1. **Theme: High Risk Soldier Meters**
   - Don’t let the Soldier catch **you** by surprise – stay a step ahead; identify high risk behavior.
   - A lack of high risk indicator(s) does not mean a Soldier is **not** at risk; leaders be prepared to “spot” this behavior.
   - Identify the risk(s) as they pertain to drugs and alcohol.
   - Leaders have an incomplete picture; not all indicators identify the problem.
   - Keep the Soldiers updated on suicide/substance abuse programs; mitigate the potential risk of use as well as keeping the Soldier informed.
   - Leaders at every level, be aware of potential risk in your Soldier’s life.

2. **Theme: Enhance Communication Platform**
   - Chain of command is responsible to improve Soldiers’ lines of communication.
   - Maintain open communication at all times.
   - It may be hard to understand and/or recognize what is inside your Soldier’s head, especially the Soldiers that are quiet … find a way to communicate.
   - Commanders stay engaged; Soldiers have to know you’re there for them.
   - Important for Soldiers to keep communication open, between themselves and Chain of Command...make this a part of your daily routine.

3. **Theme: The Responsibility of a Battle Buddy**
   - It’s not “snitching” if it saves your Soldier’s life.
   - Battle buddies check in on each other; especially when the Soldier’s pattern is away from the norm.
- Battle buddies have a duty to take comments seriously; covering for a Soldier is not always acceptable – depends on the situation.

- Battle buddies are assigned for specific reasons – keep your battle “close”; know where they are at all times.

- Assign the appropriate battle for the Soldier’s situation … make sure a Soldier’s battle is a “fit”; not just because there is a need.

4. Theme: Behavioral Health (BH) / ASAP Short Circuits

- Leadership and chain of command be aware of the Soldier’s BH history.

- Enforce policy: once cleared by the BH Specialist, allow your Soldier to PCS.

- BH accessibility…align your BH Specialist based on the military population.

- Develop a system to identify/track ASAP and behavioral health issues during in-processing…ensure Soldiers make follow-up appointments.

- First line supervisors are obligated to take a role in identifying Soldier’s extreme behaviors; consult BH professions, without infringing on the Soldier’s privacy rights.

5. Theme: Potential Transitional Outcomes

- A Soldier’s transition can be a risky process.

- Vigilance is needed; especially during transitions and highly stressful times; particularly during handover to rear detachment.

- Keep Commanders and Soldiers smart on how to access services at new location.

- Soldiers returning from deployments may create transitional issues; chain of command be aware and prepared.

6. Theme: A Training Success = Resilience

- Don’t punish your Soldier if additional training is a better option.

- Increase command suicide training, frequency/venues; emphasize strong bond.

- Authorize suicide prevention training to family members through the unit’s FRG; an important availability; helps family members to keep a “trained” eye on the Soldier.

- Prepare/teach/guide and educate; training toward a positive is a success!
7. **Theme: Weapons accountability**

- Access to off-post weapons must never be a surprise to a Soldier's chain of command … keep your leaders informed.

- Review polices that pertain to weapons; update and inform as necessary.

- Soldiers should understand Army policy and feel comfortable when registering a newly purchased weapon.

8. **Theme: Know your Soldier**

- As leaders we have to get a better idea of our Soldiers; know your Soldiers.

- Know “where” your Soldier came from; family background knowledge can be essential and important to help build the relationship between you and your Soldier.

- Acquire and expand on that “first hand” knowledge, that will benefit your Soldier.