

Subject: ALARACT 345/2010 - SUICIDE PREVENTION AND AWARENESS TRAINING FOR SOLDIERS, LEADERS, DEPARTMENT OF THE ARMY (DA) CIVILIANS AND  
Originator: /C=US/O=U.S.  
GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/L=CONUS/L=WASHINGTON DC/OU=DA PENTAGON TELECOMMUNICATIONS(UC)/OU=ALARACT RELEASE AUTHORITY(UC)  
DTG: 161455Z Nov 10  
Precedence: ROUTINE  
DAC: General  
To: /C=US/O=U.S. GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/OU=ADDRESS LISTS/CN=AL ALARACT(UC)  
/C=US/O=U.S. GOVERNMENT/OU=DOD/OU=AUTODIN PLAS/OU=AIG 6-AZ/OU=ALARACT

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UNCLASSIFIED//

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

SUBJECT: SUICIDE PREVENTION AND AWARENESS TRAINING FOR SOLDIERS, LEADERS, DEPARTMENT OF THE ARMY (DA) CIVILIANS AND ARMY FAMILY MEMBERS

1. REFERENCES:

1A. ARMY CAMPAIGN PLAN FOR HEALTH PROMOTION, RISK REDUCTION, AND SUICIDE PREVENTION (ACPHP), 16 APR 2009

1B. AR 600-63: ARMY HEALTH PROMOTION (\*RAR 002, 7 Sep 2010).

1C. DA PAM 600-24, HEALTH PROMOTION, RISK REDUCTION, AND SUICIDE PREVENTION (\*RAR 001, 7 Sep 2010).

2. THE PURPOSE OF THIS ALARACT IS TO PROVIDE TRAINING GUIDANCE, REQUIREMENTS, AND RESOURCES FOR COMMANDERS TO EXECUTE IN SUPPORT OF SUICIDE PREVENTION TRAINING.

3. SUICIDAL BEHAVIORS CONTINUE TO BE A CONCERN FOR THE ARMY. SUICIDE AFFECTS EVERY SEGMENT OF THE FORCE - ACTIVE, GUARD, AND RESERVE; OFFICERS AND ENLISTED SOLDIERS; DEPLOYED, POST-DEPLOYED, AND THOSE WHO HAVE NOT BEEN DEPLOYED; AND DA CIVILIANS AND FAMILY MEMBERS. ARMY LEADERSHIP IS COMMITTED TO PROMOTING HELPFUL RESOURCES AND RESILIENCE FOR THE ARMY FAMILY. COMMANDERS AND FIRST LINE SUPERVISORS WILL CONTINUALLY ENGAGE THEIR SOLDIERS, DA CIVILIANS, AND FAMILY MEMBERS IN THESE EFFORTS.

4. THE ARMY CONDUCTS SUICIDE PREVENTION TRAINING FOR ALL SOLDIERS, LEADERS, DA CIVILIANS, AND FAMILY MEMBERS TO INCREASE AWARENESS OF SUICIDE RISK FACTORS AND WARNING SIGNS, AND TO ENCOURAGE PROMPT AND EFFECTIVE INTERVENTION WITH AT-RISK INDIVIDUALS.

5. SUICIDE PREVENTION AND AWARENESS TRAINING INFORMATION INCLUDES INSTRUCTOR GUIDES, VIDEOS, AND GRAPHIC TRAINING AIDS. IAW AR 600-63 AND AR 350-1, ANNUAL SUICIDE PREVENTION TRAINING IS TO BE CONDUCTED FOR THE ACTIVE ARMY, ARMY NATIONAL GUARD, ARMY RESERVE, AND DA CIVILIAN GOVERNMENT EMPLOYEES.

5A. ASK, CARE, ESCORT (ACE) TRAINING IS THE ARMY-APPROVED SUICIDE PREVENTION AND AWARENESS TRAINING MODEL FOR ALL SOLDIERS, LEADERS, DA CIVILIANS, AND AVAILABLE

TO FAMILY MEMBERS. ACE IS APPROXIMATELY ONE AND ONE HALF HOURS LONG. THE KEY LEARNING OBJECTIVE IS AWARENESS TRAINING (RISK FACTORS AND WARNING SIGNS). TARGETED TRAINING IS AVAILABLE FOR SOLDIERS (TG 325A); LEADERS (TG 325B); DA CIVILIANS (TG 325D), AND FAMILY MEMBERS (TG 325C) AT [WWW.PREVENTSUICIDE.ARMY.MIL](http://WWW.PREVENTSUICIDE.ARMY.MIL) AND [HTTPS://WWW.US.ARMY.MIL/SUITE/PAGE/503094](https://WWW.US.ARMY.MIL/SUITE/PAGE/503094).

