Watch, Veteran Suicide Awareness facebook page for ideas.
- **CLOSING CEREMONY:** Finally, think about how you would like to end your Silent Watch. Some Watch hosts have scheduled an entire Taps Ceremony, a formal flag folding, bagpipes of Amazing Grace, a statement, or something similar to represent a closing ceremony. Others simply walked away from the casket after the final rotation. The host can reach out to a local Veteran’s Lodge, Veteran’s Service Office, ROTC program, or active or Veteran Military individuals for assistance.
- **TO REMEMBER:** As time comes closer to your scheduled Watch, be sure to just follow up with volunteers, food or facility donors, your media contact, and anyone else who stated they would participate or be willing to help. On the day of your Watch it would be helpful, as mentioned above, to have a mental health professional available to answer questions relating to suicide, depression, PTSD, or the like. The host should be available throughout the day to answer or refer questions relating to the Silent Watch and our mission. Be sure to take pictures during your Silent Watch. Please email pictures, comments, questions, responses, or the like to Tim Chandler (SilentWatch22@gmail.com or via Facebook messenger: Silent Watch, Veteran Suicide Awareness). For additional ideas, tips, pictures and previous media coverage please visit the Silent Watch, Veteran Suicide Awareness facebook page.
- **DONATIONS:** If anyone wishes to donate financially to the Silent Watch payments can be made out to “Silent Watch” and mailed to 969 Woodview Drive Ashland, Ohio 44805. The

Silent Watch has a 501(c)3 account to receive monetary donations. **ALL** donated money will be used to help Veterans receive treatment services for PTSD and other needs in efforts to not only reduce the statistic of Veteran Suicides but to help our heroes have a chance to have a better, quality life.

Tim and Sharron Chandler



Rob and Michele Hawks





# Silent Watch

Veterans Suicide Awareness

## VOLUNTEER SIGN UP LIST

Time to Stand	Name	Phone
0700		
0715		
0730		
0745		
0800		
0815		
0830		
0845		
0900		
0915		
0930		
0945		
1000		
1015		
1030		
1045		
1100		
1115		
1130		
1145		
1200		

1215		
1230		
1245		
1300 (1pm)		
1315		
1330		
1345		
1400 (2pm)		
1415		
1430		
1445		
1500 (3pm)		
1515		
1530		
1545		
1600 (4pm)		
1615		
1630		
1645		
1700 (5pm)		
1715		
1730		

# Silent Watch

Veterans Suicide Awareness

## VOLUNTEER SIGN UP LIST

Time to Stand	Name	Phone
0700		
0720		
0740		
0800		
0820		
0840		
0900		
0920		
0940		
1000		
1020		
1040		
1100		
1120		
1140		
1200		
1220		
1240		
1300 (1pm)		
1320		
1340		

1400 (2pm)		
1420		
1440		
1500 (3pm)		
1520		
1540		
1600 (4pm)		
1620		
1640		
1700 (5pm)		
1720		
1740		

## **ADDITIONAL RESOURCES:**

- **Silent Watch, Veteran Suicide Awareness :** (Silent Watch official Facebook Page)  
Keep checking the Silent Watch official Facebook page for past media coverage, pictures, and ideas. One can also find documents, how-to videos, and upcoming events.
  
- **Crawford County Suicide Prevention Coalition :**  
113 W. Rensselaer St, Bucyrus , Ohio 44820 ; 419-562-7288 <https://mcdamh.com> ; Facebook:  
Crawford County Suicide Prevention Coalition  
“Mission: For the prevention of suicide, awareness of depression, and assisting families affected by them.”
  
- **Mental Health and Recovery Board of Ashland County:**  
1605 Co Rd 1095, Ashland, OH 44805; (419) 281-3139  
“Mission: through a network of providers, ensures the availability and accessibility of quality services that support recovery for individuals with trauma, mental health challenges...”
  
- **Ohio Suicide Prevention Foundation :**  
1225 Dublin Rd 050, Columbus, Ohio 43215 ; [WWW.OHIOSPF.ORG](http://WWW.OHIOSPF.ORG)  
“The foundation does not provide direct services to people but is a resource for professionals and agencies that do. Our Mission: The mission of OSPF is to act as a catalyst and steward of statewide suicide prevention efforts by supporting community based efforts to reduce stigma, promote education and awareness about suicide prevention, and increase resources and programs to reduce the risk of lives lost to suicide. Our Vision: All Ohio communities will have the resources and capacity to reduce the risk of suicide, reduce the effects of suicide on families and communities, and positively impact the health of communities.”
  
- **LUTZ Live To Tell :** <https://www.lutzlivetotell.org/>  
A mother of a soldier who committed suicide created this organization. She has compiled pictures and stories of soldiers and first responders who have taken their own lives. She also shares changes that are being made in her state and offers support for those who suffer with suicidal ideation including a buddy-up system and a Vet-Connect system. She has given Silent Watch permission to utilize the attached photos as they are attached.
  
- **Stellate Ganglion Block (SGB) Treatment:** (Google search: SGB Shot + 60 Minutes)  
<https://www.cbsnews.com/news/sgb-a-possible-breakthrough-treatment-for-ptsd-60-minutes-2019-06-16/>  
Tim Chandler will be the first to tell you that living with PTSD, Brain Trauma, and the like, is hardly living at all. He has researched and utilized several forms of form of treatment. When Tim learned about this as a potential option, it did not take him long to track down the doctor and schedule an appointment. Tim and a handful of other veterans have recently received this shot and so far all have noted quick, significant, and lasting positive changes. For a quick glance and more in-depth explanation, follow the 14 minute clip that *60 Minutes*; CBS aired on 6/16/2019. All monetary gifts that are donated to Silent Watch will go to help another Veteran receive this treatment.

➤ **Sample Flyer:**

**THEY WATCHED OVER YOU, NOW YOU CAN WATCH OVER THEM.**

# SILENT WATCH

When :22 September 2019 from 7:00 am to 5:30 pm

Where :The Ashland County Veteran Memorial, outside of the County building

What : Volunteers needed to stand 15 minutes in silence to help show our veterans in need that we stand with them in their fight against suicide.

