

# NEVER LEAVE A MARINE BEHIND



Suicide Prevention Training for Junior Marines

# INSTRUCTOR GUIDE

SEPTEMBER 2011



## **Note to Instructors Who Have Led the NCO Suicide Prevention Course:**

As a trained NCO Suicide Prevention instructor, you are familiar with the structure of this course. However, the content in this course is designed specifically for a younger, less experienced audience. In order for your Junior Marines to get the most out of this material, ensure that you are familiar with the teaching points, discussions and activities; they differ from those in the NCO course. Also note that this course is focused less on leadership, and more on the importance of peer-level suicide prevention and self care. There are more group discussions in this course, so please review the “Suggestions for the Instructor” section of the Introduction.

## **INTRODUCTION**

### **Purpose of the Junior Marines Suicide Prevention Training Course**

The major objectives of Marine Corps Suicide Prevention training are:

- To foster resilience, emphasizing that all Marines need to be physically and psychologically fit;
- To ensure that Junior Marines understand their responsibility to look out for each other and to take action when a fellow Marine is in trouble;
- To provide practical guidance for assisting troubled Marines, such as recognizing warning signs, asking Marines if they need help, caring enough to take action, and escorting Marines to the appropriate resources;
- To reduce the stigma of being in distress and asking for help, and to encourage self-referrals to professionals (chaplains, etc.);
- To ensure that all Marines know where to seek assistance—their chain of command, chaplains and medical, and to help build trust in these resources.

### **Course Time**

Total time to deliver this course is 90 minutes.

### **Materials**

- PowerPoint slide presentation (on CD)
- Playable DVD of movie
- Instructor Guide
- Sign-in sheet\*

\*Instructor should prepare the sheet for keeping a record of attendance and submission to the Personnel Administration Center for unit diary reporting.

## **Equipment/Settings**

- Settings will vary depending on the size of the training group.
- The optimal class size is no more than 30 Marines.
- All locations must have audiovisual equipment, including a projector that can be connected to a computer and speakers large enough for the room. In auditorium-type settings, a large projection screen is essential. (See below for tips related to projecting video segments from PowerPoint presentations.)
- Have a sign-in sheet at each entrance to the auditorium or classroom.
- If possible, darken the room for optimal viewing of the videos. Close all shades or blinds, and turn off the lights to view videos. Have lights up for lecture and discussion portions of the training. (If possible, the instructor may want to designate someone in the classroom to operate lights.)
- Cell phones and all electronic devices must be turned off.
- Have the title slide on the screen approximately 15 minutes before the start of the course.

## **Tips for Projecting Video Segments from PowerPoint Presentations**

A significant portion of this course consists of video segments that are integrated into the PowerPoint slide presentation, in the form of Windows Media Video (WMV) files. To provide a dynamic, engaging experience for trainees, consider the following tips.

### **Preparing the PowerPoint Files for Presentation**

- The PowerPoint files necessary to conduct the course are contained on the CD in your course materials.
- For the best video performance, you should copy the contents of the course folder onto your computer's desktop. The entire course is contained in a single folder on the CD. To copy this folder onto your desktop, simply drag the icon from the CD onto your desktop. Depending upon the speed of your desktop, this may take several minutes to half an hour. If copying the folder to your computer is not possible, the course can be operated directly from the CD.

### **Projecting the Presentation**

- If you are projecting the slide presentation from a laptop computer through a projection system, test the system before the training starts, preferably the day before but at least one hour before the start of class.
  - Make sure your set-up includes speakers. Sound quality is critical to the success of the video segments.

- Test the speakers beforehand. Sit in the farthest seat from the screen, play a video segment and make sure you can hear it clearly. Make sure the computer's master volume control is on maximum. (For most computer operating systems, use the following directions.)
  - » Right-click on the volume icon in the task bar at the bottom of your screen. Click on Open Volume Control. Adjust Master Volume to the maximum level. Close window. Right-click on the volume icon again and go to Adjust Audio Properties. Look for Speaker Volume, and set to high, and click on Advanced to select the speaker configuration.
  - » **Consult an audiovisual technician for additional guidance on volume and speaker configuration.**
- If you are using the room's existing audiovisual set-up, familiarize yourself with the equipment and test it, preferably the day before but at least one hour before the start of a class. If you encounter any problems at all, contact the facility's technical personnel.
- NOTE: The PowerPoint presentation on the CD includes the dramatic movie. However, it is recommended that the movie be played from the separate, playable DVD, "Disc 1: Dramatic Video."

### **Using the Playable DVD**

- The dramatic movie, which is the first video shown in the course, is provided in the form of a playable DVD, similar to the feature films you watch for entertainment. A DVD provides a higher-quality viewing experience than the WMV version of the movie that is embedded in the PowerPoint presentation.
- If you prefer to show the DVD, instead of launching the WMV version, make sure you have the necessary equipment available.
- The DVD can be projected from your laptop computer, if your computer has a DVD player and the necessary software. Test your laptop and make sure it is set to full screen.
- The DVD can also be projected from the facility's audiovisual equipment, such as a DVD player. If this is available, test the system first. If you are teaching in a large auditorium, you may need the assistance of the audiovisual technicians to cue and play the DVD for you.
- If you are showing the movie from the playable DVD, do not click on the image shown on Slide 2 of the course. This launches the Windows Media Video (WMV) version. Simply leave Slide 2 up and play the dramatic movie from the playable DVD.
- After the movie ends, click anywhere on Slide 2 EXCEPT on the still image to advance the presentation to the next slide. Do not click on the still image, since this will launch the WMV version of the movie and it will start playing again.

