

ALARACT 079/12

DTG: R 271351Z MAR 12

UNCLASSIFIED/

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

SUBJECT: ARMY SUICIDE PREVENTION PROGRAM (ANNUAL GUIDANCE ON SUICIDE PREVENTION TRAINING)

1. REFERENCES:

1A. AR 600-63, ARMY HEALTH PROMOTION, DATED 07 MAY 2007 (RAPID ACTION REVISION (RAR), 07 SEPTEMBER 2010)

1B. AR 350-1, ARMY TRAINING AND LEADER DEVELOPMENT, DATED 18 DECEMBER 2009

1C. DA PAM 600-24, HEALTH PROMOTION, RISK REDUCTION, AND SUICIDE PREVENTION DATED 17 DECEMBER 2009 (RAR, 07 SEPTEMBER 2010)

1D. ARMY CAMPAIGN PLAN FOR HEALTH PROMOTION AND RISK REDUCTION, FY11, 08 NOVEMBER 2010

1E. AR 611-1, MILITARY OCCUPATIONAL CLASSIFICATION STRUCTURE DEVELOPMENT AND IMPLEMENTATION, DATED 30 SEPTEMBER 1997

1F. DA PAM 611-21, MILITARY OCCUPATIONAL CLASSIFICATION AND STRUCTURE, DATED 22 JANUARY 2007

1G. ALARACT 133/2010 - SUICIDE INTERVENTION TRAINERS ADDITIONAL SKILL IDENTIFIER (ASI) "1S"

2. SUICIDAL BEHAVIORS CONTINUE TO BE A CONCERN FOR THE ARMY. SUICIDE AFFECTS EVERY SEGMENT OF THE FORCE - ACTIVE ARMY, ARMY NATIONAL GUARD (ARNG), AND UNITED STATES ARMY RESERVE (USAR); OFFICERS AND ENLISTED SOLDIERS; DA CIVILIANS, AND FAMILY MEMBERS. ARMY LEADERSHIP CONTINUES TO PLACE INCREASING EMPHASIS ON THE WELL BEING OF MEMBERS OF THE ARMY FAMILY IN THE CONTEXT OF HEALTH PROMOTION, RISK REDUCTION, AND SUICIDE PREVENTION. COMMANDERS AND FIRST-LINE SUPERVISORS MUST CONSTANTLY ENGAGE THEIR SOLDIERS, DA CIVILIANS, AND FAMILY MEMBERS IN THESE EFFORTS.

3. THE PURPOSE OF THIS ALARACT IS TO PROVIDE ANNUAL TRAINING

GUIDANCE, REQUIREMENTS, AND RESOURCES FOR COMMANDERS TO EXECUTE SUICIDE PREVENTION TRAINING.

4. IAW AR 600-63, PARA 4-4J, ANNUAL SUICIDE PREVENTION TRAINING IS MANDATORY FOR ALL SOLDIERS, LEADERS, AND DA CIVILIANS. THE TRAINING IS OPTIONAL, BUT HIGHLY ENCOURAGED FOR FAMILY MEMBERS. THE TRAINING INCREASES AWARENESS OF SUICIDE RISK FACTORS AND WARNING SIGNS, AND TEACHES INTERVENTION SKILLS TO RESPOND PROMPTLY, EFFECTIVELY AND DEAL WITH AT-RISK INDIVIDUALS. PERSONNEL COMPLETING THE ASK, CARE, ESCORT - SUICIDE INTERVENTION (ACE-SI) OR THE SUICIDE INTERVENTION SKILLS TRAINING WORKSHOP FOR GATEKEEPERS WILL RECEIVE CREDIT FOR THE ANNUAL MANDATORY SUICIDE PREVENTION TRAINING AS DIRECTED IN AR 350-1. FOR CALENDAR YEAR 2012 ARMY G-1 HAS DESIGNATED THE APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) AS THE REQUIRED TRAINING FOR GATEKEEPERS, (SEE PARAGRAPH 7A BELOW).

