



DEPARTMENT OF THE ARMY  
INSTALLATION MANAGEMENT COMMAND  
HEADQUARTERS, UNITED STATES ARMY GARRISON, FORT LEAVENWORTH  
DIRECTORATE OF HUMAN RESOURCES  
290 GRANT AVENUE UNIT 1  
FORT LEAVENWORTH, KANSAS 66027-1292

IMLV-HRS

22 July 2015

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Letter #18, Health Promotion, Risk Reduction, and Suicide Prevention

1. Reference:

- a. AR 600–63, Health Promotion, 14 April 2015
- b. DA PAM 600-24, Health Promotion Risk Reduction Suicide Prevention, 14 April 2015

2. The readiness of the Army is paramount in our ability to fight and win on the battlefield. Sustaining the health and well-being of our Soldiers, Family Members and DA Civilians is a prominent responsibility of Army senior leaders and personnel at all levels. The Army's strategic approach to mitigating suicide and high-risk helps build cohesive units. Promoting healthy lifestyles, reducing risk-seeking behavior and preventing suicide are priorities in this Command.

3. All commanders, leaders, supervisors, Soldiers, and DA Civilians are responsible for creating an environment that reduces the stigma of seeking help for behavioral health issues. On a daily basis, it is incumbent on all of us to be aware of and recognize when someone may be at risk, and to be empowered to take appropriate action to save lives. Each of us is responsible for eliminating policies, procedures, and actions that inadvertently discriminate, punish, or discourage Soldiers or employees from seeking professional counseling.

4. To this end, ensure that no Soldier is belittled for requesting assistance from behavioral health professionals and social workers. Similarly, ensure Civilian employees are encouraged to access help available to them. Leaders will utilize an extraordinary degree of discretion when identifying and sharing information regarding Soldiers and Civilian personnel seeking help.

5. Each life lost to suicide is one life too many. Suicide prevention and education are practiced and promoted across the enterprise. Each one of us have a personal role and professional obligation in the mitigation and prevention of suicide. The Community Health Promotion Council (CHPC), along with several teams and workgroups help, aid, and assist in the identification and mitigation of high-risk trends.

IMLV-HRS

SUBJECT: Command Policy Letter #18, Health Promotion, Risk Reduction, and Suicide Prevention

Annual and refresher training provide information for baseline awareness of suicidal acts, warning signs, and protective factors. Designated response teams assist the commander in the event of a suicide.

6. There are numerous resources available for those in need of help. See ANNEX A. From a fundamental perspective, the Army's "ACE" – Ask, Care, Escort – initiative reflects this command's perspective on caring for the Army's most vital resource, our Soldiers.

7. Point of contact for this memorandum is Mr. Darryl M. Myers at (913) 684-2866 or email [darryl.m.myers2.civ@mail.mil](mailto:darryl.m.myers2.civ@mail.mil).

//Original Signed//  
THOMAS A. SHOFFNER  
COL, MI  
Commanding

IMLV-HRS

SUBJECT: Command Policy Letter #18, Health Promotion, Risk Reduction, and Suicide Prevention

Annex A:

### **Personal Counseling/Educational Resources**

- Family Life Chaplains
- Army Community Services
- Medical Services, Health Clinic
- Marriage and Family Counselors
- School Counselors
- Army Substance Abuse Program
  - Employee Assistance Program (EAP)
  - Suicide Prevention
  - Prevention Coordinator
- Career Equal Employment
- Soldier for Life
  
- National Suicide Prevention Lifeline  
<http://www.suicidepreventionlifeline.org> 1-800-273-TALK (8255)
  
- Military One Source  
<https://www.militaryonesource.com> 1-800-342-9647
  
- Army G-1 Human Resources Suicide Prevention  
<https://www.preventsuiced.army.mil>
  
- Federal Employee Health Benefits Program  
<https://www.opm.gov/insure/health/>
  
- Military Mental Health  
<http://www.MilitaryMentalHealth.org>
  
- Tragedy Assistance Program for Survivors, Inc (TAPS)  
<http://www.taps.org/contactus/>