## **Launching and Playing a Video Segment in PowerPoint**

- The video segments are “launched” from the PowerPoint slide. Each segment is identified by a still frame on the slide. The video does not play until you click on the slide. When you click on the slide, the video should play in full-screen mode.
- Be sure to move the cursor off to the side.
- After the completion of the video, click anywhere on the slide EXCEPT the still-frame image to advance to the next slide.

## **Training Methodology**

- Many instructors will find this training different from any they have attended or taught.
- The teaching tools are a combination of video and PowerPoint slides. Central to the course are two types of video:
  - A complete drama, depicting a fictional but realistic scenario of a Marine who is in distress and is suicidal
  - Documentary interviews with Marines who have been affected by the suicide of a fellow Marine and with family members who lost a Marine to suicide.

You will play the movie at the beginning of the class, and then go through the PowerPoint presentation. All video segments are embedded in the slides at appropriate teaching points.

This technique engages the participants, and with some practice, you will find that it will enhance your instruction.

The course is designed to be interactive. This means that, at designated points in the training, participants will actively participate in the learning through guided large-group discussions.

## **Format of the Instructor Guide**

Each instructor has a unique teaching style. As you work with this material, you will develop your own style, favorite stories, questions, and ways to approach the material. To get you started, we have provided this detailed Instructor Guide, which provides a sample script for conducting the lesson.

Each slide appears on a left-hand page, with talking points below. The talking points are the major points that must be included. The right-hand page provides you with a suggested script of what to say as each slide is on the screen. For slides with embedded video clips, this guide tells you when to play the video clips and how to introduce them and put them into context for the class.

The following icons are used in this Guide:



**NOTE**



**PERSONAL STORY**



**SCRIPT**



**TALKING POINTS**



**VIDEO**



**DISCUSSION**

## **Suggestions for the Instructor**

### **Interactive Techniques**

Because of the subject matter of suicide and the emotional content of the material, some trainees may ask a lot of questions—and some might be hesitant to talk.

Here are some guidelines you may find helpful:

- **Prepare.** Prior to the training, watch the movie and other video segments and go through the slides. Familiarize yourself with the names of the main characters from the movie and the names of the main subjects of the documentary interviews. Take notes in the margins of this guide. If you require additional information (such as the latest suicide statistics) and are unable to access the Internet, contact the Marine Corps Suicide Prevention Program at 703-784-9542.
- **Personalize.** Use this guide as a starting point, and be sure to make all of the teaching points, but make this training your own. It is highly recommended that, when introducing yourself, you tell a little bit about yourself and why you personally feel this training is important. Junior Marines are more likely to trust you as someone who is qualified to teach this course if you let them know that this subject has touched you personally in some way. Because Junior Marines look up to their NCOs, acknowledging personal struggles with stress, depression, or anxiety can go a long way toward reducing the stigma associated with being in distress or seeking help for distress, particularly if you sought and received help and your career has continued to advance.
- **Set the ground rules at the beginning of the class.** Because of the sensitive nature of this course, many Marines will have questions. Try to allow each trainee a chance to be heard; all contributions are valuable. However, you should keep your eye on the clock and stay on topic. You have a lot to accomplish, and you need to know when to move on. Be sure to acknowledge contributions, particularly those of a personal

nature, and thank the Junior Marines who are willing to share their stories. This reinforces the message that it's good to talk about problems rather than bottling up feelings.

- **Stick to what you know.** If someone asks a question that you can't answer, be honest. Have them write down their question, along with contact information, and try to direct them to someone who CAN answer the question.
- **Avoid reading directly from the slides or script.** Study the material thoroughly during and after your Train-the-Trainer training, and review it right before a class. You should feel comfortable enough with the material that you maintain eye contact with the participants except to glance at the slides or script. You may eventually want to create your own, easy-to-follow script that you use in class.
- **Parts of the course require you to prepare personal stories or anecdotes.** Please think about and prepare these personal stories in advance.
- **Know your audience.** Instruction should be personalized to the Marines you are teaching. If you are talking to Marines from a headquarters battalion, for example, you may want to limit the discussion of combat stress. Not every Marine has or will deploy, so you need to focus on the stress that is common to all Marines (relationship, financial, work, and health-related stress).

### **Leading Discussions**

The course contains a few discussions designed to engage the trainees and to ensure their understanding of the course content. These discussions should be conducted with the whole group. Be prepared to call on Marines if they are reluctant to participate, and thank anyone who shares something that is particularly personal in nature. Walking around the room may help facilitate discussion.



## **Course Agenda**

Because the course is relatively short, it is designed to flow from one segment to another.

