1. **Theme:** Not only *know* your Soldier; but, *understand* your Soldier!
   - A previous attempt may be part of your Soldier’s history.
   - The very real effect(s) of Sexual assault.
   - A job lost might be an action with consequences.
   - The innate ability to recognize or learn to recognize suicidal behavior.

2. **Theme:** The Effect of Change
   - Review procedures when it comes to tracking Soldiers.
   - Set standards in place when a Soldier is recycled and/or relieved from training.
   - To address a Soldier’s need or issue, does not preclude the effort to identify or provide additional resources.
   - Stay vigilant, looking for both mental and/or emotional warning sign(s); acquire treatment for the Soldier as necessary.

3. **Theme:** Behavioral Health Significance
   - When appropriate, Command directed health evaluations should be conducted.
   - Commands are responsible to manage transitions; including ASAP appointments for Soldiers assigned between units.
   - A *tighter* control of the drugs prescribed and weapons provided to Soldiers can help to oversee and maintain control in these areas.

4. **Theme:** The Weight of a Relationship
   - Arguments: based on estranged or strained can hinder a relationship.
   - Educate family members, all relationships are crucial.
Leadership, unit members, chaplains and behavioral health personnel keep relationship avenues open - a needed requirement!

5. Theme: Policy

- Policy in place contributes toward a warm battle handoff.
- Reemphasize standards.
- Get in front of; reduce suicides through resources and policy adjustments.

6. Theme: VCSA Guidance

- One of the greatest challenges we face today is suicide.
- Leaders are obligated to remain ready and able to do our job.
- Cultural behavioral change is needed; leaders we have to lead change.
- The need to refresh dialog among the right people.
- A lesson is not learned unless you do something about it, otherwise it’s just a lesson reviewed.