

VOLUME IV  
SUICIDE SENIOR REVIEW GROUP (SRG)  
THEMES/TRENDS and/or LESSONS LEARNED  
Dec '09

**1. Theme: Effective Communication**

- Communication breakdown between chain of command and Behavioral Health (BH) Professionals in tracking high-risk Soldiers – sharing information is critical
- Consistent communication lends itself to a proactive versus a reactive system
- Communicate and stay in contact with all of your Soldiers despite their rank / position
- Leaders play a crucial role - keep communication open from all directions
- Providers should be in touch with one another, especially when Soldiers transfer from one unit / command to another – keep the Soldier's new chain of command and BH providers informed

**2. Theme: Behavioral Health / ASAP Short Circuits**

- Unreported mental health problems may manifest into future behavioral health issues
- Soldiers that do not display signs of depression or mental health may still be considered high risk Soldiers
- Follow-up and monitor BH patients, especially Soldiers with prior suicide attempts
- Be cognizant of the Soldier's age and the effect of medication as it relates to suicidal thoughts; certain medications may predispose individuals under the age of 25 to higher suicide rates – educate yourself on such medications, notify chain of command of any changes

**3. Theme: Sleep Patterns and Deprivation**

- Increased chance for depression with lack of required sleep
- Manage your Soldier's sleep – refer as needed to medical provider

- Insomnia affects suicide; know your Soldiers and the potential risks insomnia can have
- Effective leadership includes monitoring your Soldier's sleep behavior

#### **4. Theme: Identify the Red Lights**

- Previous suicide attempt(s) / suicidal ideations
- Stressors
- Transition periods
- Significant events / dates may cause Soldiers to react in negative ways
- Marital counseling / Family concerns
- BH issues prior to joining the Army

#### **5. Theme: Soldier Speed Bumps**

- Illegal drug usage / dependency
- Potential negative influence of "prescription" medication
- Soldier's stature, rank or position does not negate suicide risk
- Feelings of loneliness / isolation / depression