*Sign up today at the Veterans Service Office or by calling Tim Chandler at 419-606-4129.  
Just 15 minutes of your time could save a life*

**WILL YOU STAND FOR VETERANS SUICIDE??**

➤ **Sample Photos From Previous Silent Watches:**











CLOSING CEREMONY:





# Seth David Haapanen, 22



SPC, US Army National Guard, MP  
Alton Bay, NH Final Rest: October 28, 2008



TSgt Eric Meister, 39



SSgt Toby Ramey, 24

# Jacob Mally Gray, 28



**Sgt, US Marine Corps**  
*Burbank, OH Final Rest: June 4, 2015*

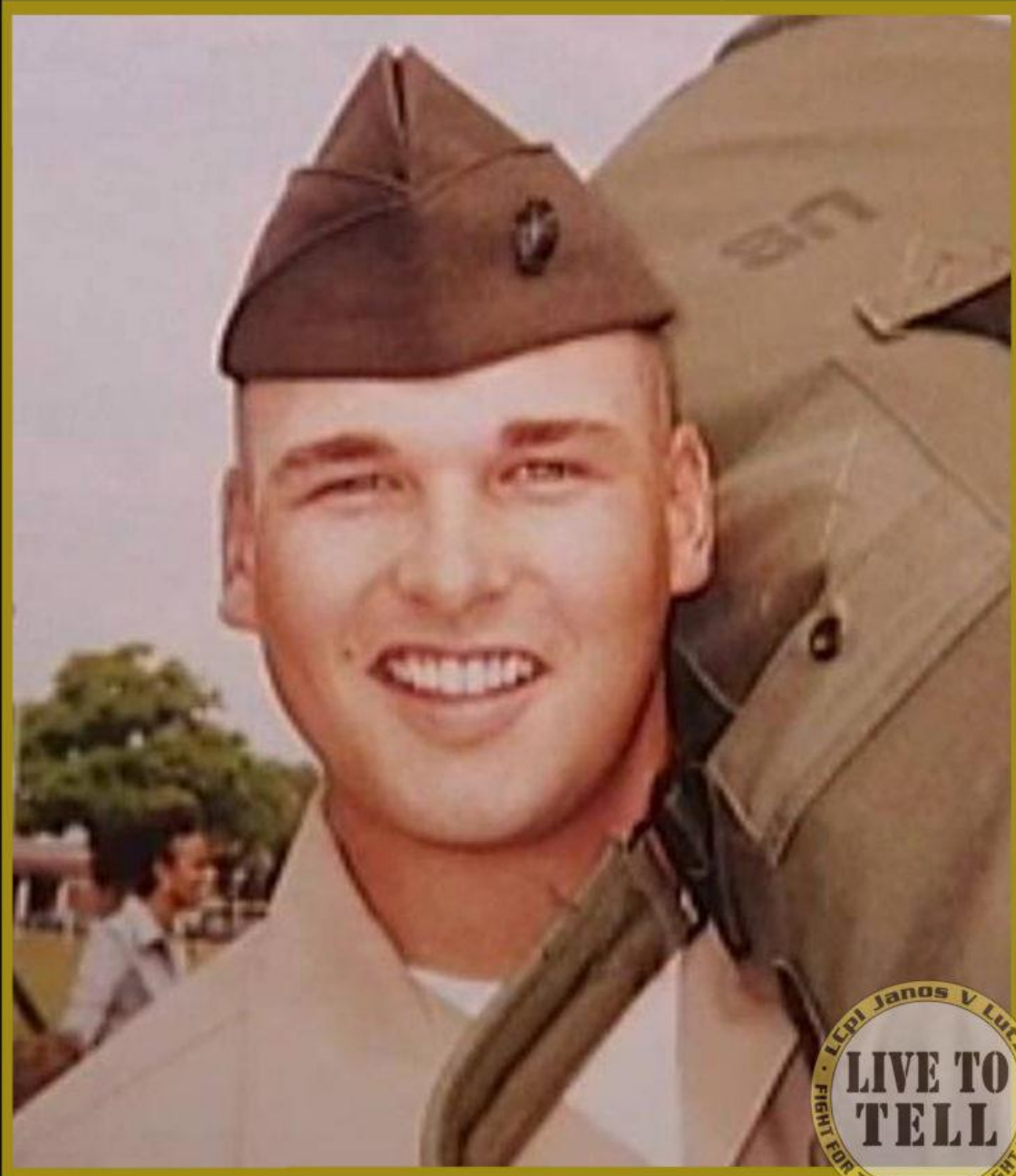


Peter J N Linnerooth, 42



CAPT, US Army, Psychologist  
Minneapolis, MN *Final Rest: January 2, 2013*

# Curtis Michael Fike, 29



Sgt, US Marine Corps, HVAC Tech  
*Hamilton, OH Final Rest: January 3, 2012*

# Janos V Lutz, 24



**LCpl, US Marine Corps - Assaultman**  
*Davie, FL Final Rest: January 12, 2013*



