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PRECEDENCE: ROUTINE

DTG: 0906012237Z

FROM: PTC WASHINGTON DC//ALARACT//

TO: ALARACT

SUBJECT:ALARACT 163/2009 - ARMY SUICIDE PREVENTION MONTH (1-30 SEPTEMBER 2009)

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAPE-HRPD-IRPD//

SUBJECT: ARMY SUICIDE PREVENTION MONTH (1-30 SEPTEMBER 2009)

1. THE ARMY WILL OBSERVE SUICIDE PREVENTION MONTH DURING THE MONTH OF SEPTEMBER. THIS YEAR'S THEME IS "IMPROVING OUR SOLDIERS AND FAMILIES HEALTH: A HEALTHY FORCE COMBATTING HIGH RISK BEHAVIORS". THIS THEME CONVEYS THE MESSAGE THAT THE ARMY IS COMMITTED TO A HOLISTIC APPROACH TO IMPROVE THE PHYSICAL, SPIRITUAL, AND BEHAVIORAL HEALTH OF OUR SOLDIERS, THEIR FAMILIES, AND DEPARTMENT OF ARMY CIVILIANS (DACs). AS PART OF THE ARMY'S COMMITMENT TO THE HEALTH, SAFETY, AND WELL BEING OF ITS SOLDIERS, FAMILIES, AND DACs, THE ARMY IS JOINING THE NATION AND DEPARTMENT OF DEFENSE IN OBSERVING NATIONAL SUICIDE PREVENTION WEEK, 6 - 12 SEPTEMBER 2009. BY PROMOTING HEALTH AND RISK REDUCTION, WE ARE CONVINCED THERE WILL BE A DROP IN THE SUICIDE RATE. THE THEME ALSO REMINDS US OF THE IMPORTANCE OF FOCUSING ON ALL ASPECTS OF HEALTH NECESSARY FOR OVERALL FITNESS. WE HAVE THE RESPONSIBILITY AND COMMITMENT TO HELP A FELLOW SOLDIER, FAMILY MEMBER, OR DAC WHO NEEDS THE STRENGTH OF OUR TEAM.

2. LEADERS MUST PLAN, COORDINATE, AND EXECUTE SUICIDE PREVENTION EDUCATION, AWARENESS, AND TRAINING PROGRAMS TO PROMOTE TOTAL HEALTH ACROSS THE FORCE BY FOCUSING ON ALL ASPECTS OF HEALTH AND WELLNESS. ACTIVITIES MAY INCLUDE: DISPLAY AND INFORMATION BOOTHS, GUEST SPEAKERS, TREE PLANTING CEREMONIES, ASK, CARE, ESCORT (ACE) TRAINING AND APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST), WALKS AND RUNS FOR LIFE, LEADERS PUBLIC SERVICE ANNOUNCEMENTS (PSAS), BANNER AND POSTER DISPLAYS; NEWSPAPER ARTICLES; CERTIFICATION OF NEW ACE AND ASIST TRAINERS, AND BEHAVIORAL HEALTH SCREENINGS. WE CHALLENGE AND EMPOWER ALL LEADERS, PARTICULARLY FIRST LINE LEADERS, TO MAKE UNITS, INSTALLATIONS AND COMMUNITIES A MODEL FOR SUICIDE PREVENTION AWARENESS.

3. MANY RESOURCES ARE AVAILABLE FOR USE. MILITARY ONESOURCE

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OFFERS SUPPORT AND PRACTICAL SOLUTIONS 24/7/365 THROUGH CRISIS INTERVENTION PHONE LINES (1-800-342-9647) OR ONLINE CONSULTATION (WWW.MILITARYONESOURCE.COM) USING CREDENTIALLED CONSULTANTS. THE DEFENSE CENTERS OF EXCELLENCE HELP LINE (1-866-966-1020) IS AVAILABLE 24/7/365 AND PROVIDES INFORMATION ON PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY ISSUES; MORE INFORMATION IS AVAILABLE AT WWW.DCOE.HEALTH.MIL/DEFAULT.ASPX. THE CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE (CHPPM) DEVELOPED SUICIDE AWARENESS BRIEFINGS AND PRODUCTS FOR LEADERS, SOLDIERS, AND FAMILIES. THESE INCLUDE SCENARIO-DRIVEN TRAINING PRODUCTS, WHICH INCORPORATE LESSONS LEARNED FROM THE DEPARTMENT OF DEFENSE SUICIDE EVENT REPORT (DODSER), TIP CARDS ON WARNING SIGNS AND RISK FACTORS, RECOMMENDATIONS FOR LEADERS ACTIONS IN SUICIDE PREVENTION PROGRAMS, AND INTERVENTION CARDS FOR DISTRIBUTION (ASK, CARE, ESCORT CARDS). FOR MORE INFORMATION, VISIT [HTTPS://WWW.US.ARMY.MIL/SUITE/PORTAL/INDEX.JSP](https://WWW.US.ARMY.MIL/SUITE/PORTAL/INDEX.JSP). THE ARMY CAMPAIGN PLAN FOR HEALTH PROMOTION, RISK REDUCTION, AND SUICIDE PREVENTION, A COMMANDER'S TOOLKIT CONTAINING A GUIDE FOR INSTALLATIONS AND UNITS, PROGRAM CHECKLISTS, AWARENESS TIP CARDS; TRAINING AIDS, AND POSTERS AND ADDITIONAL TRAINING AIDS CAN BE FOUND AT [HTTP://WWW.ARMYG1.ARMY.MIL/HR/SUICIDE/DEFAULT.ASP](http://WWW.ARMYG1.ARMY.MIL/HR/SUICIDE/DEFAULT.ASP)

