1. **Theme: “Recidivism”**
   - Soldiers relapse
   - Multiple ASAP enrollments
   - Failure to remove a Soldier from an “unhealthy” situation
   - Previous suicidal attempts
   - Abuse - alcohol; drugs; negative behaviors
   - Escalating behavior results in high recidivism rates

2. **Theme: Unmask that Persona**
   - Identify the Soldier behind the “closed” door
   - Never be “complacent” with what you see; dig deep….know your Soldier
   - Soldiers may have internal struggles….understand your Soldier
   - Recognize the “high-risk” Soldiers, not just as they transfer but; as they live and interact throughout their daily lives
   - As an effective leader; prepare, educate and identify the “true” Soldier within your Command!
   - If you expect a different outcome … get to know the “real” Soldier

3. **Theme: Communication - Shared/Revolving/Spiraling/Continual**
   - Leaders talk to your Soldiers; Soldiers talk to your leaders
   - Commanders operate on an open door policy…Soldiers must identify with that
   - Reach out/communicate with your senior leaders; they can be just as vulnerable
- Leaders, ensure accessibility within your chain of command….Soldiers need you to be accessible

- Behavior Health providers and leaders come together, increase communication; ensure every Soldier is a success story!

- A Soldier may have received the message; and if so, repeat it, make sure it’s understood!

4. **Cognizant of commemorate dates**

- Chain of Command know/recognize the milestones in your Soldier’s life

- Soldiers take responsibility; identify those important occasions to your Chain of Command

- Birthdays, anniversaries, marriage, divorce, deaths

5. **Theme: “Potential” Suicidal Triggers**

- Stress
- Flagged Soldiers
- Unit Urinalysis
- Depression
- Prescribed Medications
- Non-prescribed drugs
- Alcohol
- Family history of behavior health issues
- Separations (families/friends/units)
- Lack of friends/significant relationships
- Death of family members/close friends
- Significant days
- 15-6 Investigation
- High risk behavior
- Weight Control Program
- PT Failure
- Marital Problems
- Divorce
- Deployment