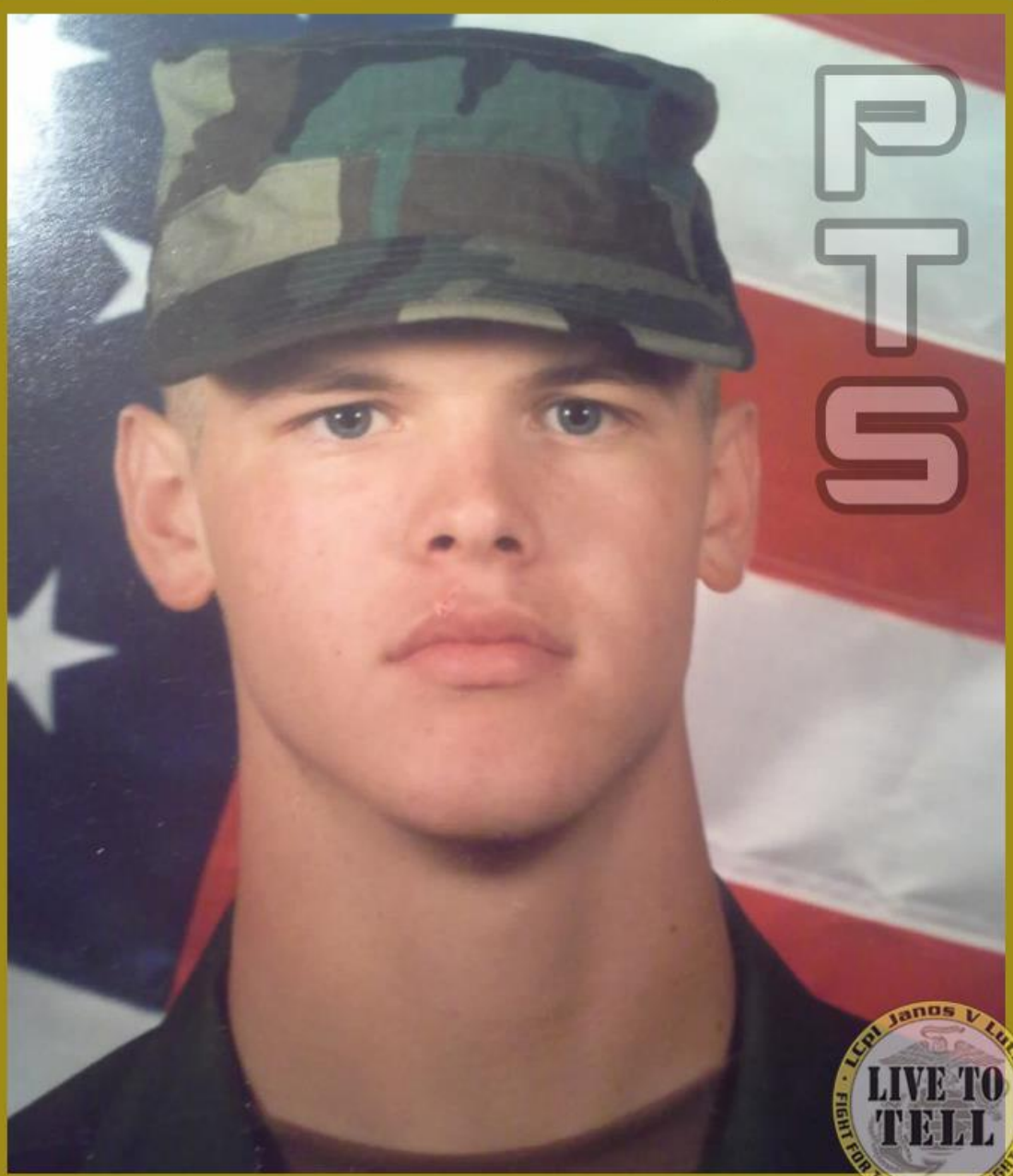
# Ramon Alfonzo Mancha, 26



PV2, US Army, 88M10 Support  
*Prescott, AZ Final Rest: October 5, 2016*



Devin Lee Schuette, 35



SSG, US Army

Clovis, NM Final Rest: January 3, 2016

Ryan C Boyer, 28



Sgt, US Marine Corps

*Elmhurst, IL Final Rest: January 5, 2019*

**Daniel R Swaney, 30**

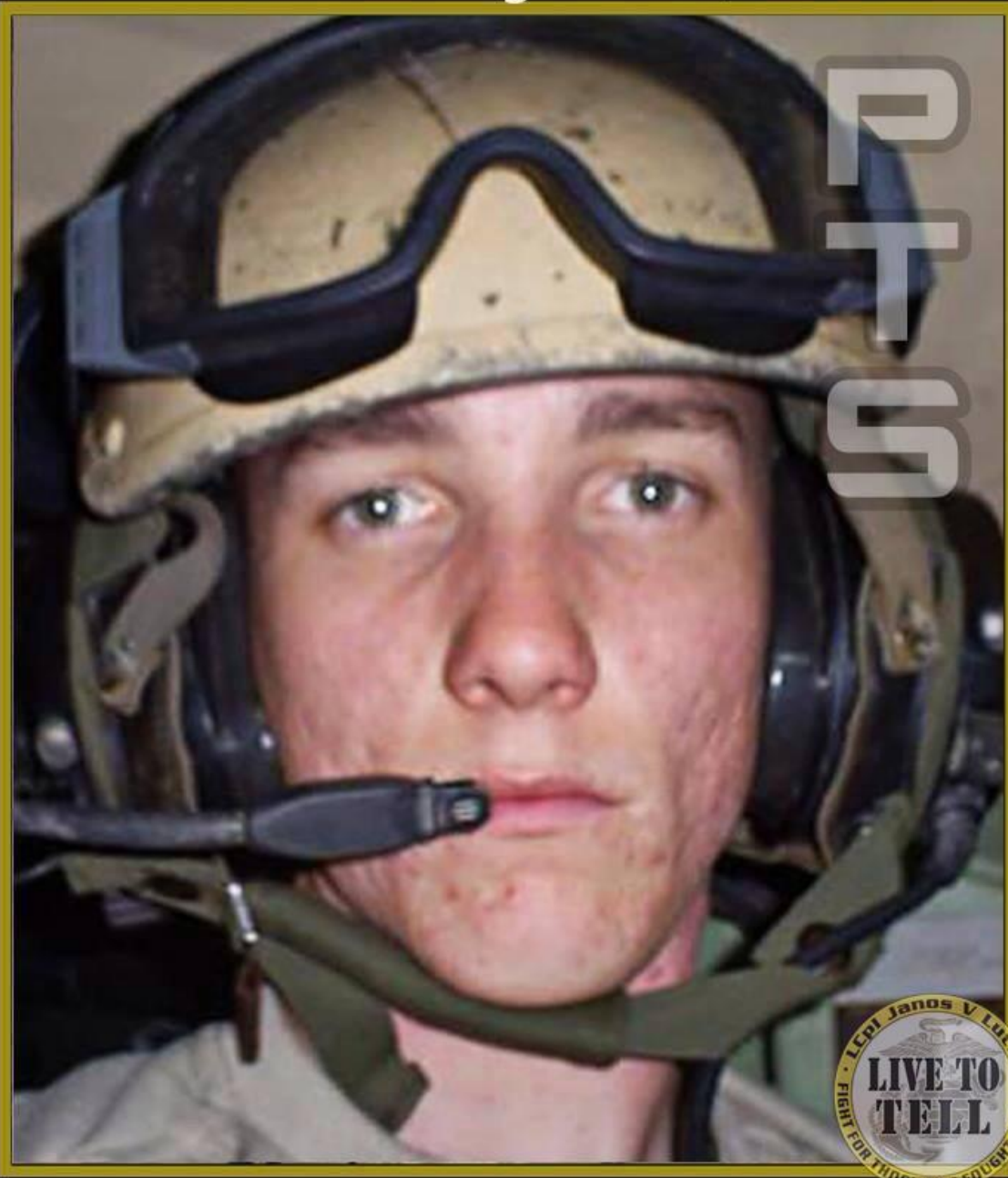


**TSgt, US Air Force**  
*Seneca, SC Final Rest: May 7, 2015*