5. THE ARMY HAS DEVELOPED SUICIDE PREVENTION AND AWARENESS TRAINING SUPPORT PACKAGES (TSP) TO SUSTAIN THE REQUIRED TRAINING FOR SOLDIERS, LEADERS, AND DA CIVILIANS. THESE TSP INCLUDE INSTRUCTOR GUIDES, VIDEOS, PUBLIC SERVICE ANNOUNCEMENT (PSA), AND GRAPHIC TRAINING AIDS. THESE RESOURCES ARE AVAILABLE AT WWW.PREVENTSUICIDE.ARMY.MIL OR [HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/HEALTHYLIVING/BH/PAGES/SUICIDEPREVENTIONEDUCATION.ASPX](http://phc.amedd.army.mil/topics/healthyliving/bh/pages/suicidepreventioneducation.aspx). TIP CARDS, BROCHURES, AND POSTERS CAN BE DOWNLOADED FROM THE FOLLOWING UNITED STATES ARMY PUBLIC HEALTH COMMAND (USAPHC) WEBSITE AT: [HTTPS://USAPHCAPPS.AMEDD.ARMY.MIL/HIOSHOPPINGCART/](https://usaphcapps.amedd.army.mil/hioshoppingcart/). SUICIDE PREVENTION TRAINING VIDEOS CAN BE REPRODUCED AND ARE AVAILABLE VIA THE LOCAL TRAINING SUPPORT CENTERS AND THE DEFENSE IMAGERY MANAGEMENT OPERATIONS CENTER (DIMOC).

6. ASK, CARE, ESCORT (ACE).

6A. ACE TRAINING IS THE ARMY-APPROVED SUICIDE PREVENTION AND AWARENESS TRAINING MODEL FOR ALL SOLDIERS, LEADERS, DA CIVILIANS AND FAMILY MEMBERS. IN ADDITION TO SUICIDE PREVENTION AND AWARENESS TRAINING, ACE ALSO HAS A SUICIDE INTERVENTION TRAINING MODULE THAT IS TARGETED TO JUNIOR LEADERS AND FIRST-LINE SUPERVISORS (SEE PARA 6C BELOW).

6B. ACE SUICIDE PREVENTION AND AWARENESS TRAINING IS APPROXIMATELY 90 MINUTES LONG. THE KEY LEARNING OBJECTIVE IS AWARENESS (I.E., RISK FACTORS, WARNING SIGNS AND RESOURCES). TARGETED TRAINING IS AVAILABLE FOR SOLDIERS (TG 325A); LEADERS (TG 325B); FAMILY MEMBERS (TG 325C); AND DA CIVILIANS (TG 325D) AT WWW.PREVENTSUICIDE.ARMY.MIL OR

[HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/HEALTHYLIVING/BH/PAGES/SUICIDEPREVENTIONEDUCATION.ASPX](http://PHC.AMEDD.ARMY.MIL/TOPICS/HEALTHYLIVING/BH/PAGES/SUICIDEPREVENTIONEDUCATION.ASPX). TRAINING SHOULD BE CONDUCTED AT THE LOWEST LEVEL POSSIBLE TO ENHANCE SQUAD, CREW, TEAM, AND SECTION LEVEL INTERACTION AND DISCUSSION. IT ALSO SERVES AS A MECHANISM TO STRENGTHEN THE BATTLE BUDDY SYSTEM. COMPLETION OF SUICIDE PREVENTION TRAINING WILL BE DOCUMENTED IN THE DIGITAL TRAINING MANAGEMENT SYSTEM (DTMS) AND THE INDIVIDUAL TRAINING RECORD (ITR) IAW AR 350-1, (PARA 3-22, D). APPROVED TRAINING PRODUCTS TO SUPPORT ACE TRAINING INCLUDE THE SHOULDER TO SHOULDER VIDEO SERIES, BEYOND THE FRONT VIDEO, AND HOME FRONT INTERACTIVE VIDEO. THESE VIDEOS ARE ACCESSIBLE AT WWW.PREVENTSUICIDE.ARMY.MIL. COMMANDERS ARE HIGHLY ENCOURAGED TO USE THESE APPROVED TRAINING PRODUCTS TO SUPPORT ACE TRAINING; HOWEVER, IT IS NOT MANDATORY. SUICIDE PREVENTION IS A COMMANDER'S PROGRAM; COMMANDERS HAVE THE OPTION TO USE THESE ADDITIONAL TRAINING PRODUCTS BASED ON THE UNIQUE TRAINING NEEDS OF THEIR UNIT.