### **Segment 1: Leadership Message and Movie**

### **Segment 2: Introduction**

### **Segment 3: Being a Marine**

### **Optional Break**

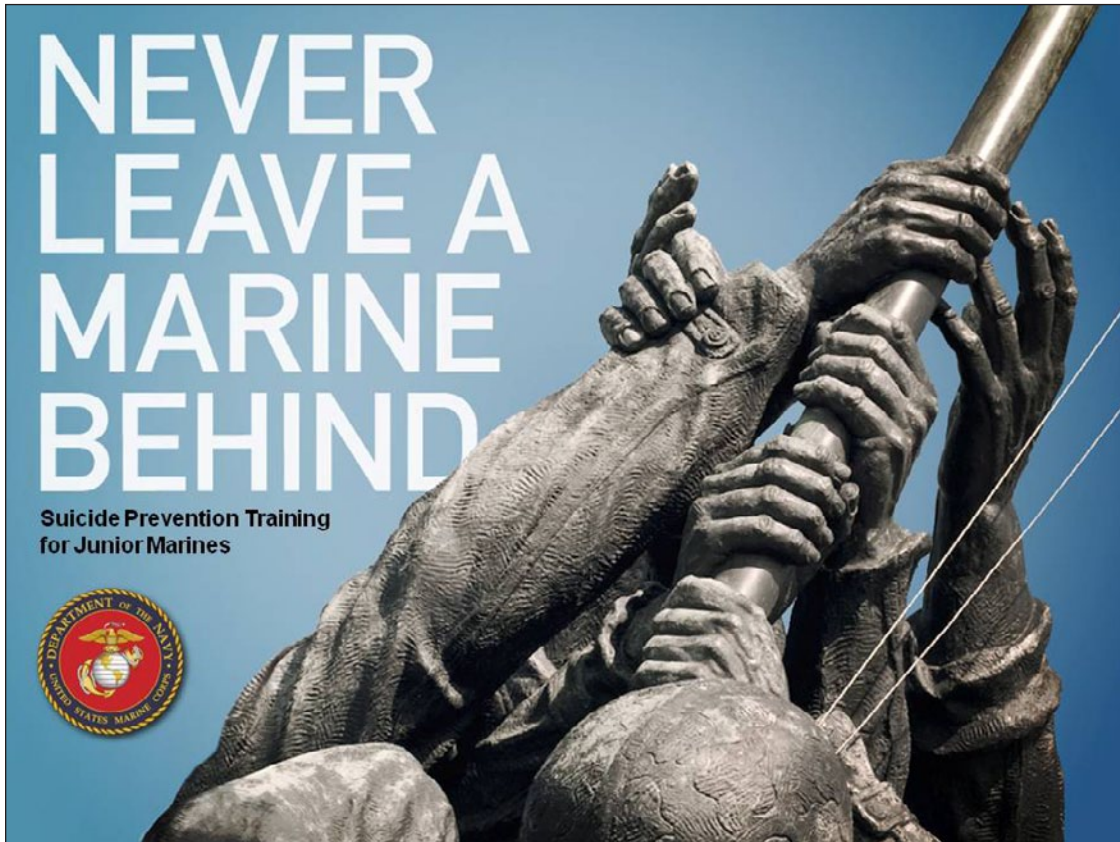
### **Segment 4: The Impact of Suicide**

### **Segment 5: The RACE Method**

### **Segment 6: The Resilient Marine: Taking Care of Yourself**

## **Suggested Schedule**

<b>0800–0825</b>	Segment 1: Leadership Message and Movie
<b>0825–0830</b>	Segment 2: Introduction
<b>0830–0835</b>	Segment 3: Being a Marine
<b>0835–0845</b>	Break
<b>0845–0900</b>	Segment 4: The Impact of Suicide
<b>0900–0920</b>	Segment 5: The RACE Method
<b>0920–0930</b>	Segment 6: The Resilient Marine: Taking Care of Yourself



**TALKING POINTS:**

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- ✓ Take your seats.
  - ✓ Turn your phones off.
-

## Slide 1 | Never Leave a Marine Behind



**NOTE:** Have this slide on the screen 15 minutes before the start of the course.



### **SCRIPT:**

- Marines, take your seats.
- Turn your cell phones and all electronic devices off.

## CMC/SMMC Message



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### TALKING POINTS:

Play video.

After video:

- ✓ Introduce yourself
- ✓ We're still losing Marines.
- ✓ Leadership takes this very seriously.
- ✓ We're going to watch a movie to get on the same page.

## Slide 2 | CMC/SMMC Message



Play video.

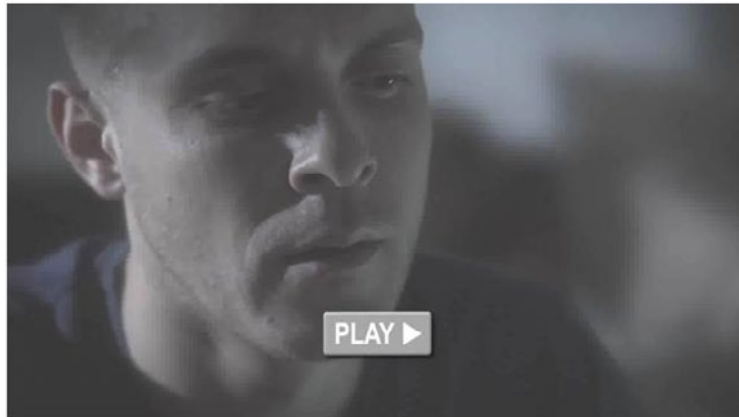


### SCRIPT:

- **Welcome** to Marine Corps Suicide Prevention Training.
- I'm Sergeant XXXXXX.
- We've been hearing a lot about suicide prevention lately.
- That's because suicide is a huge problem—**we're losing too many Marines.**
- As you just heard, our **leadership takes this very seriously.**
- Some of you are more familiar with this issue than others.
- We're going to watch a short movie so we're all on the same page when we look at this problem in more detail.