Travis M Virgadamo, 19



SPC, US Army, Infantry  
*Las Vegas, NV Final Rest: August 30, 2007*

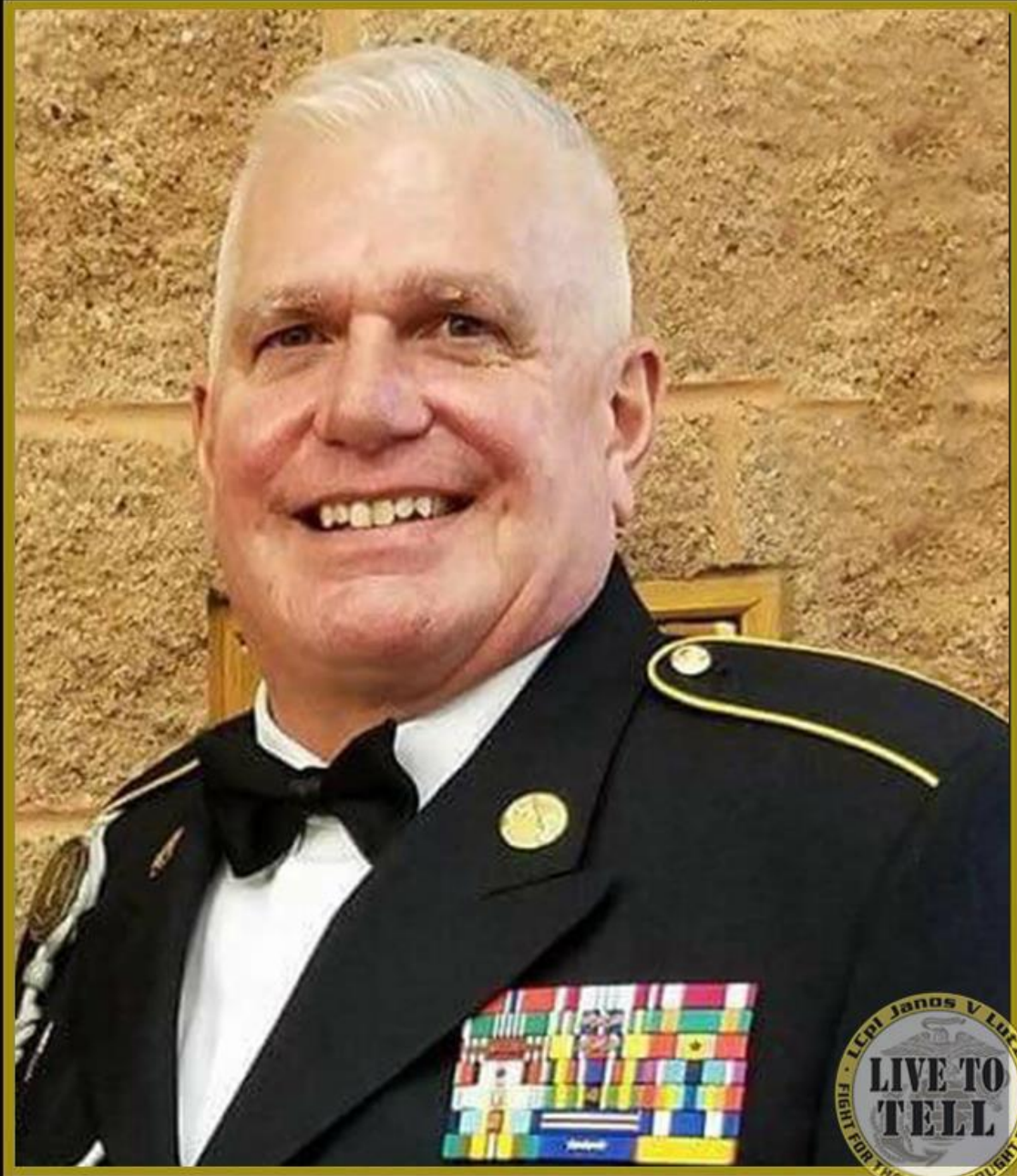
# Martin Francis Scahill, 25



Sgt, US Marine Corps  
*Yucca Valley, CA Final Rest: April 5, 2010*



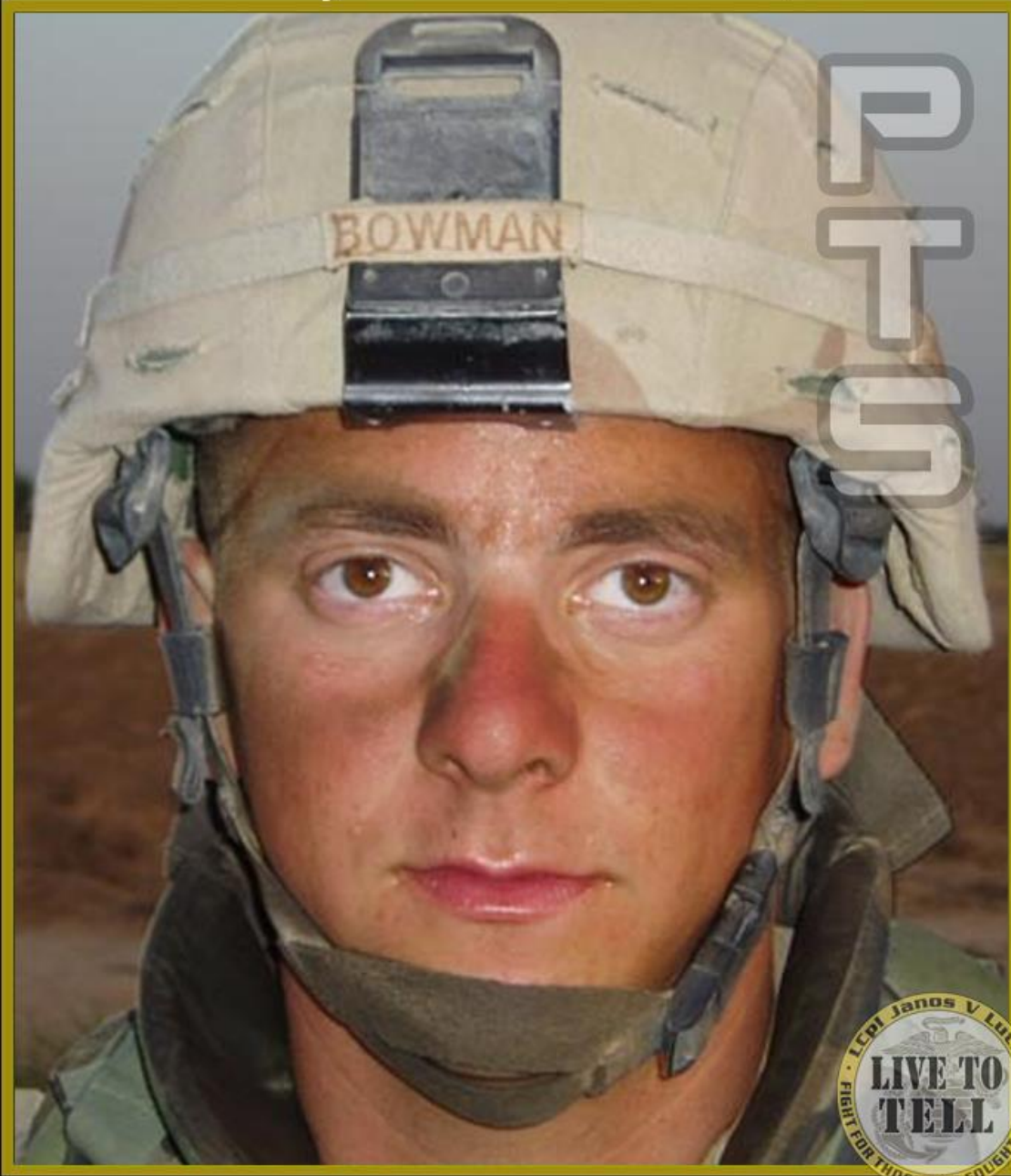
# David Lee Folsom, 54



CSM, US Army

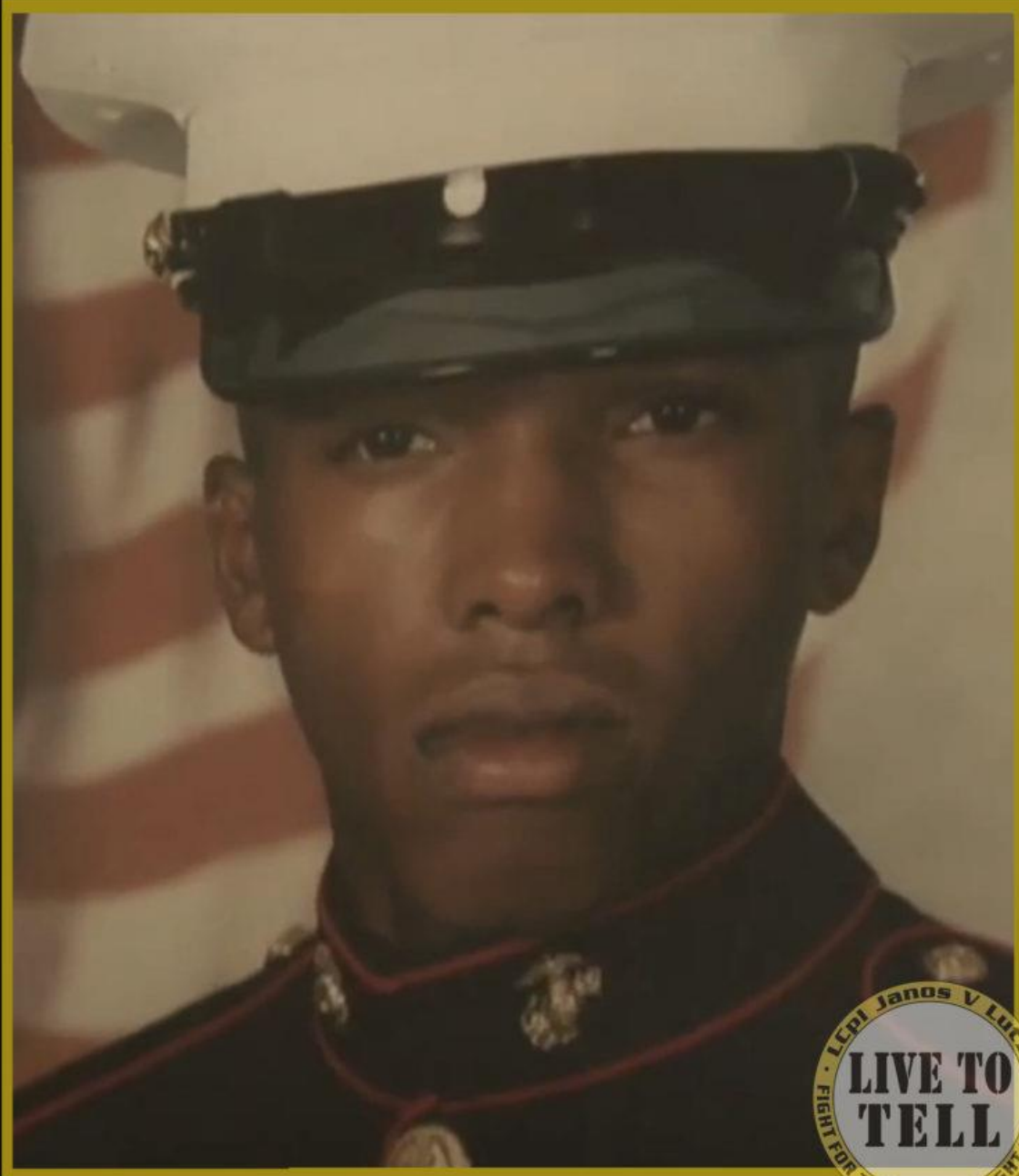
*Waterford, MI Final Rest: July 19, 2017*