6C. ACE-SI IS REQUIRED TRAINING FOR JUNIOR LEADERS AND FIRST LINE SUPERVISORS (OPTIONAL FOR SOLDIERS AND DA CIVILIANS WHO ARE NOT JUNIOR LEADERS OR FIRST LINE SUPERVISORS). THE ACE-SI 4-HOUR TRAINING IS ARMY-DEVELOPED, APPROVED, AND REQUIRED TRAINING PROGRAM FOR JUNIOR LEADERS AND FIRST-LINE SUPERVISORS. JUNIOR LEADER (DA CIVILIAN OR MILITARY) IS DEFINED AS A SUPERVISOR OR LINE MANAGER WHOSE PRIMARY FOCUS IS WITH A DEPARTMENT, SECTION, TEAM, SQUAD, PLATOON OR SMALL GROUP OF PEOPLE. THIS DEFINITION ALSO APPLIES TO CAPTAINS WHO ARE UNIT COMMANDERS. FIRST-LINE SUPERVISOR (FOCUS ON JUNIOR LEADERS) IS DEFINED AS SUPERVISORS WHO DIRECT AND GUIDE OTHERS IN THE PERFORMANCE OF THEIR TASKS AND ENSURE WORK COMPLETED IS ALIGNED WITH THE ORGANIZATION'S AIM, OBJECTIVES AND VALUES. THE GOAL OF THE ACE-SI PROGRAM IS TO BRING AWARENESS TO AND CONFIDENCE THAT LEADERS CAN TAKE NECESSARY STEPS TO PREVENT SUICIDES.

6D. ACE ENCOURAGES PARTICIPANTS TO QUESTION DIRECTLY AND HONESTLY ANYONE, ESPECIALLY THEIR BATTLE BUDDY OR CO-WORKER WHO EXHIBIT SUICIDAL BEHAVIOR. THIS TRAINING HELPS PARTICIPANTS TO AVOID LETTING THEIR FEARS OF SUICIDE GOVERN THEIR ACTIONS TO PREVENT SUICIDES. THE KEY LEARNING OBJECTIVES ARE (1) TO TEACH PARTICIPANTS THE KNOWLEDGE AND SKILLS FOR IDENTIFYING, INTERVENING, AND REFERRING INDIVIDUALS WITH THOUGHTS OF SUICIDE FOR HELP, AND (2) TO DEVELOP COMPETENCE AND CONFIDENCE IN THE APPLICATION OF THESE SKILLS. ACE-SI EMPOWERS PARTICIPANTS TO BE PART OF THE SOLUTION. THE ACE-PEER INTERVENTION TRAINING HAS BEEN UPDATED AND RE-TITLED ACE-SI. THE UPDATED TRAINING PROGRAM, TO INCLUDE THE TRAIN-THE-TRAINER SESSIONS, WAS DESIGNED BY THE USAPHC, FORMERLY KNOWN AS THE UNITED STATES ARMY CENTER

FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE.

6E. ACE-SI TRAINERS ARE CERTIFIED BY ATTENDING A TRAIN-THE-TRAINER SESSION. COORDINATION FOR TRAINING SHOULD BE MADE THROUGH INSTALLATION MANAGEMENT COMMAND (IMCOM), ARNG, OR USAR SUICIDE PREVENTION PROGRAM MANAGER (SPPM) WITH THE DCS, G-1. AR 600-63 PARA 4-4J (1) WILL BE REVISED DURING THE NEXT REWRITE TO REFLECT THIS CHANGE. INDIVIDUALS ATTENDING TRAIN-THE-TRAINER WORKSHOPS SHOULD BE JUNIOR LEADERS OR FIRST-LINE SUPERVISORS.

