

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