# Timothy Noble Bowman, 23



SPC, US Army National Guard  
*Forreston, IL Final Rest: November 24, 2005*

James T Jenkins, 23



Cpl, US Marine Corps, Infantry

*Hamilton Twp, NJ Final Rest: September 28, 2005*



Jaime Ann Brunette, 30



CAPT, US Air Force  
*Tampa, FL Final Rest: February 9, 2015*

# Jeffrey Allan Mitchell, 39



MSgt, US Air Force

*Rocklin, CA Final Rest: August 3, 2017*

Todd Allen Hawk, 27



Cpl, US Marine Corps  
*N. Las Vegas, NV Final Rest: April 27, 2013*



Jeremy Arsiaga, 31



Sgt, US Marine Corps

Midland, TX Final Rest: September 4, 2015

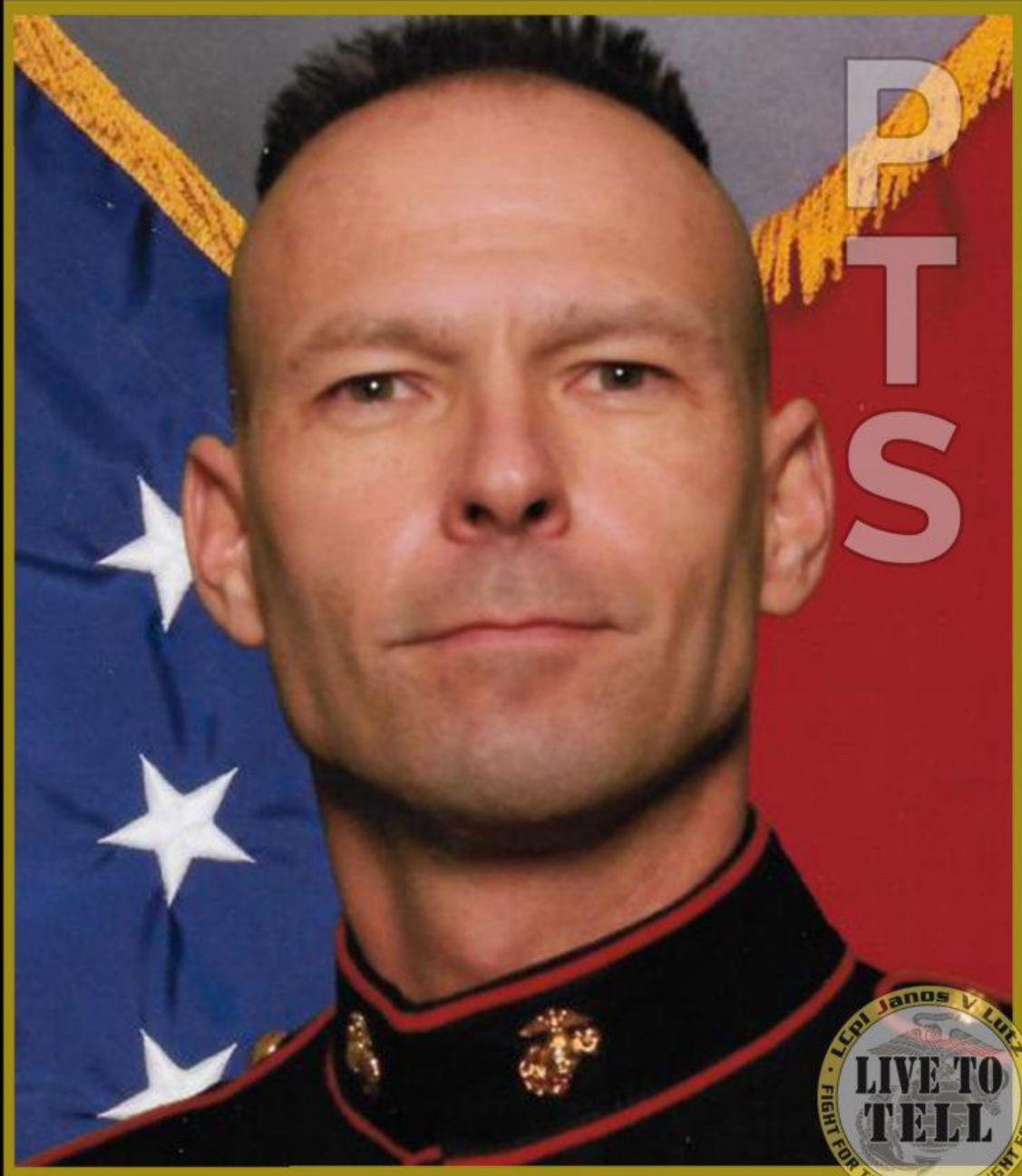
Robert Guzzo, 33



SO2 (SEAL)