7. ASIST TRAINING

7A. ASIST TRAINING IS FOR GATEKEEPERS, AS DEFINED IN AR 600-63 PARAGRAPH 4-4J (4), WITH EXAMPLES PROVIDED IN TABLE 4-1. ASIST TRAINING IS THE ONLY ARMY- APPROVED AND REQUIRED TRAINING PROGRAM FOR ALL GATEKEEPERS, SEE DA PAM 600-24, PARA 3-7B. IT IS A TWO-DAY COURSE DEVELOPED BY LIVING WORKS EDUCATION. THE KEY LEARNING OBJECTIVE IS AWARENESS OF PERSON-AT-RISK CONCERNS, CAREGIVER TASKS, AND DEVELOPMENT OF INTERVENTION SKILLS USING AN INTERNATIONALLY-KNOWN SUICIDE INTERVENTION MODEL. ASIST TWO-DAY WORKSHOPS ARE COORDINATED THROUGH THE LOCAL SPPM. CLASS SIZES SHOULD NOT EXCEED 30 PARTICIPANTS. COMMANDERS ARE RESPONSIBLE FOR ANNUALLY IDENTIFYING AND SUBMITTING SUICIDE PREVENTION TRAINING REQUIREMENTS FOR ASIST TRAINING MATERIALS BASED ON THE NUMBER OF GATEKEEPERS WHO HAVE NOT RECEIVED THE ASIST TRAINING, VIA LOCAL SPPM TO DCS, G-1 ARMY SUICIDE PREVENTION PROGRAM (ASPP) OFFICE. COSTS FOR ASIST KITS OR TRAIN-THE-TRAINER (T4T) WORKSHOPS THAT ARE IDENTIFIED BEYOND THE INITIAL SUBMISSION TO HQDA, G-1 MUST BE FUNDED BY THE REQUESTING COMMAND/AGENCY.

7B. ASIST T4T IS A FIVE-DAY WORKSHOP FOR GATEKEEPERS (SEE AR 600-63, PARA 4-4J (4)) WHO, IN THE PERFORMANCE OF THEIR DUTIES, ARE IN A POSITION TO TRAIN OTHERS IN THE ASIST TWO-DAY WORKSHOP. THE KEY LEARNING OBJECTIVE IS TO DEVELOP INDIVIDUALS AS ASIST TWO-DAY TRAINERS. ASIST T4T INITIAL CERTIFICATION REQUIRES THE GATEKEEPERS TO COMPLETE A FIVE-DAY WORKSHOP. TO MAINTAIN THE CERTIFICATION, GATEKEEPERS MUST CONDUCT AT LEAST THREE ASIST TWO-DAY WORKSHOPS WITHIN THE FIRST YEAR AND AT LEAST ONE TWO-DAY WORKSHOP FOR EVERY YEAR THEREAFTER. POLICY CONTAINED IN AR 600-63, CHAPTER ONE, SECTION II 1-15D; 1-16J; 1-18B7, REQUIRES EACH COMMAND TO IDENTIFY THE REQUIREMENTS FOR ASIST T4T WORKSHOPS TO SUPPORT SUICIDE INTERVENTION TRAINING FOR GATEKEEPERS THROUGH THE LOCAL SPPM TO DCS, G-1, ASPP. IT ALSO REQUIRES EACH COMMAND TO IDENTIFY THE REQUIREMENTS FOR THE DISTRIBUTION OF TRAINING KITS AND THE REQUIREMENTS FOR CARRYING OUT TRAIN-THE-TRAINER WORKSHOPS TO SUPPORT SUICIDE-INTERVENTION TRAINING FOR GATEKEEPERS. DA PAM 600-24, PARAGRAPH 2-11B (5)

(A) 3, SPECIFIES THAT A MINIMUM OF TWO CERTIFIED TRAINERS ARE REQUIRED TO EFFECTIVELY CONDUCT SUICIDE INTERVENTION SKILLS TRAINING WORKSHOPS. THE FIVE-DAY ASIST WORKSHOPS ARE COORDINATED WITH LIVING WORKS EDUCATION THROUGH ARMY G-1 (ASPP), IMCOM, ARNG, OR USAR SPPM.

