

: ALARACT 092/2010 IDENTIFICATION OF AT RISK SOLDIERS - SUICIDE PREVENTION
TRAINING DURING TIMES OF TRANSITION

UNCLASSIFIED//

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

SUBJECT: IDENTIFICATION OF AT RISK SOLDIERS - SUICIDE PREVENTION TRAINING DURING
TIMES OF TRANSITION

1. REFERENCES:

1A. HQDA MESSAGE, SAPA, 021531Z MAY 03, SUBJECT: DEPLOYMENT CYCLE SUPPORT (DCS)

1B. DCS CONPLAN, 02 MAY 03

1C. SECARMY DCS DIRECTIVE 02-2007, 26 MAR 07

1D. AR 600-63, ARMY HEALTH PROMOTION DATED 7 MAY 2007, RAR 20 SEP 2009

1E. VCSA ARMY SUICIDE PREVENTION TASK FORCE; TASK NUMBER 1.1.12: ESTABLISH A
POLICY REQUIRING SUICIDE PREVENTION TRAINING AT THE LOWEST APPROPRIATE LEVEL
BEFORE AND AFTER AUTHORIZED ABSENCES WHILE DEPLOYED (E.G., MID-TOUR LEAVE; R&R
LEAVE; EMERGENCY / MEDICAL LEAVE)

2. ANY PERIOD OF TRANSITION CAN BE STRESSFUL FOR SOLDIERS EVEN DURING THE MUCH
NEEDED REST AND RECUPERATION LEAVE DURING A DEPLOYMENT. THE REVISION TO AR 600-63
(PARA., 4-4L(3)) AND THE PENDING REVISION TO THE DCS CHECKLIST (DA FORM 7631)
ADDRESSES THESE CONCERNS DURING DEPLOYMENT BY MANDATING SUICIDE PREVENTION
TRAINING BEFORE DEPARTURE AND UPON RETURN FROM IN-THEATER LEAVE (E.G., MID-TOUR,
R&R, EMERGENCY AND MEDICAL).

3. OTHER TIMES OF TRANSITION (E.G., BETWEEN DUTY STATIONS, PERMANENT CHANGE OF
STATION, END OF TERM OF SERVICE, MEDICALLY DISCHARGED, RETIREMENT, ETC.) CAN ALSO
BE CHALLENGING FOR SOLDIERS AND MAY BE ACCOMPANIED BY A SENSE OF AMBIVALENCE AND
ANXIETY CAUSED BY THE UNCERTAINTY OF A SOLDIER'S FUTURE. COMMANDERS ARE
ENCOURAGED TO BE PARTICULARLY OBSERVANT OF BEHAVIORAL CHANGES IN THEIR SOLDIERS
DURING THESE TIMES AND ADDRESS THEM BY INCORPORATING SUICIDE PREVENTION TRAINING
IN THE IMCOM BRIEFINGS PROVIDED DURING IN/OUT PROCESSING AND FINAL TRANSITION
BRIEFINGS TO SOLDIERS LEAVING THE ARMY.

4. SUICIDE PREVENTION TRAINING ACTIVITIES ARE DESIGNED TO REDUCE THE RISK OF
SUICIDE AND TO IDENTIFY AT RISK SOLDIERS. THESE ACTIVITIES MAY BE PRESENTED USING
A NUMBER OF FORMATS SUCH AS IN-PERSON AND IN SMALL GROUPS UTILIZING CONDENSED
BRIEFINGS BY UNIT CHAPLAINS AND LEADERS, COMPUTER-BASED TRAINING, OR PEER TO PEER
TRAINING. CONTENT MAY INCLUDE OUTREACH, RESILIENCY, INTERVENTION SKILLS, AND
ADDRESS RESOURCES AVAILABLE TO THE SOLDIER UPON HIS/HER TRANSITION (E.G., THROUGH
THE VETERAN'S ADMINISTRATION IF TRANSITIONING OUT OF THE ARMY). EXISTING SUICIDE
PREVENTION RESOURCES CAN BE DOWNLOADED FROM THE US ARMY PUBLIC HEALTH COMMAND
(PHC), FORMERLY KNOWN AS US ARMY CENTER FOR HEALTH PROMOTION, PREVENTATIVE

MEDICINE (CHPPM): [HTTPS://WWW.US.ARMY.MIL/SUITE/PORTAL/INDEX.JSP](https://www.us.army.mil/suite/portal/index.jsp) OR THE HQDA G1,
ASPP WEBSITE: [HTTP://WWW/ARMYG1.ARMY.MIL/HR/SUICIDE/DEFAULT.ASP](http://www/armyg1.army.mil/hr/suicide/default.asp).

5. ALL COMMENTS OR QUESTIONS REGARDING THIS MESSAGE SHOULD BE ADDRESSED TO THE
ARMY SUICIDE PREVENTION OFFICE AT [G1SUICIDE@CONUS.ARMY.MIL](mailto:g1suicide@conus.army.mil).

6. THIS MESSAGE HAS BEEN APPROVED BY ARMY G-1.

7. EXPIRATION DATE IS 1 APR 2011.