Play video without further introduction. Introduction will follow the video.

## Never Leave a Marine Behind



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### TALKING POINTS:

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Play video.

After video:

- ✓ The movie is realistic.
- ✓ Williams trusted his instincts.
- ✓ He was almost too late.

Personal story:

- ✓ Explain why this course is important to you.

After story:

- ✓ We have to have each other's backs.
- ✓ People don't always do what they should—or even recognize a problem.

Discussion:

- ✓ Do you know a Decker?
- ✓ Why wouldn't he or she ask for help?

After discussion:

- ✓ It takes courage to ask for help.
  - ✓ Asking for help won't get you kicked out.
  - ✓ We are responsible for each other.
-

### Slide 3 | Never Leave a Marine Behind



Play video.



#### SCRIPT:

- Let's talk about what we just saw. This movie is a **realistic** depiction of the handling of a suicide intervention.
- In the end, Williams **trusted his gut** and ultimately got Sergeant Bridges and Lance Corporal Chapman to see there was a problem.
- But he was **almost too late**.



#### PERSONAL STORY

*If relevant, explain why teaching this course is important to you. Have you experienced personal distress?*

*Share to the extent that you are comfortable, but remember that we want these Marines to leave the class knowing that you—someone they look up to—have been through a really tough time. At this point, DO NOT discuss the help you received or how you overcame this difficult time. You will discuss this at a later time.*

*NOTE: If you do not have a personal story to share, but you do have experience with someone who contemplated, attempted or committed suicide, share at your discretion, and only if they are not currently in your unit. All names and identifying traits must be kept confidential.*

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#### Your Personal Story

Suggested topics:

- Combat-related stress
- Relationship-related stress
- Injury-related stress
- Legal stress
- Financial-related stress
- Story about a suicide/suicide attempt
- Career stress
- Depression/PTSD

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- **As Marines, we have to have each other's back.** Sometimes that may mean stepping in to help a Marine who may be contemplating suicide.
  - Unfortunately, leaders, friends, and families **don't always do what they need** to do or even **recognize** that there's a **problem**.
  - **We have to change that.**

### ? DISCUSSION:

- Do you know someone like Decker?
- Why do you think some Marines might keep quiet?

### Q SCRIPT:

- Sometimes Marines are concerned that they **always have to be tough**, and sometimes they **fear getting kicked out** of the Marine Corps.
- Marines are human, and **there is nothing weak about asking for help**. In fact, **it takes courage**.
- And guess what? **Asking for help won't get you kicked out of the Marine Corps**.
- Even when Marines don't ask for help, our job is to help them anyway. Your everyday role as Marines is similar to Williams'; you are **responsible for the Marines to your left and to your right**. That's the Marine way.
- The lesson here is to **trust your instincts**. If you think a buddy is going through tough times, that something really is wrong, it probably is.

#### If you are asked about the gun in the video:

If you know there is a weapon on the premises, notify your chain of command. They will make a decision about removing the weapon.

If a Marine has a loaded gun and it is in play, contact the MPs or police immediately. Don't put yourself in danger.

## Why Are We Here?



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### TALKING POINTS:

- ✓ We need to have the courage to help our buddies.
- ✓ \_\_\_ Marines killed themselves in \_\_\_\_\_.  
(Fill in most current statistics)

## Slide 4 | Why Are We Here?



### SCRIPT:

- We need more Marines to **trust their instincts** and **have the courage** to help their buddies, just as Williams helped Decker.
- **Marines killed themselves in \_\_\_\_\_.\***  
That is **unacceptable**.

\*Make sure you are using the latest statistics on suicide. Go to [www.usmc-mccs.org/suicideprevent/stats\\_faqs.cfm](http://www.usmc-mccs.org/suicideprevent/stats_faqs.cfm) and look for the numbers for the most recent year.

## Why Are We Here?



Even one is too many.



5



### TALKING POINTS:

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- ✓ One is too many.
  - ✓ Most suicides were among young, junior enlisted men.
  - ✓ Everyone is at risk.
  - ✓ Offer help without hesitation. Make it OK to ask for help.
  - ✓ This is every Marine's problem.
-

## Slide 5 | Why Are We Here?



### SCRIPT:

- Even one suicide is too many.
- **The majority** of our suicides are **young, junior enlisted men**.
- But **everyone** is at risk—**male, female, junior and senior Marines, Marines who have deployed and those who haven't**.
- We need to learn to **offer help without hesitation**. More important, **we need to make it OK to ask for help**.
- If you think this is somebody else's problem, you're wrong. **This is every Marine's problem**.

