

Suicide Awareness Training for Deployed Soldiers

Lesson Plan Advance Sheet

Title: Suicide Prevention/Awareness

Time: 60 minutes

Target Audience: This training is designed for all deployed Soldiers. Soldiers should have received a more formal training before deployment, so this briefing will serve as a refresher training.

Mission Statement: The Army Suicide Prevention Program is based on trained and ready personnel at all levels.

Terminal Individual Objective: Personnel will understand the importance of taking care of self and taking care of buddies.

Learning Objectives

Participants will be able to:

Understand the basics of mental health and spiritual health.

Encourage help seeking behavior for self and others.

Know what to do if an individual is suicidal.

Know about support resources and programs

Soldier Preparation: None

Instructional Procedures: PowerPoint, DVD, Handouts

Instructor Note: Each slide has general, spiritual, and behavioral health talking points. Although they can be used as script, the talking points are guidelines for the presenter to adapt to their own style. Recommended presenters include chaplains, senior leadership chaplain assistants, or behavioral health providers. Keep in mind that the introduction of a very sensitive topic requires an equally sensitive approach. It must be assumed that the class will include people who have been touched by a suicide, and some class members who have seriously contemplated or attempted suicide. Care must be given in discussing this topic. Allow participants a chance to talk about their attitudes, and their experiences that underlie them. You are not expected to change any attitudes; however, you may facilitate awareness among the participants about their own attitudes. When leadership has an awareness of their own personal attitudes, it allows opportunity for learning and growth that may foster more concern for Soldiers' emotional well-being. Hence, leadership attitude awareness may result in securing appropriate services for Soldiers who exhibit suicidal behavior. The best time to have this dialogue could be at the beginning of the presentation or after viewing the Terry Bradshaw interview. Your primary mission is to motivate leaders to become concerned for Soldiers' well-being. Chaplains can certainly speak from their own faith traditions but need to remember to be inclusive of the different beliefs of the audience. Chaplains also need to openly advocate behavioral health as a resource. Behavioral health providers need to openly advocate spirituality and religiosity as

resiliency factors. This briefing will be more effective if both providers and senior command are present during the briefing.