1. Theme: “Resilience Grows”

- A Soldier’s ability to be flexible and resilient is essential

- Numerous factors come together to enhance a Soldier’s success and resiliency: leaders are obligated to guarantee and help shape these factors

- Resiliency training is a positive effort; make sure your Soldiers are trained

- Coping during deployments can help shape a Soldier’s resiliency skills

2. Theme: Identify your High-Risk Soldiers

- Understand the effects of medication and the “high risk” Soldier

- High risk Soldiers require special attention; from counseling to the proper training and guidance

- Units must coordinate with local medical facilities; continue to ensure Soldiers are receiving the proper care when it comes to issues that identify your high risk Soldiers

- Stressors/problems/everyday life events can affect Soldiers that are not labeled as high risk; to what degree do these events affect Soldiers that are high risk – keep watch on these Soldiers!

- Leaders must enhance efforts to properly identify, access, educate, intervene and when necessary, treat Soldiers exhibiting high-risk behaviors

3. Theme: Successful Transitioning: A leader’s responsibility

- Focus attention on that “new” Soldier; make sure the transition is positive

- There’s a gap between assignments as Soldiers transition…need a solid system to track and identify these Soldiers

- Any transition may result in vulnerability therefore, when Soldiers experience/exhibit a change, talk to your Soldiers … they may be vulnerable
- Leaders/chain of command sit down; start that conversation centered around your Soldier’s transition and get to know your Soldier as soon as possible upon arrival

- Transitions defined; leaders know the varied directions and must stand ready to support their Soldiers as they experience a transition(s)

4. **Theme: Identify the Role of a Family member**

- Soldiers’ ensure Family members are aware of Suicide Prevention Training

- Family members Suicide Prevention training equals awareness, vigilance and the opportunity to provide effective support

- Family members define the role; at signs of distress/internal struggles seek help…guide your Soldier; you’re family.

5. **Theme: Reserve Component “Spotlight”**

- Recidivism across all components continues to be a growing negative trend (relationship issues; job loss; legal/alcohol/prescribed and illegal drugs)

- PDHRA and Reserve Component Soldiers; accountability throughout this process is not only needed but is important

- Unit involvement and 100% Soldier commitment can equal positive outcomes

- Smaller states have developed tools showing successful results; identify those tools and claim that success…bring those numbers down!

- Engage the local VA in your state; this can’t be minimal process; there must be a connection and involvement that benefits all Soldiers