7C. ALL GATEKEEPERS WHO COMPLETE THE FIVE-DAY WORKSHOP AND CONDUCT AT LEAST THREE WORKSHOPS WITHIN THE FIRST YEAR ARE AWARDED ADDITIONAL SKILL IDENTIFIER (ASI) "1S". ALARACT 133-2010, SUICIDE INTERVENTION TRAINERS 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. FOR MORE INFORMATION ON ASIST, VISIT: [HTTP://WWW.LIVINGWORKS.NET/](http://www.livingworks.net/). UNIT COMMANDERS ARE REQUESTED TO IDENTIFY ALL SOLDIERS WHO HAVE COMPLETED THE ASIST FIVE-DAY SUICIDE INTERVENTION COURSE AND SUBMIT A DA FORM 4187 THROUGH SERVICING PERSONNEL CENTERS FOR INPUT INTO THE TOTAL OFFICER PERSONNEL MANAGEMENT INFORMATION SYSTEM (TOPMIS), ENLISTED DISTRIBUTION AND ASSIGNMENT SYSTEM (EDAS) AND INTEGRATED TOTAL ARMY PERSONNEL DATABASE (ITAPDB). OFFICERS WITH THE RANKS OF 2LT THROUGH MAJ, ANY WARRANT OFFICER MOS FOR THE OFFICER BRANCH, AND SERGEANT THROUGH SERGEANT FIRST CLASS OF ANY ENLISTED MOS MAY RECEIVE THE TRAINING ASSOCIATED WITH ASI "1S". OFFICERS AND ENLISTED SOLDIERS OF HIGHER GRADES MAY BE AWARDED THE ASI UPON REQUEST AS AN EXCEPTION TO POLICY.

7D. COMMANDERS ARE ENCOURAGED TO IDENTIFY AND UTILIZE SOLDIERS WHO PREVIOUSLY COMPLETED TRAINING AND AWARDED THE ASI AS AN ASSET IN SUPPORT OF THEIR UNIT SUICIDE PREVENTION EFFORTS.

8. SUICIDE PREVENTION AND AWARENESS TRAINING FOR DA CIVILIANS IS 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 OR SPPM. 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-6A.

9. 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 MEETINGS, SPOUSE MEETINGS, PRE AND POST DEPLOYMENT BRIEFINGS, ETC.) TO MAXIMIZE THEIR LEVEL OF AWARENESS OF RISK FACTORS, WARNING SIGNS, AND RESOURCES. YELLOW RIBBON EVENTS MAY BE LEVERAGED AS A SUICIDE PREVENTION AND AWARENESS TRAINING VENUE FOR FAMILY MEMBERS OF ARNG, USAR SOLDIERS AND OTHER GEOGRAPHICALLY-DISPersed SOLDIERS.

10. RESERVE COMPONENT SUICIDE PREVENTION TRAINING PROGRAMS MIRROR THAT OF THE ACTIVE ARMY (I.E., ANNUAL MANDATORY TRAINING USING THE ACE MODEL, ACE-SI FOR JUNIOR LEADERS AND FIRST LINE SUPERVISORS, ASIST TRAINING FOR GATEKEEPERS).

11. SUICIDE PREVENTION AND AWARENESS VIDEOS.

11A. THE MOST RECENT SUICIDE PREVENTION AND AWARENESS VIDEO WAS RELEASED THROUGH LOCAL TRAINING SUPPORT CENTERS AND DIMOC AT [HTTP://WWW.DEFENSEIMAGERY.MIL](http://www.defenseimagery.mil). SHOULDER TO SHOULDER: FINDING STRENGTH AND HOPE TOGETHER, FOCUSES ON TESTIMONIES OF INDIVIDUALS WHO SPEAK OF THE DIFFICULTIES THEY EXPERIENCED FROM LOSING A LOVED ONE WHO DIED BY SUICIDE. THE HOME FRONT IS AN INTERACTIVE TRAINING VIDEO INTENDED TO ENHANCE INTERVENTION SKILLS AND IS 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. BOTH VIDEOS AND FACILITATORS GUIDE ARE AVAILABLE AT THE ARMY DCS, G-1, ASPP WEBSITE, [WWW.PREVENTSUICIDE.ARMY.MIL](http://www.preventsuicide.army.mil). TRAINERS ARE HIGHLY ENCOURAGED TO CONDUCT THE POST TRAINING SURVEYS INCLUDED IN THE FACILITATORS GUIDE AND MAIL THEM TO: ARMY SUICIDE PREVENTION PROGRAM, ATTN: MR. SPENCER MYERS, 2521 S. CLARK STREET, POLK BUILDING, 10TH FLOOR, SUITE 1000, ARLINGTON, VA 22202.