TRAINING SHOULD BE CONDUCTED AT THE LOWEST LEVEL POSSIBLE TO ENHANCE SQUAD, CREW, TEAM, SECTION LEVEL INTERACTION AND DISCUSSION AND STRENGTHEN THE BATTLE BUDDY PROGRAM. COMPLETION OF TRAINING FOR SOLDIERS WILL BE DOCUMENTED IN THE DIGITAL TRAINING MANAGEMENT SYSTEM (DTMS) AND THE INDIVIDUAL TRAINING RECORD (ITR) IAW AR 350-1. APPROVED TRAINING PRODUCTS TO SUPPORT THE ACE TRAINING MODULE INCLUDE THE SHOULDER TO SHOULDER VIDEO SERIES, BEYOND THE FRONT AND HOME FRONT INTERACTIVE VIDEOS, AND FUTURE PRODUCTS BY THE DCS, G-1 AND ARE ACCESSIBLE AT [WWW.PREVENTSUICIDE.ARMY.MIL](http://WWW.PREVENTSUICIDE.ARMY.MIL) AND [HTTPS://WWW.US.ARMY.MIL/SUITE/PAGE/503094](https://WWW.US.ARMY.MIL/SUITE/PAGE/503094).

5B. ACE-SUICIDE INTERVENTION (SI) IS FOR JUNIOR LEADERS AND FIRST-LINE SUPERVISORS AND IS APPROXIMATELY FOUR (4) HOURS LONG. THE KEY LEARNING OBJECTIVE IS TO TRAIN THE SKILLS REQUIRED TO INTERVENE IN A SUICIDE SITUATION. ACE SI TRAINERS MUST BE CERTIFIED BY ATTENDING A TRAIN-THE-TRAINER SESSION APPROVED THROUGH THE U.S. ARMY PUBLIC HEALTH COMMAND (PROVISIONAL). ACE SI TRAIN-THE-TRAINER WORKSHOPS ARE COORDINATED THROUGH USAPHC. DOCUMENTATION OF COMPLETION OF THE TRAINING WILL BE ANNOTATED ON THE ITR. ACE-SI TRAINING PRODUCTS ARE ACCESSIBLE AT [WWW.PREVENTSUICIDE.ARMY.MIL](http://WWW.PREVENTSUICIDE.ARMY.MIL) AND [HTTPS://WWW.US.ARMY.MIL/SUITE/PAGE/503094](https://WWW.US.ARMY.MIL/SUITE/PAGE/503094).

5C. APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) IS FOR GATEKEEPERS AND IS A TWO (2)-DAY WORKSHOP. THE KEY LEARNING OBJECTIVE IS AWARENESS AND INTERVENTION SKILLS TRAINING. ASIST TWO-DAY WORKSHOPS ARE COORDINATED LOCALLY. CLASS SIZES DO NOT EXCEED 30 PEOPLE.

5D. ASIST TRAIN-THE-TRAINER (ASIST T4T) IS A FIVE (5)-DAY WORKSHOP FOR INDIVIDUALS WHO, IN THE PERFORMANCE OF THEIR DUTIES, ARE IN A POSITION TO TRAIN OTHERS IN THE ASIST 2-DAY WORKSHOP. THE KEY LEARNING OBJECTIVE IS TO DEVELOP INDIVIDUALS AS ASIST 2-DAY WORKSHOP TRAINERS. ASIST T4T CERTIFICATION REQUIRES THE INDIVIDUAL TO COMPLETE A FIVE (5)-DAY WORKSHOP AND CONDUCT THREE (3) ASIST 2-DAY WORKSHOPS WITHIN THE FIRST YEAR AND ONE

(1) 2-DAY WORKSHOP FOR EVERY YEAR THEREAFTER. THE FIVE (5)-DAY ASIST WORKSHOPS ARE COORDINATED THROUGH LOCAL IMCOM, ARNG, OR USAR SUICIDE PREVENTION PROGRAM MANAGERS. INDIVIDUALS WHO COMPLETE THE FIVE (5) -DAY WORKSHOP AND CONDUCT THREE (3) WORKSHOPS WITHIN THE FIRST YEAR RECEIVE AN ADDITIONAL SKILL IDENTIFIER (ASI) 1S. ALARACT 133-2010 - SUICIDE INTERVENTION TRAINERS ADDITIONAL SKILL IDENTIFIER (ASI) PROVIDES GUIDANCE FOR OBTAINING THE ASI 1S. PERSONNEL NOMINATED FOR ASIST T4T MUST BE CAPABLE OF COMPLETING THE CERTIFICATION REQUIREMENTS AND ASSIST COMMANDERS IN IDENTIFYING AND INTERVENING WITH AT-RISK PERSONNEL.

