

**UNCLASSIFIED//**

**Subject:** ALARACT 313/2011 - ARMY SUICIDE PREVENTION AWARENESS VIDEO - SHOULDER TO SHOULDER: FINDING STRENGTH AND HOPE TOGETHER

**Originator:** /C=US/O=U.S. GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/L=CONUS/L=WASHINGTON DC/OU=DA PENTAGON TELECOMMUNICATIONS(UC)/OU=ALARACT RELEASE AUTHORITY(UC)

**DTG:** 191347Z Aug 11 **Precedence:** ROUTINE **DAC:** General

**To:** /C=US/O=U.S. GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/OU=ADDRESS LISTS/CN=AL ALARACT (UC)  
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THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAPE-HRPD-IRPD//

**SUBJECT:** ARMY SUICIDE PREVENTION AWARENESS VIDEO - SHOULDER TO SHOULDER: FINDING STRENGTH AND HOPE TOGETHER

1. OUR ARMY HAS A SERIOUS BEHAVIORAL HEALTH PROBLEM - SUICIDE. LAST YEAR, OVER 300 SOLDIERS, DA CIVILIANS, AND FAMILY MEMBERS DIED BY SUICIDE. ADDITIONALLY, MANY MORE WERE EVACUATED AND/OR HOSPITALIZED FOR ATTEMPTED SUICIDE. EARLY IDENTIFICATION OF HIGH-RISK AND SUICIDAL BEHAVIORS IS CRITICAL TO REDUCING THE OCCURRENCE OF SUICIDES IN THE ARMY.
2. THE ARMY IS LAUNCHING A NEW TRAINING AND AWARENESS VIDEO THAT LEVERAGES THE ARMY VALUES AND EMPHASIZES KEY ISSUES AND CONCERNS ASSOCIATED WITH HIGH-RISK BEHAVIORS AND SUICIDE. THE VIDEO IS THE THIRD IN THE SHOULDER TO SHOULDER SERIES. THE TITLE IS "SHOULDER TO SHOULDER: FINDING STRENGTH AND HOPE TOGETHER".
3. LEADERS NEED TO BE DIRECTLY INVOLVED IN THIS PROCESS AND FULLY SUPPORT THE ARMY'S GOAL TO PROMOTE THE ARMY CULTURE TO SUPPORT HELP-SEEKING BEHAVIORS, EARLY INTERVENTIONS AND SUICIDE PREVENTION. LEADERS AT ALL LEVELS ARE EXPECTED TO FACILITATE TEACHING OF THIS VIDEO WITH SPECIAL EMPHASIS ON JUNIOR LEADERS AND SOLDIERS. THIS VIDEO IS TO BE USED TO SUPPLEMENT SUICIDE PREVENTION TRAINING IAW AR 350-1. THE VIDEO IS ALSO TO BE USED TO SUPPLEMENT SUICIDE PREVENTION AND AWARENESS TRAINING FOR FAMILY MEMBERS AND DEPARTMENT OF THE ARMY CIVILIANS.
4. "SHOULDER TO SHOULDER: FINDING STRENGTH AND HOPE TOGETHER" TARGETS ENHANCING AWARENESS OF SELF-CARE BEHAVIORS, RISK FACTORS, REDUCING STIGMA, AND INCREASING THE WILLINGNESS TO TALK ABOUT STRESSFUL SITUATIONS AND SUICIDAL THOUGHTS. THE VIDEO COMPLEMENTS THE ACE PROGRAM, BATTLE BUDDY SYSTEM AND A CALL TO ACTION FOR ALL TO MAINTAIN BEHAVIORAL HEALTH AND INTERVENE AS NEEDED WITH THOSE AT RISK. THE VIDEO ALSO POINTS OUT METHODS OF INTERVENING WITH HIGH RISK PERSONNEL AND PROVIDES PRACTICAL WAYS TO COPE WITH STRESS, STAY RESILIENT, AND CHOOSE LIFE OVER DEATH.
5. LEADERS SHOULD CONDUCT TRAINING IN SMALL GROUP SETTINGS (NO LARGER THAN 30) AS THIS IS MOST CONDUCTIVE TO PERSONNEL INTERACTION

AND ELEVATED LEVELS OF LEARNING.

6. THE "SHOULDER TO SHOULDER: FINDING STRENGTH AND HOPE TOGETHER" VIDEO WILL BE AVAILABLE AT SERVICING TRAINING SUPPORT CENTERS. UNIT LEVEL ORGANIZATIONS ARE AUTHORIZED ONE (1) COPY EACH OF THE VIDEO PER EVERY 25 SOLDIERS. THE PIN NUMBER FOR THIS TRAINING VIDEO IS 712155.

7. THE DOWNLOADABLE TRAINING SUPPORT PACKAGE (WHICH ALSO CONTAINS A PRE- AND POST-TEST QUESTIONNAIRE) FOR THE VIDEO WILL BE CONTAINED ON THE CD AND POSTED ON THE ARMY G-1 WEBSITE (WWW.PREVENTSUICIDE.ARMY.MIL). THE VIDEO MAY ALSO BE ORDERED FROM DEFENSE IMAGERY AT HTTP://WWW.DEFENSEIMAGERY.MIL. SEARCHES MAY BE DONE BY THE TITLE OR PIN 712155. TRAINERS ARE HIGHLY ENCOURAGED TO ENSURE PERSONNEL TRAINED COMPLETE BOTH THE PRE- AND POST-TEST. TRAINERS SHOULD MAIL CONSOLIDATED SURVEYS TO ARMY SUICIDE PREVENTION PROGRAM, ATTN: MR. SPENCER MYERS, 2521 S. CLARK STREET, POLK BLDG, 10TH FLOOR, SUITE. 1000 OR SCAN AND EMAIL: SPENCER.MYERS1@US.ARMY.MIL

8. THE USE OF THESE TESTS SERVES AS A PROCESS EVALUATION TO MEASURE LEARNING AND SATISFACTION WITH THE VIDEO AND ALSO MEASURES PARTICIPANT LEARNING REGARDING SEEKING CARE AND PROVIDING ASSISTANCE TO THOSE PERSONNEL WHO MAY BE THINKING ABOUT SUICIDE OR FACING A DIFFICULT SITUATION. LONG RANGE, THESE TOOLS WILL ASSIST THE ARMY IN MEASURING TRAINING RESOURCE EFFECTIVENESS AND AID IN TAILORING ITS CONTENT FOR FUTURE VERSIONS FOR TARGETED POPULATIONS.

9. POINT OF CONTACT ARE MR. SPENCER MYERS AT SPENCER.MYERS1@US.ARMY.MIL, OR MS. JAN MORGAN AT JAN.MORGAN@US.ARMY.MIL

10. THIS MESSAGE HAS BEEN APPROVED BY THE DIRECTOR OF THE HEALTH PROMOTION AND RISK REDUCTION TASK FORCE.

11. EXPIRATION DATE OF THIS MESSAGE IS 31 AUGUST 2013.