1. **Theme:** Life Modifications
   - SGLI/DD93: beneficiaries/amounts/uploads
   - Recent weapon purchase
   - Relationship adjustments
   - Missed Behavioral Health (BH) appointments

2. **Theme:** The Acuity of Stigma
   - The propensity suggestion that stigma is within the force.
   - No matter the approach, certain soldiers still believe they face stigma.
   - Leaders have to change perception versus reality as they relate to stigma.
   - Reiterate to your soldiers that seeking help is not a sign of weakness; it is however, a sign of strength…always encourage your soldiers!

3. **Theme:** Communication is a Necessity!
   - Someone knew “something” but failed to share.
   - We’re not here to check the box – we’re here to make a difference…communicate!
   - As necessary, reorganize your program(s) in order to improve communication.
   - Surround your soldier with a consistent group of leaders and experts.

4. **Theme:** Level of Assessments
   - Educating at our junior leader’s level is critical…never neglect that opportunity.
   - BH assessment(s) to a soldier’s chain of command is essential toward success.
- Know your soldiers background; and as plausible, understand their personal lives.
- Better hand off of soldiers from one command to the other; assess the situation.

5. Theme: Repeat Offenders

- Unresolved BH concerns
- Stigma issues
- PTSD resolves
- Gunshot wound to the head
- Increased alcoholism
- High risk behavior