5E. COMMANDERS WILL ENSURE THAT DA CIVILIANS ARE PROVIDED SUICIDE PREVENTION AND AWARENESS TRAINING AS AN ANNUAL MANDATORY TRAINING REQUIREMENT. COMMANDERS ARE REMINDED TO MEET ALL APPLICABLE LABOR RELATION OBLIGATIONS IN IMPLEMENTING THE SUICIDE PREVENTION TRAINING FOR DA CIVILIANS. ARMY CIVILIAN EMPLOYEES MAY BE EXCUSED FROM THE ARMY SUICIDE PREVENTION TRAINING IF THEY BELIEVE THE TRAINING IS EMOTIONALLY OR PSYCHOLOGICALLY STRESSFUL TO THEM. COMMANDERS/SUPERVISORS WHO EXCUSE DA CIVILIANS FROM SCHEDULED TRAINING WILL OFFER THOSE EMPLOYEES ALTERNATIVE/FACILITATED TRAINING OPPORTUNITIES (E.G., SHOULDER TO

SHOULDER VIDEO SERIES). COMMANDERS AND SUPERVISORS SHOULD COORDINATE TRAINING WITH THEIR LOCAL CIVILIAN PERSONNEL ADVISORY CENTER. COMPLETION OF TRAINING FOR DA CIVILIANS WILL BE DOCUMENTED IN THE DEFENSE CIVILIAN PERSONNEL DATA SYSTEM (DCPDS) IN ACCORDANCE WITH AR 350-1, APPENDIX F, F-6B.

5F. COMMANDERS WILL ENSURE THAT SUICIDE PREVENTION TRAINING IS AVAILABLE TO ARMY FAMILY MEMBERS. THE TRAINING IS NOT MANDATORY FOR FAMILY MEMBERS; HOWEVER, COMMANDERS SHOULD ENCOURAGE FAMILY MEMBER PARTICIPATION DURING APPROPRIATE VENUES (E.G., FAMILY READINESS GROUP (FRG) MEETINGS, SPOUSE MEETINGS, PRE AND POST DEPLOYMENT BRIEFINGS, ETC.).

5G. RESERVE COMPONENT SUICIDE PREVENTION TRAINING PROGRAMS MIRROR THAT OF THE ACTIVE ARMY (I.E., ANNUAL MANDATORY TRAINING USING THE ACE MODEL; ASIST TRAINING; SHOULDER TO SHOULDER SERIES; AND INTERACTIVE VIDEOS). COMMANDERS SHOULD WORK WITH THEIR FRG COORDINATORS TO ENSURE THAT SUICIDE PREVENTION TRAINING IS OFFERED TO ALL FAMILY MEMBERS. YELLOW RIBBON EVENTS MAY BE LEVERAGED AS A SUICIDE PREVENTION AND AWARENESS TRAINING PLATFORM FOR FAMILY MEMBERS OF ARMY NATIONAL GUARD, RESERVE SOLDIERS, AND OTHER GEOGRAPHICALLY-DISPERSED SOLDIERS.

6. ARMY TRAINING PRODUCTS INCLUDE INSTRUCTOR GUIDES, VIDEOS, AND GRAPHIC TRAINING AIDS AND ARE AVAILABLE AT THE USAPHC (PROV) WEBPAGE [HTTPS://WWW.US.ARMY.MIL/SUITE/PAGE/503094](https://www.us.army.mil/suite/page/503094) (AKO LOGIN REQUIRED) AND THE ARMY G-1 WEBPAGE [HTTP://WWW.PREVENTSUICIDE.ARMY.MIL](http://www.preventsuicide.army.mil).

