

VOLUME V
SENIOR REVIEW GROUP (SRG)
THEMES/TRENDS and/or LESSONS LEARNED
Jan 2010

1. Theme: Fostering Positive Relationships

- Strained Personal Relationships - continue to be a leading cause of suicide
- When Soldiers express relationship struggles - give them 100% attention
- Stress combined with a troubled marriage equals a “situation” that a Soldier may have difficulty overcoming
- Relationships are not solely defined by marriage / significant other; they can also be defined by work, friendship, battle buddy and any other person of relevance
- Restraining orders are there for a reason; know your Soldiers, the reason(s) for the order, the people affected by it, and its implications.
- A Soldier “loved” and “respected” by everyone does not mean the Soldier is without problems

2. Theme: Transitioning in all Directions

- Soldiers relocating can be at an increased risk for suicide
- Stay connected with Soldiers from the previous rotation
- Monitor all change from the Soldier’s perspective, they may not be at ease with transition
- A new Commander can bring about significant turnovers within a battalion
- There are some Soldiers who require that extra attention as they move from one unit to another, even if it is the same post

3. Theme: The Proper Communication “Lends” Itself to Total Success

- Providers have a responsibility to communicate with Commanders
- HIPAA may not always be the limiting factor

- Tendency to hide behind HIPAA; need all information to help Commanders to understand HIPAA and the role of PHI (protected health information)
- Soldiers can appear to be positive and outgoing but, on the inside there may be turmoil ... communicate with your Soldiers at all time and in all situations
- Learn how to identify a “red flag”, address it, communicate as necessary and monitor for success -- red flags increase with the presence of other factors

4. Theme: Identify the Red Lights

- Self-medicating
- Extreme Depression
- DD Form 93 irregularities
- Significant emotional stressors
- Domestic Violence
- Troubled Relationships
- Excessive Alcohol

5. Theme: Repeat Offenders

- Multiple suicide attempts
- PTSD reporting
- Fear of loss of career or status change within unit
- Prior behavioral health / substance abuse treatment
- Unemployment - hours cut ... released from job / no longer qualified