## Course Objective



# BE A MARINE



6



### TALKING POINTS:

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- ✓ I'm not going to bore you with a long list of objectives.
  - ✓ You'll learn what puts Marines at risk...
  - ✓ What to do when you are concerned...
  - ✓ And some tools for handling stress.
  - ✓ We have one objective: Be a Marine.
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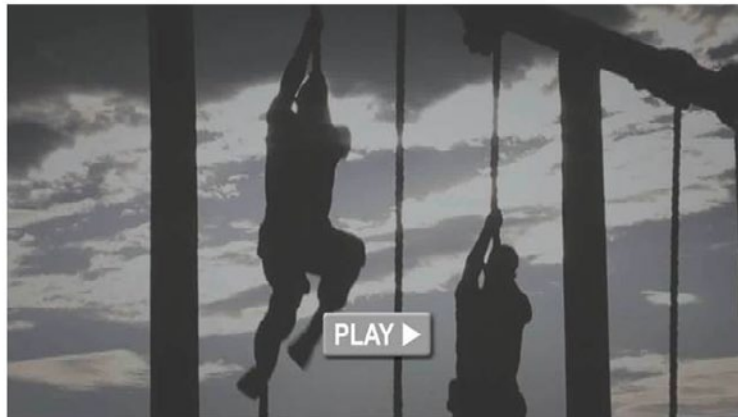
## Slide 6 | Course Objective



### SCRIPT:

- This is training, so of course there is a list of training objectives. But I'm not going to bore you with a long list.
- You are going to learn **what puts Marines at risk** and how to tell the difference between a bad day and a serious problem.
- You will learn **what to do when you are concerned** about a buddy.
- You are going to walk away with some **tools for handling stress**.
- Really, you just need to remember one thing: **Be a Marine**.

## Be a Marine



7



### TALKING POINTS:

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Play video.

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After video:

- ✓ Being a Marine is about looking out for each other.
  - ✓ This is a concept for life.
  - ✓ We wouldn't think twice about helping a Marine wounded in battle.
  - ✓ Emotional distress is no different.
  - ✓ Even the toughest Marines get stressed out.
- 

Personal story continued (optional):

- ✓ Getting help and re-enlisted/promotion
- 

After story:

- ✓ It's OK to talk about needing help, and it's OK to get help.
  - ✓ Even if you get help you can still be promoted.
- 

Short break.

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## Slide 7 | Be a Marine



Play video.



### **SCRIPT:**

- Being a Marine is also about **looking out for those to your left and your right.** Period.
- That's not just a concept for combat, but a **concept for life.**
- We **wouldn't think twice about helping a Marine who was wounded** in battle, or a Marine who wiped out on his bike. And we wouldn't make a big deal if that Marine asked for our help.
- A Marine who is jacked up **emotionally is no different.** That's still an injury, and it needs to be taken care of.
- **Even the toughest Marines get stressed out.** We all go through hard times. But we need to know that it is OK to talk about our problems and to get help for them.



### **PERSONAL STORY CONTINUED (OPTIONAL):**

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#### **Your Personal Story**

Refer back to the story you told at the beginning of class.

Tell the class how you received help from your fellow Marines and/or a professional.

If you were promoted or re-enlisted after getting help, share that now.

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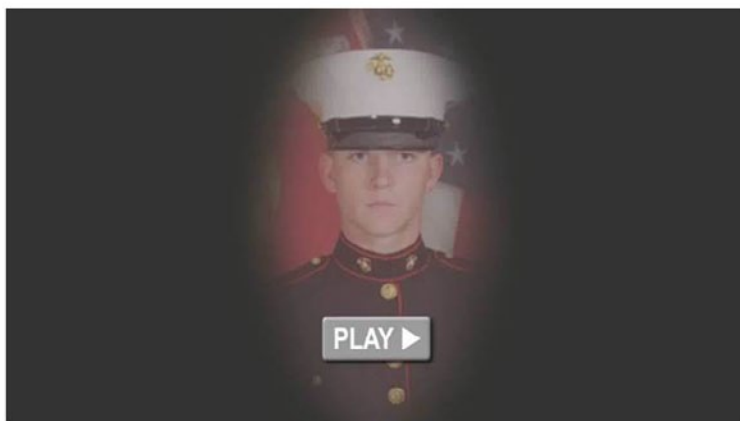
**SCRIPT:**

- It's not just OK to talk; it can be a matter of life and death.



**NOTE:** Release the class for a short break.

## The Impact of Suicide



6



### TALKING POINTS:

- ✓ Some Marines won't tell you they need help.
- ✓ Now we're going to hear the story of Private Tim Koundry.

Play video.

After video:

- ✓ This is urgent.
- ✓ A Marine suicide affects everyone.
- ✓ Suicides are preventable, but we need to remove the stigma of asking for help.

Discussion:

- ✓ What causes you stress?

After discussion:

- ✓ Most Marines who seek help stay in Marine Corps and get promoted.
- ✓ Asking for help isn't an automatic career ender.
- ✓ Suicide is a career ender.

## Slide 8 | The Impact of Suicide



### SCRIPT:

- **Some Marines don't ask for help** when they need it. And sometimes their buddies, their leaders, and even their family members don't realize how bad things are.
- Now we're going to hear **the story of Private Tim Koundry**.
- Private Koundry was under a great deal of stress, but he tried to make everyone believe he was OK.



Play video.



