

VOLUME IX  
SENIOR REVIEW GROUP (SRG)  
THEMES/TRENDS and/or LESSONS LEARNED  
July 2010

**1. Theme: “Resilience Grows”**

- A Soldier’s ability to be flexible and resilient is essential
- Numerous factors come together to enhance a Soldier’s success and resiliency: leaders are obligated to guarantee and help shape these factors
- Resiliency training is a positive effort; make sure your Soldiers are trained
- Coping during deployments can help shape a Soldier’s resiliency skills

**2. Theme: Identify your High-Risk Soldiers**

- Understand the effects of medication and the “high risk” Soldier
- High risk Soldiers require special attention; from counseling to the proper training and guidance
- Units must coordinate with local medical facilities; continue to ensure Soldiers are receiving the proper care when it comes to issues that identify your high risk Soldiers
- Stressors/problems/everyday life events can affect Soldiers that are **not labeled as** high risk; to what degree do these events affect Soldiers that **are** high risk – keep watch on these Soldiers!
- Leaders must enhance efforts to properly identify, access, educate, intervene and when necessary, treat Soldiers exhibiting high-risk behaviors

**3. Theme: Successful Transitioning: A leader’s responsibility**

- Focus attention on that “new” Soldier; make sure the transition is positive
- There’s a gap between assignments as Soldiers transition...need a **solid** system to track and identify these Soldiers
- Any transition may result in vulnerability therefore, when Soldiers experience/exhibit a change, talk to your Soldiers ... they may be vulnerable

- Leaders/chain of command sit down; start that conversation centered around your Soldier's transition and get to know your Soldier as soon as possible upon arrival

- Transitions defined; leaders know the varied directions and must stand ready to support their Soldiers as they experience a transition(s)

#### **4. Theme: Identify the Role of a Family member**

- Soldiers' ensure Family members are aware of Suicide Prevention Training
- Family members Suicide Prevention training equals awareness, vigilance and the opportunity to provide effective support
- Family members define the role; at signs of distress/internal struggles seek help...guide your Soldier; you're family.

#### **5. Theme: Reserve Component "Spotlight"**

- Recidivism across all components continues to be a growing negative trend (relationship issues; job loss; legal/alcohol/prescribed and illegal drugs)
- PDHRA and Reserve Component Soldiers; accountability throughout this process is not only needed but is important
- Unit involvement and 100% Soldier commitment can equal positive outcomes
- Smaller states have developed tools showing successful results; identify those tools and claim that success...bring those numbers down!
- Engage the local VA in your state; this can't be minimal process; there must be a connection and involvement that benefits all Soldiers