11B. TRAINING SUPPORT CENTERS (TSC) DISTRIBUTED ONE SHOULDER TO SHOULDER VIDEO PER EVERY 25 SOLDIERS, AND 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 SHOULDER TO SHOULDER: FINDING STRENGTH AND HOPE TOGETHER VIDEO IS 712155; AND HOME FRONT VIDEO, THE PIN IS 712098. UNITS ARE AUTHORIZED TO REPRODUCE THE VIDEOS TO MEET LOCAL REQUIREMENTS.

12. A REVISED ARMY SUICIDE AWARENESS GUIDE FOR LEADERS, GTA 12-

01-007 (V2010), IS AVAILABLE FROM TSC UPON REQUEST BY LOCAL COMMANDS. THE GUIDE HELPS THE LEADER BECOME MORE AWARE OF THE DANGER OF SUICIDE. IT MAY SERVE AS A PERSONAL GUIDE FOR THE LEADER TO OBTAIN THE RIGHT HELP FOR HIM/HER AND OTHERS. IT MAY ALSO TEACH THE LEADER TO BE MORE ALERT TO THE SIGNS AND RISK FACTORS THAT INDICATE THE NEED TO INTERVENE TO PREVENT A SUICIDE.

13. ADDITIONALLY, THE ARMY RECOGNIZES THE INTERRELATED NATURE OF RISK BEHAVIORS AND CONTINUES TO DEVELOP INTEGRATED AND SYNCHRONIZED TRAINING CURRICULUM THAT PROVIDE INFORMATION ON MULTIPLE PROGRAMS. IN ADDITION TO THE SPECIFIC GUIDANCE CONTAINED IN THIS ALARACT IN SUPPORT OF THE ARMY SUICIDE PREVENTION TRAINING, COMMANDERS SHOULD BE AWARE OF REQUIREMENTS AND RESOURCES FOR: SEXUAL HARASSMENT / ASSAULT RESPONSE AND PREVENTION (SHARP)

[HTTP://WWW.PREVENTSEXUALASSAULT.ARMY.MIL/](http://www.preventsexualassault.army.mil/). EQUAL OPPORTUNITY (EO) [HTTP://WWW.ARMYG1.ARMY.MIL/EO/DEFAULT.ASP](http://www.armyg1.army.mil/EO/default.asp). ARMY STRONG BONDS

[HTTP://WWW.STRONGBONDS.ORG/SKINS/STRONGBONDS/HOME.ASPX](http://www.strongbonds.org/skins/strongbonds/home.aspx). COMPREHENSIVE SOLDIER FITNESS (CSF) [HTTP://CSF.ARMY.MIL/](http://csf.army.mil/). AND THE ARMY SUBSTANCE ABUSE PROGRAM (ASAP)

[HTTP://WWW.ACSAP.ARMY.MIL/SSO/PAGES/INDEX.JSP](http://www.acsap.army.mil/ss0/pages/index.jsp). THESE REFERENCES ARE PROVIDED TO INCREASE SOLDIER AND LEADER AWARENESS BY IDENTIFYING THE COMMON THREAD THAT UNITES THESE PROGRAMS TO ADDRESS AND REDUCE HIGH-RISK AND SUICIDAL BEHAVIORS AMONG MEMBERS OF OUR ARMY FAMILY.

14. THE POINTS OF CONTACT FOR THIS MESSAGE ARE MR. SPENCER C. MYERS, TRAINING ANALYST, (703) 601-9339, E-MAIL SPENCER.C.MYERS.CIV@MAIL.MIL MS. SHERRY SIMMONS-COLEMAN, SENIOR PROGRAM ANALYST, (703) 601-9343, EMAIL SHERRY.D.SIMMONSCOLEMAN.CIV@MAIL.MIL AND MR. WALTER O. MORALES, CHIEF ASPP, (703) 601-9128, WALTER.O.MORALES.CIV@MAIL.MIL

15. THIS MESSAGE HAS BEEN APPROVED BY THE DCS, G-1.

16. EXPIRATION DATE CANNOT BE DETERMINED.