1. **Theme: Wayward Behavior Equals the “Perfect Storm” for Failure**
   - Legal Issues = UCMJ, AWOL Status, Pending Civilian Charges, Article 15
   - Drug and Alcohol Problems = Prescription/Illegal Drug Abuse, High Blood Alcohol Content, ASAP Failures, Positive Urinalysis Results
   - Relationship Failures = Spouse, Family / Extended Family, Friends, Fellow Soldiers and Unit Leaders

2. **Theme: Collaborative Communication**
   - Medical Providers and Commanders must share information
   - Battle buddies seek assistance when a fellow Soldier talks about suicide
   - Talk to your Soldiers frequently and display genuine caring and concern
   - Establish an open door policy; Soldiers should feel comfortable talking to you
   - Engage the “High Risk” Soldier – offer assistance and be available

3. **Theme: Transitions across the Spectrum**
   - PCS/Deployment/integration/Retirement/Separation/Relationships/Changes
   - Identify “high-risk” Soldiers during in-processing
   - Improve sponsorship programs so Soldiers don’t fall through the cracks
   - Newly assigned Soldiers may isolate themselves

4. **Theme: Lessons for Leaders**
   - Beware of “pattern breaking” i.e. Soldiers displaying atypical behavior
- Know your Soldiers from all dimensions – have a 360 degree view
- Teach Soldiers about risky behaviors and be prepared to react
- Be current so you can stay in touch with your Soldiers (Webcam)
- There is no “common” picture of a Soldier
- Soldiers with stressors should not be Casualty Assistance Officers
- Frequent contact with new Soldiers helps with unit cohesion and building trust

5. **Theme: Medical Malfunctions**

- Isolation and medication don’t mix
- Drugs and alcohol don’t mix
- Ensure Soldiers on medication are closely monitored
- Alcohol abuse violations require treatment/follow-up

6. **Theme: Soldier Footprint - Know Your Soldiers**

- Professional Failures / Dissatisfaction with MOS
- Relationship break-ups
- Low self-esteem
- Loss of a loved one (spouse/fellow Soldier)
- Feelings of Humiliation