### SCRIPT:

- **Wow.**
- If you didn't already understand the **urgency of our mission** to prevent suicides, I hope you get it now.
- **When a Marine dies by suicide**, it doesn't just affect one person. It **affects that Marine's family and friends, it affects the Marine's unit, and it affects the entire Marine Corps.**
- The real tragedy is that **most suicides are preventable**. But one **key is asking for help EARLY**. We need to make it **OK to ask for help**.
- Private Tim Koundry—he didn't ask for help. In fact, his friends and supervisors had a feeling something was wrong and sent him for help, but he was **really good at hiding** the extent of his problems. He told his buddies, his family and his supervisors what they wanted to hear.
- Think back to the movie. When Williams tried to ask Decker if he was thinking of hurting himself, Decker brushed him off. But everything wasn't OK.



### DISCUSSION:

- Now we have seen **two suicidal Marines**—one in the movie and one from real life. **Decker had been in combat; Koundry had not**. Many Marines who killed themselves over the past few years never deployed. So that tells us that **combat is not the only thing that can cause a Marine stress**. We don't know what drove Private Koundry to do what he did, but whatever it was, the stress was powerful enough to get to this Marine. **What kinds of things cause you stress?**

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**SCRIPT:**

- Koundry, like many Marines, may have thought that admitting a problem would get him kicked out of the Marine Corps, and **all he ever wanted was to be a Marine**. Or he may have worried that it would make him look weak.
- **Fact: Most Marines who seek help** stay in the Marine Corps and **get promoted**, just like everyone else. Just like Lance Corporal Decker in the movie.
- **Asking for help isn't an automatic career ender, especially if you do it early, when problems are small.**
- But **ending your life is a career ender**. That's why suicide is called a permanent solution to a temporary problem.
- We are now going to get to the heart of **what you can do** to help prevent other Marines from taking their own lives.

## The RACE Method



**RECOGNIZE**

**ASK**

**CARE**

**ESCORT**



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### TALKING POINTS:

- ✓ RACE – Recognize, Ask, Care, Escort
- ✓ Remembering this might help you save a life.



## Slide 9 | The RACE Method



### SCRIPT:

- RACE is an **easy-to-remember tool** that will help you know what to do if a buddy is in distress.
- RACE stands for **Recognize, Ask, Care, and Escort**.
- Remembering that **may help you save a life**.

## The RACE Method



10



### TALKING POINTS:

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Play video.

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After video:

- ✓ Let's review the steps in RACE.
  - ✓ Recognize. Look and listen for risk factors and warning signs
  - ✓ Ask. Get personal.
  - ✓ Care. Especially when your buddy is in crisis.
  - ✓ Escort. Get your buddy help.
-

## Slide 10 | The RACE Method of Suicide Prevention



Play video.



### SCRIPT:

- Let's review the steps in the RACE method.
- **Recognize.** Look and listen for risk factors and warning signs.
- **Ask.** Get personal if you have to.
- **Care.** In a few minutes, we'll talk about how you show you care—every day but especially when a buddy is in crisis.
- **Escort.** Know where to go for help.

## The RACE Method



### RECOGNIZE

- Note changes in personality, emotions, or behavior.
- Note withdrawal from co-workers, friends, and family.
- Note changes in eating and sleeping patterns.



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### TALKING POINTS:

- ✓ Know what to look for.
- ✓ Know what events or circumstances increase the risk of suicide.

Discussion:

- ✓ What risk factors did we see in the Koundry and Decker videos?
- ✓ What other risk factors are there?

After discussion:

- ✓ Warning signs are behaviors that indicate someone may be thinking about suicide.
- ✓ When problems pile up, they can seem overwhelming.

Discussion:

- ✓ What warning signs did we see in the Koundry and Decker videos?
- ✓ What other warning signs are there?

## Slide 11 | Recognize



### SCRIPT:

- By knowing what to look for, you can recognize when a Marine is in trouble and not just having a bad day.
- **Risk factors** are **events** or circumstances **that increase the risk of suicide**.



### DISCUSSION:

- Think back to the videos we've seen today. What were some of the risk factors that we've seen? Consider both Decker and Koundry.



**NOTE:** The following are points that should be addressed. If Marines don't mention these things in the discussion, please be sure to point them out.

*In Private Koundry's case, he:*

- *was diagnosed with depression and anxiety*
- *faced disciplinary problems*
- *had excessively high standards*
- *was isolated, spent too much time "alone in his head."*

*In Lance Corporal Decker's case, he:*

- *had relationship problems (This is considered the leading factor in Marines who attempt or commit suicide)*
- *had financial problems*
- *had feelings of guilt over the loss of a buddy in combat (PTSD)*
- *had a sergeant who threatened to non-rec him.*



### DISCUSSION:

- What are other risk factors you can think of that we didn't see in the videos?

*Other:*

- *Depression*
- *Job loss or change that affects identity*
- *Lack of social support / sense of isolation*
- *Serious physical illness*
- *Family history of suicide*
- *Previous suicide attempt*

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**SCRIPT:**

- **Warning signs** are indications that someone might be thinking about or planning to commit suicide.



**DISCUSSION:**

- Thinking back to the videos again, what are some of the warning signs that we saw in Decker and Koundry?



**NOTE:** The following are points that should be addressed. If Marines don't mention these things in the discussion, please be sure to point them out.

