

Suicide Prevention

**CHANGE SHEET 1**

1. Synopsis. This change sheet corrects minor administrative errors in the T240, Suicide Prevention Training Support Package.
2. Pen and ink changes: none.
3. Page change(s): Remove old pages and insert revised page(s) as indicated.

**Remove Pages**

1 thru 9

**Insert Pages**

1 thru 9

4. Additional changes that need explaining: none.
5. File this sheet in front of the TSP for reference purposes.
6. Approval of change sheet.

<b>Name/Signature</b>	<b>Rank</b>	<b>Position</b>	<b>Date</b>
Billy R. Williams	GS-9	Training Specialist	
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## TRAINING SUPPORT PACKAGE (TSP)

<b>TSP Number / Title</b>	T240 / SUICIDE PREVENTION
<b>Effective Date</b>	01 Oct 2003
<b>Supersedes TSP(s) / Lesson(s)</b>	None
<b>TSP Users</b>	600-PLDC, Primary Leadership Development Course 600-PLDC (MOD), Primary Leadership Development Course (Modified)
<b>Proponent</b>	The proponent for this document is the Sergeants Major Academy.
<b>Improvement Comments</b>	<p>Users are invited to send comments and suggested improvements on DA Form 2028, <i>Recommended Changes to Publications and Blank Forms</i>. Completed forms, or equivalent response, will be mailed or attached to electronic e-mail and transmitted to:</p> <p style="text-align: center;">COMDT USASMA ATTN ATSS DCP BLDG 11291 BIGGS FIELD FT BLISS TX 79918-8002</p> <p style="text-align: center;">Telephone (Comm) (915) 568-8875 Telephone (DSN) 978-8875 E-mail: atss-dcd@bliss.army.mil</p>
<b>Security Clearance / Access</b>	Unclassified
<b>Foreign Disclosure Restrictions</b>	FD5. This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

## PREFACE

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**Purpose**

This Training Support Package provides the instructor with a standardized lesson plan for presenting instruction for:

**Task Number****Task Title****Individual**

081-831-9018

Implement Suicide Prevention Measures

081-831-9028

Implement A Suicide Prevention Program

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**This TSP  
Contains**

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**Suicide Prevention  
T240 / Version 1  
01 Oct 2003**

**SECTION I. ADMINISTRATIVE DATA**

<b>All Courses Including This Lesson</b>	<u>Course Number</u>	<u>Version</u>	<u>Course Title</u>
	600-PLDC	1	Primary Leadership Development Course
	600-PLDC MOD	1	Primary Leadership Development Course (Modified)
<b>Task(s) Taught(*) or Supported</b>	<u>Task Number</u>	<u>Task Title</u>	
		<u>INDIVIDUAL</u>	
	081-831-9018 (*)	Implement Suicide Prevention Measures	
	081-831-9028 (*)	Implement A Suicide Prevention Program	
<b>Reinforced Task(s)</b>	<u>Task Number</u>	<u>Task Title</u>	
		None	
<b>Academic Hours</b>	The academic hours required to teach this lesson are as follows:		
		<u>Resident Hours/Methods</u>	
		2 hrs	/ Conference / Discussion
	Test	0 hrs	
	Test Review	0 hrs	
	Total Hours:	2 hrs	
<b>Test Lesson Number</b>	<u>Hours</u>	<u>Lesson No.</u>	
	Testing (to include test review)	_____	N/A _____
<b>Prerequisite Lesson(s)</b>	<u>Lesson Number</u>	<u>Lesson Title</u>	
		None	
<b>Clearance Access</b>	Security Level: Unclassified		
	Requirements: There are no clearance or access requirements for the lesson.		
<b>Foreign Disclosure Restrictions</b>	FD5. This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.		

**References**

<u>Number</u>	<u>Title</u>	<u>Date</u>	<u>Additional Information</u>
SUI-1	ARMY SUICIDE PREVENTION - A GUIDE FOR INSTALLATION UNITS	01 Jul 2002	Draft Version
SUI-2	SUICIDE PREVENTION LEADER TRAINING	01 Jul 2002	Draft Version

**Student Study Assignments**

Before class--

- Read Student Handout (SH-2) chapters 1 thru 3 and 5.
- Read Student Handout (SH-3).

During class--

- Participate in class discussion.
- Observe a TVT on suicide prevention.

After class--

- Turn in recoverable materials.
- Participate in an after action review for lesson.

**Instructor Requirements**

1:8, SSG, PLDC graduate, and ITC and SGITC qualified

**Additional Support Personnel Requirements**

<u>Name</u>	<u>Stu Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
None			

**Equipment Required for Instruction**

<u>ID</u> <u>Name</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
5820-00-P54-5863 TV COLOR, 19 Inch.	1:16	1:2	No	0	No
5820-00-T39-0694 VCR	1:16	1:2	No	0	No
6730-00-577-4813 SCREEN, PROJECTION	1:16	1:2	No	0	No
6730-00-P53-8147 Projector, Overhead	1:16	1:2	No	0	No
7110-00-132-6651 CHALKBOARD	1:16	1:2	No	0	Yes
7520-01-424-4867 EASEL, DISPLAY AND TRAINING	1:16	1:2	No	0	Yes
7530-00-619-8880 PAD, WRITING PAPER	1:16	1:2	No	0	Yes
PIN 701299 TVT SUICIDE PREVENTION	1:16	1:2	No	0	No

\* Before Id indicates a TADSS

**Materials Required****Instructor Materials:**

- VGTs: 1 thru 19.
- TSP.
- TVT 8-93: Suicide Prevention, 19 Minutes.
- Army Suicide Prevention - A Guide for Installations and Units, (Draft).
- Suicide Prevention Leader Training, (Draft).