*San Diego, CA Final Rest: November 12, 2012*

Todd M Parisi, 49



SgtMaj, US Marine Corps

*St Marys, PA Final Rest: March 29, 2018*



# Charles "Steve" Johnson, 49



1SG, US Army | Chief, Loudon FD

*Loudon, TN Final Rest: June 10, 2010*

Joshua James Markel, 25

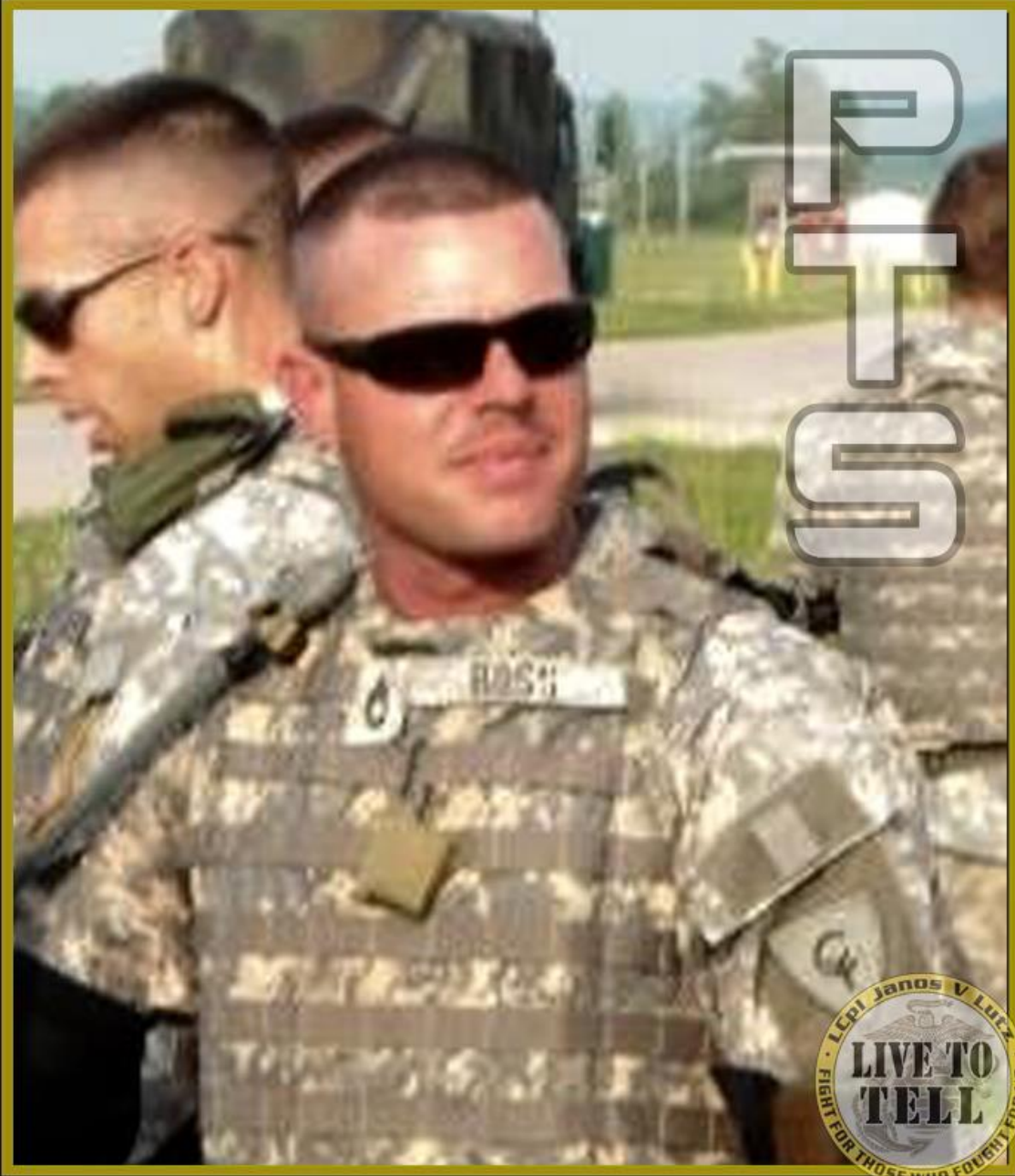


Cpl, US Marine Corps

*Lincoln, NE Final Rest: October 6, 2012*



Ryan C. Ross, 39



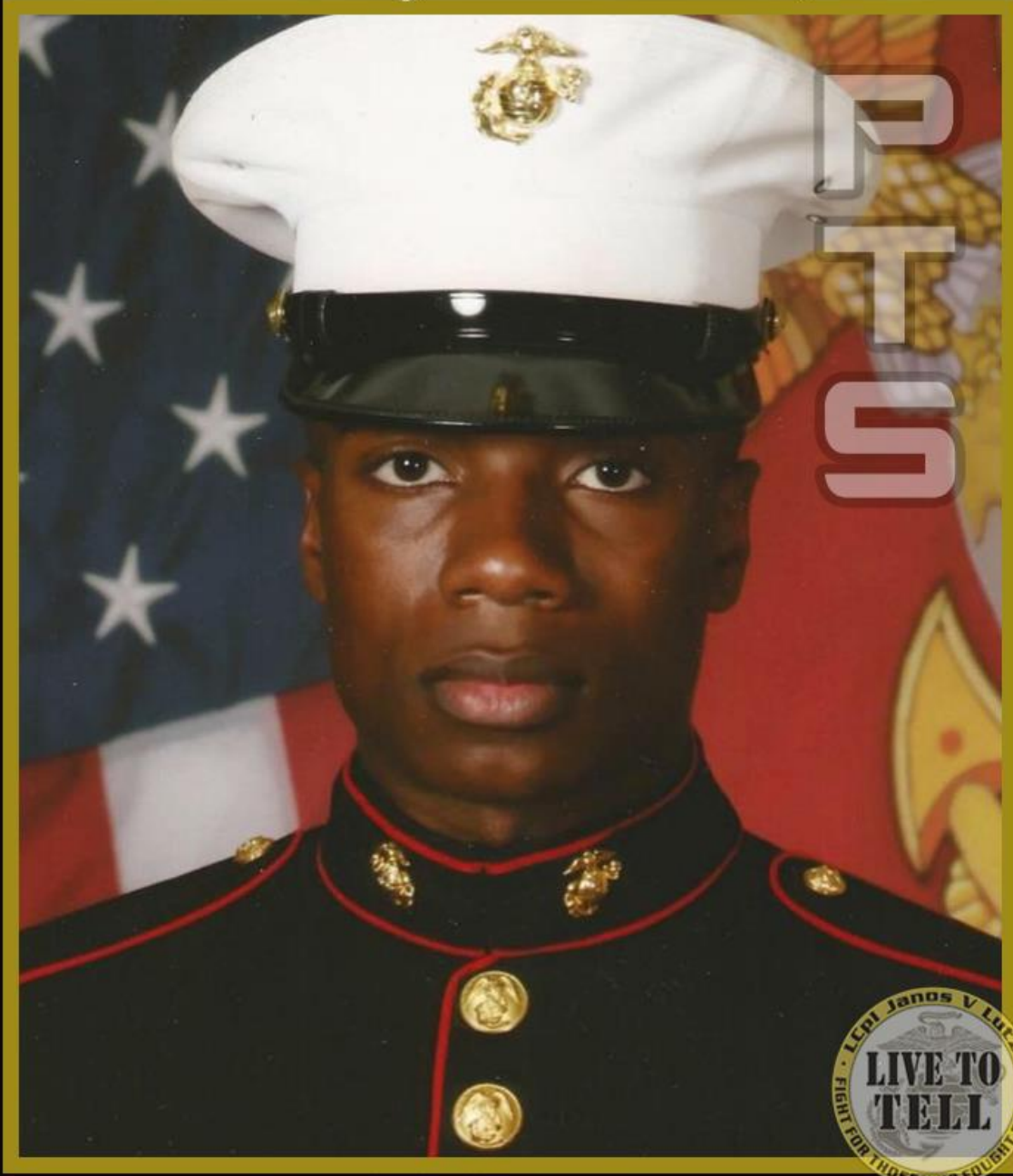
US Army / Indiana National Guard  
Wabash, IN Final Rest: February 13, 2015