*In Private Koundry's case, he:*

- *was drinking a lot*
- *said he was OK when he didn't look OK*
- *mood changes*

*In Lance Corporal Decker's case, he:*

- *was drinking a lot*
- *couldn't sleep*
- *couldn't eat*
- *withdrew from social situations*
- *was showing up late for work*
- *made comments about worthlessness ("That truck's worth more than me.")*



**DISCUSSION:**

- What are some other warning signs you can think of?

*Other:*

- *Making preparations/getting affairs in order*
- *Preoccupation with death/dying*
- *Isolation/withdrawal*
- *Loss of interest in favorite activities*
- *Substance abuse*
- *Feeling hopeless/helpless*
- *Taking unnecessary risks, impulsiveness, recklessness*
- *Drastic changes in behavior*

# The RACE Method



## ASK

- Calmly question about the distress you observed.
- If necessary, ask the question directly: "Are you thinking about killing yourself?"



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## TALKING POINTS:

- ✓ If you see warning signs you need to confront the Marine.
- ✓ Start with simple questions.
- ✓ Sometimes you have to ask tough questions, including, "Are you thinking of killing yourself?"

### Discussion:

- ✓ How many of you have asked the question?
- ✓ How many of you thought you should have asked?
- ✓ Does anyone want to share an experience about asking?

### After discussion:

- ✓ If a Marine says "no," you have to decide if you believe that answer.
- ✓ Ask again if you have to.
- ✓ If a Marine answers "yes," you have to take action.



## Slide 12 | Ask



### SCRIPT:

- If you see warning signs, you have to **trust your gut** and confront a distressed Marine head on.
- Even **simple questions**—What’s going on? Can I help?—may get a Marine to talk, and talking can help **lighten that load**.
- But sometimes a Marine will **blow you off** if you only ask **the easy questions**.
- Sometimes you have to ask, **“Are you thinking about killing yourself?”**



### DISCUSSION:

- By a show of hands, how many of you have ever asked someone “Are you thinking about killing yourself?”
- How many of you thought you should ask, but found it too hard?
- Does anyone want to share an experience about asking the question?

If you have ever had to ask the question, share your story. Explain how difficult it was.



### SCRIPT:

- **Asking the question doesn’t mean you’ll get a straight answer.**
- Private Koundry told everyone he was OK.
- If your buddy tells you everything is OK, you have to decide if you believe that answer.
- **If your gut tells you something is wrong, ask again,** and decide if you need to get your friend professional help.
- **If the answer is “yes,” you need to step it up a notch.** This brings us to CARE.

# The RACE Method



## CARE

- Actively listen, don't judge.
- Peacefully control the situation; do not use force; keep everyone safe.



13



## TALKING POINTS:

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✓ In a crisis situation, actively listen.

Discussion:

✓ What is active listening?

After discussion:

✓ Make sure your buddy trusts you.

Discussion:

✓ How can you show you care today?

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## Slide 13 | Care



### SCRIPT:

- If your friend tells you that he needs help, you need to **actively listen**.



### DISCUSSION:

- What do you think it means to actively listen?



**NOTE:** If Marines don't mention these things in the discussion, please be sure to point them out.

- *Don't judge.*
- *Don't make light of the problem or say "get over it."*



### SCRIPT:

- **Make sure your buddy trusts you.**



### DISCUSSION:

If we show each other we care all the time, we might not have to get to the point where we're caring for a Marine in crisis. Caring is about more than talking; it's about giving another Marine your time.

Tell me some ways that you can show your buddies that you're there for them.

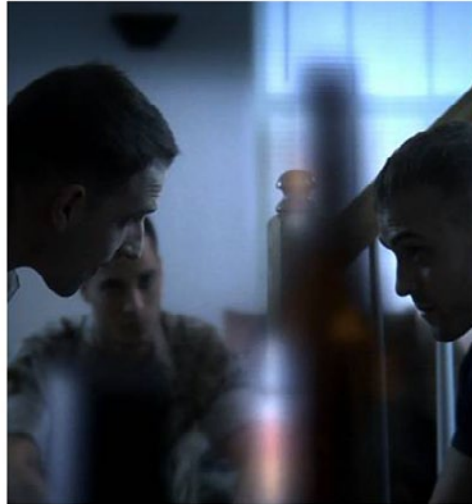


**NOTE:** Let the class throw out ideas. Here are a few things they might mention:

- *PT*
- *Talking*
- *Inviting them out*
- *Fishing*
- *Video games*

Some Marines may mention risky behaviors, such as getting drunk or racing motorcycles. Do not provide positive feedback—acknowledge other, more appropriate responses.

## The RACE Method



### ESCORT

- Never leave your buddy alone.
- Escort to chain of command, chaplain, medical, or behavioral health professional.



14



### TALKING POINTS:

- 
- ✓ There are many resources available.
  - ✓ Ask the Marine who they want to talk to.

Discussion:

- 
- ✓ What resources could you suggest?

After discussion:

- Chaplains, chain of command, and medical are good options.
- ✓ For immediate help, you can call the National Suicide Prevention Lifeline.
  - ✓ **NEVER LEAVE A MARINE IN CRISIS ALONE.**

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Hand out RACE bi-fold.

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## Slide 14 | Escort



### SCRIPT:

- If you do find yourself in a situation where you need to get a Marine—or yourself—some help, **there are a lot of resources available.**
- **Ask your buddy who** he would feel **comfortable** talking to.



