



SPONSOR: Rep. Longhurst & Rep. Brady, on behalf of all
Representatives & Sen. Poore, on behalf of all Senators

HOUSE OF REPRESENTATIVES
148th GENERAL ASSEMBLY

HOUSE CONCURRENT RESOLUTION NO. 84

RECOGNIZING JUNE 7 THROUGH JUNE 28, 2016, AS THE "22 IN 22 CHALLENGE" IN THE STATE OF
DELAWARE.

1 WHEREAS, our nation's men and women serving in the military may be returning to our community with both
2 visible and invisible scars; and

3 WHEREAS, according to the Veterans Administration, 22 veterans and 1 active duty member of the military take
4 their own lives via suicide each day in the United States; and

5 WHEREAS, the military suicide rate is double that of their civilian counterparts, accounting for 8,000 veteran
6 deaths annually; and

7 WHEREAS, the military suicide rate for women is 6 times that of their civilian counterparts; and

8 WHEREAS, 14% of veterans suffer from post-traumatic stress disorder ("PTSD"), 50% of which do not seek
9 treatment; and

10 WHEREAS, depression is 3 to 5 times more likely in persons suffering from PTSD, with PTSD, depression, and
11 anxiety acting as potential contributors to suicidal thoughts and actions; and

12 WHEREAS, raising awareness about veteran suicide can reduce the stigma of talking about depression and PTSD
13 openly, and awareness can help people learn the warning signs to intervene when someone needs help; and

14 WHEREAS, the U.S. Department of Veteran's Affairs has recently developed a new plan to unite health care
15 professionals, veteran organizations, and other groups in an effort to reduce veteran suicides; and

16 WHEREAS, across the country, communities have participated in the "22 in 22 Challenge" to raise awareness of
17 veteran suicide;

18 NOW, THEREFORE:

19 BE IT RESOLVED by the House of Representatives of the 148th General Assembly of the State of Delaware, the
20 Senate concurring therein, that June 7 through June 28, 2016, is hereby recognized as the "22 in 22 Challenge" in the State
21 of Delaware.

22 BE IT FURTHER RESOLVED that all of Delaware's citizens and members of the Legislature are encouraged to
23 complete 22 events in 22 days and to join the campaign to raise awareness about veteran suicide, to research and understand
24 the epidemic, and to reach out to veterans and active members of the military in their communities. These events can
25 include push-ups, sit-ups, running, yoga, or even 22 minutes of praying for the duration of the challenge.

26 BE IT FURTHER RESOLVED that the Legislators encourage our local, state, and federal government partners to
27 focus upon the impediments that have kept us from ensuring a better transition for our veterans and giving them the support
28 they need.

29 BE IT FURTHER RESOLVED that the Legislature commends the efforts of the many advocates in Delaware who
30 are doing their part to combat this epidemic through the "22 in 22 Challenge", especially Jacob DiSabatino, a recent
31 graduate of St. Mark's High School who has dedicated himself to this initiative over the past 22 months.

SYNOPSIS

This Resolution recognizes June 7 through June 28, 2016, as the "22 in 22 Challenge" in the State of Delaware and encourages all Delawareans to learn about and raise awareness of veteran suicide.