1. Theme: “Accountability”

- Leaders stay engaged; accountability is a part of this process.

- Down time is not only the Soldier’s personal time and responsibility; but, it is also the unit’s concern.

- Soldiers must be accountable to “self” and chain of command.

- When your Soldier is “off-duty” accountability is just as important – brief your Soldier on the process as it relates to their unit and their accountability to the unit.

2. Theme: Soldier’s suicide a possibility; don’t take that chance

- Be a “true” friend; report the intent.

- Soldiers on suicide watch should not be stigmatized…find a location where the Soldier is not visible.

- Leaders educate yourself on your Soldier’s family history; there may be an indicator that you’re not aware of.

- Adjust procedure as necessary; a procedure in place does not mean it cannot be changed and/or modified to help save a Soldier.

3. Theme: “Issues” and the “High Risk” Soldier

- Review your policy; evaluate the process that grants leave to high-risk Soldiers.

- Ongoing counseling is required for high risk Soldiers; leaders monitor this requirement and provide counseling as needed.

- Despite your initial impression of a Soldier; it is critical, when appropriate, to aggressively monitor all Soldiers; especially WTU Soldier.

- Focus on the high risk behavior associated with the Soldier; not just the death but the risky behavior that can lead to a Soldier’s death.

- Identify your Soldier; they may or may not be at risk however, encourage them to talk, not only to you as the leader but, to fellow Soldiers.
Provide 1st line Supervisors with the appropriate tools – these tools can facilitate Supervisors with their identification of “high risk” Soldiers.

- Experiencing Limited success when helping your “high risk” Soldier …leadership may be the true issue.

4. **Theme: Valuable Communication**
   - Communication breakdown continues to be an issue between leaders and BH providers; important that Soldiers standards include open communication.
   - Communicate with Soldiers; they must identify with the term “resilience”.
   - New Soldiers - identify and find out about the Soldier’s life as soon as the Soldier Arrives.
   - Continual communication helps toward preparation of the unpredictable.

5. **Theme: Young Leaders - roles and responsibilities**
   - Junior leaders must educate themselves on the difference of standard versus up-tempo garrison experience.
   - Energize your junior leaders; never assume they’ve master what senior leaders leaders have already mastered.

6. **Theme: Importance of “Positive” Relationships**
   - Leaders talk to your Soldiers; maintain a positive relationship; if not, you may miss out on the importance in your Soldiers’ lives.
   - Smaller states have developed tools exhibiting 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.