### DISCUSSION:

Off the top of your head, what resources could you suggest?



**NOTE:** Let the class throw out ideas. Here are a few things they might mention:

- *Chaplain*
- *Chain of Command*
- *Medical*
- *Behavioral Health*
- *Suicide Prevention Lifeline*
- *Military OneSource*



### SCRIPT:

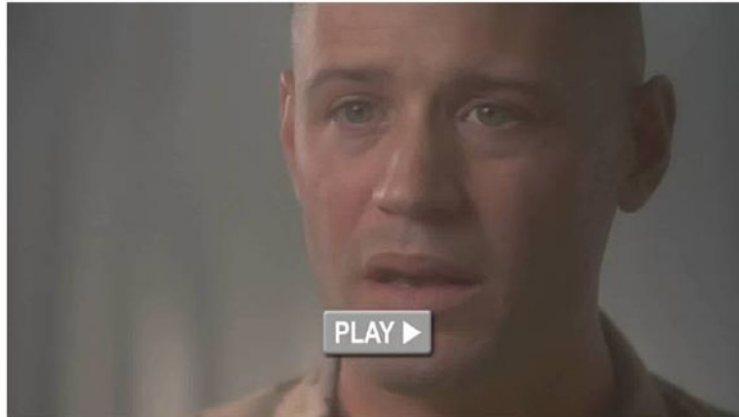
- **If a Marine is truly in crisis** and has said he or she is going to commit suicide, **call 911 or escort** the Marine **to** the nearest **emergency room.**
- If the situation has **not reached a crisis point, chaplains, chain of command** and **medical** are good first stops.
- Chaplains are easy to talk to.
- Some Marines are afraid to involve their chain of command, but the Marine Corps is teaching leaders to support their Marines who are in trouble—**there is someone in the chain of command you can trust.**
- If you or another Marine needs to talk to someone IMMEDIATELY, call the National Suicide Prevention Lifeline. They have trained counselors on staff 24/7.
- Whatever you do, **NEVER LEAVE A MARINE IN CRISIS ALONE.**



**NOTE:** Hand out the RACE bi-fold to the Marines. Explain that the RACE bi-fold is a useful tool for remembering what to do if a buddy is in distress, and includes numbers to important resources.

Instructors should download the RACE bi-fold from [www.usmc-mccs.org/suicideprevent](http://www.usmc-mccs.org/suicideprevent). The bi-fold has a place for local phone numbers, and the instructor should fill in the numbers for his or her unit and then print enough copies to distribute to the class. The bi-fold prints five per page.

## The Resilient Marine: Taking Care of Yourself



15



### TALKING POINTS:

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- ✓ You have to look out for each other, but you also have to look out for yourself.
  - ✓ We all go through hard times.
  - ✓ The worst thing you can do is let your problems pile up.
  - ✓ There are things you can do to help yourself.
- 

Play video.

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After video:

- ✓ Share personal tips.
-

## Slide 15 | The Resilient Marine: Taking Care of Yourself



### SCRIPT:

- You have to **look out for each other**, but you also have to look out for yourself.
- Let's be real: None of us likes to admit when we're having trouble. But **we've all been there**, and **we all need a hand** every now and then.
- The **worst thing** you can do is let your **problems pile up**.
- There are simple things you can do to **keep your head in the right place**.



Play video.



**PERSONAL STORY** (depending on time left in class)

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### Your Personal Story

Explain what you do to take care of yourself.

## What We Have Learned



- All Marines need to be resilient.
- All Marines have a responsibility to look out for each other and to take action when a fellow Marine is in trouble.
- To recognize warning signs, ask Marines if they need help, care enough to take action, and escort Marines to the appropriate people who can help.
- Being a Marine is stressful. It's OK to ask for help.
- If you or a fellow Marine needs help, go to your chain of command, your chaplain, or a medical professional.



16



### TALKING POINTS:

- ✓ We covered a lot of ground.
- ✓ Ask yourself:
  - Do I know how to be resilient?
  - Do I know my responsibility to look out for my buddies?
  - Can I recognize warning signs?
  - Do I know where to take a Marine who needs help?
  - Do I know that it is OK to ask for help?
- ✓ Let me know if you have questions.



## Slide 16 | What We Have Learned



### SCRIPT:

- We **covered a lot of ground** in this class—but I think we kept it interesting AND made pretty good time.
- These are the objectives we skipped over earlier. Real fast, ask yourself:
  - **Do I know how to take care of myself**, or be resilient?
  - **Do I know** my responsibility **to look out for my buddies?**
  - **Can I recognize warning signs?**
  - **Do I know where to take a Marine** who needs help?
  - Do I know that **it is OK to ask for help?**
- I didn't do my job if you walk out of this class feeling like you missed something up here, so let me know if you have questions about any of these.

## Never Leave a Marine Behind



17



### TALKING POINTS:

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- ✓ We need to take suicide prevention seriously.
  - ✓ We can do something about this problem.
  - ✓ It's part of being a Marine.
- 

Play video.

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## Slide 17 | Never Leave a Marine Behind



### SCRIPT:

- Listen up. **We need to take this seriously** and we need to take it personally.
- I have one more clip for you—and then you're free to go.
- **We can do something about this problem.**
- **It's all a part of being a Marine.**



Play video.