6A. TWO (2) NEW SUICIDE PREVENTION AND AWARENESS VIDEOS WERE RELEASED IN 4QCY10 THROUGH LOCAL TRAINING SUPPORT CENTERS AND THE DEFENSE IMAGERY MANAGEMENT OPERATIONS CENTER (DIMOC) AT [HTTP://WWW.DEFENSEIMAGERY.MIL](http://www.defenseimagery.mil). "SHOULDER TO SHOULDER: I WILL NEVER QUIT ON LIFE" FOCUSES ON TESTIMONIES OF INDIVIDUALS WHO HAVE INTERVENED IN SUICIDE EVENTS AND THOSE WHO HAVE SOUGHT HELP TO OVERCOME STRESSFUL SITUATIONS AND SUICIDE. "THE HOME FRONT" IS AN INTERACTIVE TRAINING VIDEO INTENDED TO ENHANCE INTERVENTION SKILLS, SIMILAR TO THE BEYOND THE FRONT VIDEO LAUNCHED IN 2009. IT INCLUDES A SERIES OF VIGNETTES FOR USE BY TRAINERS THAT FORM THE BASIS OF DISCUSSION AND INTERVENTION PRACTICE. A FACILITATOR'S GUIDE IS AVAILABLE AT THE ARMY DEPUTY CHIEF OF STAFF, G-1 WEBSITE, [WWW.PREVENTSUICIDE.ARMY.MIL](http://www.preventsuicide.army.mil). TRAINERS ARE HIGHLY ENCOURAGED TO CONDUCT THE PRE AND POST SURVEYS INCLUDED IN THE FACILITATOR'S GUIDE AND MAIL THEM TO THE FOLLOWING ADDRESS: COMMAND POLICIES AND PROGRAMS DIVISION, 1225 SOUTH CLARK STREET, SUITE 208, ATTN: ASPP, ARLINGTON, VA 22202. THE VCSA, GEN PETER W. CHIARELLI, REMAINS COMMITTED TO DECREASING SUICIDES IN THE ARMY AND STATES THAT, "SOMETIMES HELP COMES IN THE FORM OF COUNSELING AND EVERYONE NEEDS TO KNOW THAT'S OK. OUR LEADERS MUST ENCOURAGE THEIR MEMBERS TO SEEK HELP WHEN EXPERIENCING HIGH LEVELS OF STRESS. THEY MUST ALSO ENFORCE A ZERO-TOLERANCE POLICY AGAINST BELITTILING OR HAZING THOSE WHO SEEK HELP, AND WORK TO CORRECT THE MISPERCEPTION THAT SEEKING BEHAVIORAL HEALTH CARE WILL ADVERSELY AFFECT ONE'S CAREER. GETTING HELP IS NOT A SIGN OF WEAKNESS; IT TAKES COURAGE AND STRENGTH TO HEAL PHYSICALLY AND MENTALLY." THE VIDEOS ARE CURRENTLY AVAILABLE AT THE ARMY DEPUTY CHIEF OF STAFF, G-1 WEBSITE, [WWW.PREVENTSUICIDE.ARMY.MIL](http://www.preventsuicide.army.mil).

6B. TSCS WILL DISTRIBUTE ONE (1) SHOULDER TO SHOULDER VIDEO PER EVERY TEN (10) SOLDIERS, AND ONE (1) HOME FRONT VIDEO PER EVERY 200 SOLDIERS ASSIGNED TO THE REQUESTING COMMAND. REQUESTS FOR ADDITIONAL VIDEOS THROUGH DIMOC MUST BE MADE

UTILIZING THE APPROPRIATE PERSONAL IDENTIFICATION NUMBER (PIN) FOR EACH ITEM. THE PIN TO ORDER THE SHOULDER TO SHOULDER: I WILL NEVER QUIT ON LIFE VIDEO IS 712096; FOR THE HOME FRONT VIDEO, THE PIN IS 712098. UNITS ARE AUTHORIZED TO REPRODUCE THE VIDEO TO MEET LOCAL REQUIREMENTS.

7. A REVISED SUICIDE AWARENESS: GUIDE FOR LEADERS, HAS BEEN DEVELOPED, GTA 12-01-007 (V2010) AND WILL BE AVAILABLE FOR DISSEMINATION DURING 1QCY11.

8. THE DEPUTY CHIEF OF STAFF, G1 IS RESPONSIBLE FOR THE MANAGEMENT OF THE ARMY SUICIDE PREVENTION PROGRAM. ALL COMMENTS TO THIS ALARACT SHOULD BE ADDRESSED TO THE ARMY SUICIDE PREVENTION OFFICE AT [G1SUICIDE@CONUS.ARMY.MIL](mailto:G1SUICIDE@CONUS.ARMY.MIL).

9. EXPIRATION OF THIS ALARACT IS 1 DECEMBER 2011.