4. COMMANDERS AND OTHER LEADERS CAN ENSURE MAXIMUM EFFECTIVENESS AND PARTICIPATION FOR THEIR HEALTH PROMOTION, RISK REDUCTION, AND SUICIDE PREVENTION PROGRAMS BY WORKING CLOSELY WITH THE LOCAL COMMUNITY HEALTH PROMOTION COUNCIL, SUICIDE PREVENTION TASK FORCE, SUICIDE PREVENTION COORDINATORS, MEDICAL ASSETS, CHAPLAINS, AND OTHER AGENCIES BOTH ON AND OFF THE INSTALLATION. THESE COLLABORATIVE RELATIONSHIPS WILL FURTHER IMPROVE THE HEALTH OF OUR SOLDIERS, FAMILIES, AND DACS WHILE REDUCING RISK BEHAVIORS INCLUDING SUICIDE.

5. ARMY NATIONAL GUARD (ARNG) AND UNITED STATES ARMY RESERVE (USAR) FOCUS IS SIMILARLY ON EDUCATING SOLDIERS, FAMILIES, AND DACS. IT IS ALSO VITAL THAT THE ARNG AND USAR SYNCHRONIZE AND INTEGRATE EFFORTS WITH LOCAL AGENCIES THAT PROVIDE SUPPORT TO HEALTH PROMOTION, RISK REDUCTION, AND SUICIDE PREVENTION PROGRAMS. THESE RESOURCES MAY INCLUDE DEPARTMENT OF VETERANS AFFAIRS SUICIDE PREVENTION COORDINATORS, PRIMARY CARE PROVIDERS, LOCAL LAW ENFORCEMENT, HOTLINES AND CRISIS CENTERS, LOCAL RELIGIOUS ORGANIZATIONS, MILITARY ONESOURCE, AMERICAN RED CROSS, AND OTHER COMMUNITY SUICIDE PREVENTION AGENCIES. A LIST OF RESOURCES AND EVENTS FOR ARNG SOLDIERS IS LOCATED AT [HTTP://VIRTUALARMORY.COM/WEELLBEING/SUICIDE.ASPX](http://VIRTUALARMORY.COM/WEELLBEING/SUICIDE.ASPX) USAR SOLDIERS CAN GO TO [HTTPS://ESAIWR.USAR.ARMY.MIL/AKOG1/](https://ESAIWR.USAR.ARMY.MIL/AKOG1/).

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LOCAL AGENCIES ARE INVITED TO ATTEND DRILLS AND BRIEF UNITS ON THEIR SERVICES. COMMANDERS ARE ENCOURAGED TO COORDINATE WITH PUBLIC AFFAIRS OFFICES AND LOCAL MEDIA.

6. EACH OF US HAS A ROLE IN SUPPORTING HEALTH PROMOTION, RISK REDUCTION, AND SUICIDE PREVENTION EFFORTS. I URGE ALL OF YOU TO INVOLVE AS MANY PEOPLE AS POSSIBLE IN THIS EFFORT. TOGETHER, WE CAN MAKE A DIFFERENCE. ARMY STRONG! PLEASE CONTACT THE ARMY SUICIDE PREVENTION TASK FORCE FOR ADDITIONAL GUIDANCE AND CLARIFICATION, 703-571-5575 OR VCSASITFOPS@CONUS.ARMY.MIL OR G1SUICIDE@CONUS.ARMY.MIL.

7. SUICIDE PREVENTION PROGRAM MANAGERS FOR THE HEADQUARTERS INSTALLATION MANAGEMENT COMMAND, ARMY NATIONAL GUARD, AND UNITED STATES ARMY RESERVE ARE REQUESTED TO SUBMIT A DESCRIPTION OF THE ACTIVITIES CONDUCTED AND LESSONS LEARNED FROM THE SUICIDE PREVENTION MONTH OBSERVANCE TO HQDA, ARMY G-1, G1SUICIDE@CONUS.ARMY.MIL NLT 30 OCTOBER 2009.

8. THIS MESSAGE HAS BEEN APPROVED BY THE DIRECTOR, VCSA SUICIDE PREVENTION TASK FORCE.

9. THIS MESSAGE EXPIRES 31 DECEMBER 2009.
