VOLUME III
SUICIDE SENIOR REVIEW GROUP (SRG)
THEMES/TRENDS and/or LESSONS LEARNED
Oct ‘09

1. Theme: Proactive Leadership is a Fulltime Job
   - Leaders stay involved; know your Soldiers 24/7
   - Leaders know the Soldier, the Soldier’s Family and place emphasis on providing support to Family members
   - Soldiers tell Commanders what they want them to hear; leaders must develop a holistic understanding of their Soldiers, from coping skills to personal obligations
   - Identify the next step – once you know the Soldier’s problem – what are you prepared to do about it?
   - Leadership - understand your younger Soldiers in relation to their youth and inexperience
   - ARNG and USAR leaders must remain especially cognizant of Soldiers experiencing difficulties given the limited frequency of contact
   - Provide feedback to your Soldier - let them know their value to the mission
   - Gain trust with your Soldier, be honest with them on all levels

2. Theme: Behavioral Health / ASAP Short Circuits
   - Ongoing discussions between Behavior Health Professionals and Commanders provide Commanders with information concerning their Soldiers’ health
   - Information campaign required to inform Reserve Component Soldiers of Military One Source program and benefits
   - Emphasize the importance of Behavior Health (BH) care follow-up and monitoring of patients, especially in regards to Soldiers with prior suicide attempts
   - Absence of depression or mental health symptoms does not negate potential risk
3. **Theme: Identify the Red Lights**

   - Extramarital affairs
   - Pornography
   - Marital counseling
   - Suicide ideologies
   - HIPAA requirements – when applicable to your Soldier, don’t limit yourself as a leader and only focus on HIPAA
   - Mental Health issues prior to joining the Army

4. **Theme: Soldier Speed Bumps**

   - Financial / legal / or drugs problems
   - Unemployment
   - Soldier’s stature, rank or position does not negate suicide
   - Negative influence of alcohol
   - Not all suicides have warning signs some incidents are a compulsive, split-second decision
   - Feelings of loneliness or depression