

ALARACT 211/2013

DTG: R 301715Z AUG 13

THIS MESSAGE HAS BEEN TRANSMITTED BY USAITA ON BEHALF OF//ARMY G-1//

SUBJECT: READY AND RESILIENT - ARMY SUICIDE PREVENTION MONTH
(SEPTEMBER 2013)

1. THE READY AND RESILIENT CAMPAIGN (R2C) DEMONSTRATES THE ARMY'S COMMITMENT TO BUILDING RESILIENCY, STRENGTHENING ARMY PROFESSIONALS AND REDUCING RISK BEHAVIORS AMONG SOLDIERS, CIVILIANS AND THEIR FAMILIES. OUR SUICIDE PREVENTION EFFORTS ARE KEY TO ACHIEVING R2C OUTCOMES. AS SUCH, THE ARMY WILL EXTEND OBSERVANCE OF NATIONAL SUICIDE PREVENTION WEEK TO THE ENTIRE MONTH OF SEPTEMBER. THE THEME FOR 2013 IS "SHOULDER TO SHOULDER: STANDING READY AND RESILIENT."

2. COMMANDERS WILL: (1) REVIEW THEIR STRATEGY ESTABLISHED AS A RESULT OF THE 2012 ARMY SUICIDE STANDOWN, COMPLETE UNFINISHED ACTIONS AND ESTABLISH THEIR PLAN FOR FY14; (2) EXECUTE A STRATEGIC PAUSE TO ADDRESS SUICIDE PREVENTION ACTIVITIES IF DICTATED BY AN INTERNAL ASSESSMENT; (3) EXECUTE PHASE 1 ACTIONS AS REQUIRED BY THE R2C EXORD TO INCREASE RESILIENCY AND REDUCE RISK BEHAVIORS AND; (4) COMPLETE ANNUAL SUICIDE PREVENTION TRAINING AS REQUIRED IN AR 350-1.

3. LEADERS WILL CONTINUOUSLY EXECUTE ACTIVITIES AND EVENTS THAT BUILD RESILIENCY AND PROMOTE EDUCATION AND AWARENESS OF PREVENTION, INTERVENTION AND TRAINING THAT SUPPORT THE TOTAL FORCE, TO INCLUDE: COMPREHENSIVE SOLDIER AND FAMILY FITNESS, SUICIDE PREVENTION, AND REDUCTION OF STIGMA. LEADERS ARE ENCOURAGED TO CHALLENGE AND EMPOWER ALL MEMBERS OF THE ARMY FAMILY TO INTERVENE AND ACT TO SAVE LIVES, IN ORDER TO KEEP INSTALLATIONS, UNITS, AND COMMUNITIES HEALTHY, RESILIENT AND READY.

4. ON 11 SEP 13, HQDA COMPREHENSIVE SOLDIER AND FAMILY FITNESS PROGRAM (CSF2) WILL CONDUCT A THREE-HOUR EXECUTIVE RESILIENCE TRAINING COURSE IN THE PENTAGON AUDITORIUM TARGETED TOWARDS STRENGTHENING THE PHYSICAL AND PSYCHOLOGICAL HEALTH, RESILIENCE AND ENHANCED PERFORMANCE OF SOLDIERS, CIVILIANS AND FAMILIES.

5. ON 12 SEP 13, HQDA SUICIDE PREVENTION PROGRAM WILL SPONSOR ITS ANNUAL HEALTH FAIR AT THE PENTAGON FOCUSING ON HEALTH PROMOTION AND WELLNESS RISK REDUCTION, SUICIDE PREVENTION AND INTERVENTION, AND RESILIENCE-BUILDING. SIMILAR EFFORTS SHOULD BE CONDUCTED WITHIN YOUR COMMAND. A LIST OF SUGGESTED ACTIVITIES IS AVAILABLE AT THE ARMY G-1

SUICIDE PREVENTION WEBSITE WWW.PREVENTSUICIDE.ARMY.MIL.

6. FOR ADDITIONAL GUIDANCE, PLEASE CONTACT THE ARMY SUICIDE PREVENTION PROGRAM, 703-571-7242, WWW.USARMY.PENTAGON.
[HQDA-DCS-G-1.MBX.SUICIDE- PREVENTION@MAIL.MIL](mailto:HQDA-DCS-G-1.MBX.SUICIDE-PREVENTION@MAIL.MIL).

7. EXPIRATION DATE 14 AUGUST 2014.