**Student Materials:**

- Pen or pencil and writing paper.
- All reference material issued for this lesson.

**Classroom, Training Area, and Range Requirements**

CLASSROOM (40X40 PER 16 STUDENTS)

**Ammunition Requirements**

<u>Id</u>	<u>Name</u>	<u>Exp</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt Qty</u>
None					

**Instructional Guidance**

**NOTE:** Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Before class--

- Read all TSP material.
- Issue reference materials at least three three days before class.
- Schedule TVT at the end of ELO A.

During class--

- Use the questions provided to generate discussion among the students.
- The instructor may need to create additional questions to ensure student participation continues throughout the lesson material.
- Cover all learning objectives.

After class--

- Collect all recoverable material.
- Report any lesson discrepancies to the Senior Instructor.

**Proponent Lesson Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
/s/Karen M. Wilson /t/Wilson, Karen M.	GS09	Training Specialist	15 Jul 03
/s/Brian H. Lawson /t/Barnes, Ronnie G.	MSG	Course Chief, PLDC	15 Jul 03
/s/Brian H. Lawson /t/Lawson, Brian H.	SGM	Chief, NCOES	15 Jul 03
/s/Albert J. Mays /t/Mays, Albert J.	SGM	Chief, CDDD	15 Jul 03

## SECTION II. INTRODUCTION

Method of Instruction: Conference / Discussion  
 Technique of Delivery: Small Group Instruction (SGI)  
 Instructor to Student Ratio is: 1:8  
 Time of Instruction: 5 mins  
 Media: None

### Motivator

**NOTE:** Keep in mind that the introduction of a very sensitive topic requires an equally sensitive approach. You must assume that the class may include people who were touched by suicide, and some class members who have seriously contemplated or attempted suicide. Give care when discussing this topic.

The Army's strength rests with our soldiers, civilians, retirees, and their families, each being a vital member of our institution. Suicide is detrimental to the readiness of the Army and is a personal tragedy for all those affected. Therefore, suicide has no place in our professional force.

We all realize the daily stress and burdens placed upon our soldiers, civilians and their family members. What defines us, as an institution, is our compassion and commitment to promoting a healthy lifestyle by emphasizing physical, spiritual, and mental fitness. This contributes to the overall well-being of the force and readiness of the Army. Therefore, we must remain cognizant of the potential suicidal triggers and warning signs so that we can raise awareness and increase vigilance for recognizing those whom might be at risk for suicidal behaviors. Furthermore, we must create a command climate of acceptance and support that encourages help-seeking behavior as a sign of individual strength and maturity prevention at every Army unit.

Suicide among our soldiers and their family members is a serious growing problem. Suicide prevention must be the business of every leader, supervisor, soldier, and civilian employee in the United States Army. To facilitate this effort, there is a need for a coordinated program for suicide prevention at every Army unit.

**Terminal Learning Objective**


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**NOTE:** Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

<b>Action:</b>	Describe the Army's Suicide Prevention Program.
<b>Conditions:</b>	As a squad leader, in a classroom or unit environment, given a squad and student handouts.
<b>Standards:</b>	<p>Described the Army's Suicide Prevention Program by--</p> <ul style="list-style-type: none"> <li>• Defining the Army's suicide prevention program goal,</li> <li>• Identifying suicidal behaviors,</li> <li>• Understanding the Army suicide prevention model,</li> <li>• Identifying local services available to soldiers,</li> </ul> <p>IAW Army Suicide Prevention - A Guide for Installations and Units (Draft) and Suicide Prevention Leader Training (Draft).</p>

**Safety Requirements**

None

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**Risk Assessment Level**

Low

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**Environmental Considerations**

**NOTE:** It is the responsibility of all soldiers and DA civilians to protect the environment from damage.

None

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**Evaluation**

You will take a written examination. The examination will contain questions from this lesson. You must correctly answer at least 70 percent of the questions on the examination to receive a GO. Failure to achieve a GO on the examination will result in a retest. Failure of the retest could result in your dismissal from the course.

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**Instructional  
Lead-In**

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The Soldier's Creed states the following:

I am an American Soldier.

I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained, and proficient in my warrior tasks and drills.

I always maintain my arms, my equipment, and myself.

I am an expert, and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.

Suicide prevention is everyone's business. You must understand the potential for suicides and increase awareness for recognizing individuals who are at risk or exhibit self-destructive behavior. It is your responsibility as a squad leader to help your soldiers understand how to identify at-risk individuals, recognize the warning signs, and know how to take direct action. Then, you must act to provide immediate assistance to prevent the destructive behavior of the soldier. Anyone who is contemplating suicide is often incapable of reaching out to help themselves. If the situation ever presents itself to you, get involved and use your chain of command to assist you with providing help for the soldier.

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