Rory H Dalgliesh, 23



LCpl, US Marine Corps, Infantry  
*Lake Orion, MI Final Rest: September 29, 2013*

Desmond Tyrell Watts, 22



Cpl, US Marine Corps

*Williamsburg, VA Final Rest: February 24, 2014*



# Lisa "Ammo" Rodriguez, 48

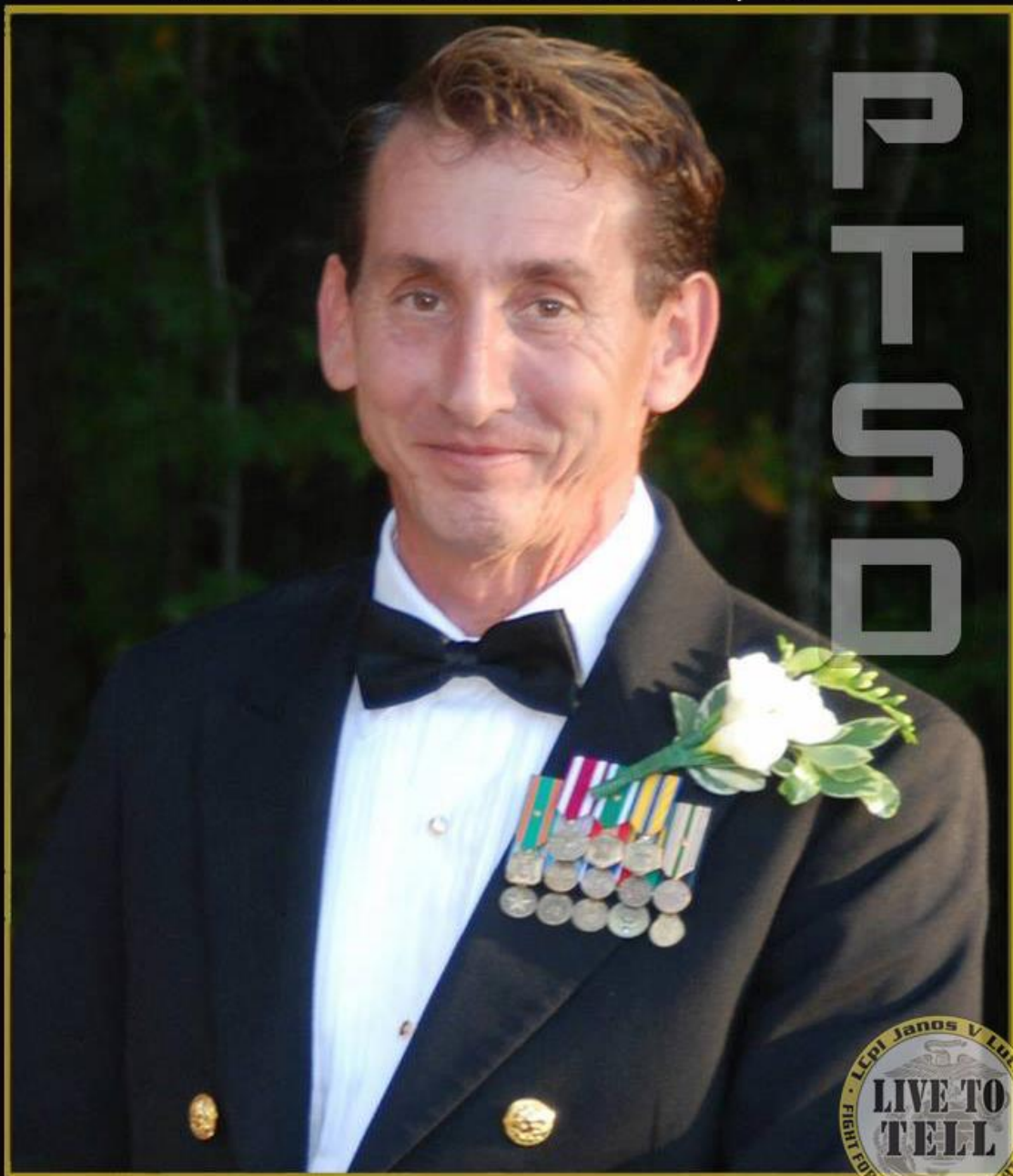


US Air Force

Tucson, AZ Final Rest: March 15, 2017



Thomas Bruce Cullen, 55



PTSD



LCDR, US Navy

*Wilmington, NC Final Rest: March 22, 2013*

# Rodger O. Kelley, 66



TSgt, US Air Force  
*Tuscalousa, AL Final Rest: April 9, 2014*

Bonnie J Tanguay, 34



SGT, US Army, Military Police

*Westerly, RI Final Rest: May 30, 2014*