



# ARMY RESILIENCE DIRECTORATE

**MEDIA UPDATE**  
**Sept. 16-22, 2022**

## **Suicide Prevention Month, Lethal Means Safety, SHARP and Resilience Program Materials Available for Organizational Use**

Visit the **Army Resilience Directorate Suicide Prevention Month 2022** microsite for SPM awareness materials, *Stories of Hope* podcast information and an SPM 2022 message from ARD Director Dr. James Helis. Click here: <https://www.armyresilience.army.mil/SPM-Home.html>

The new **ARD Lethal Means Safety** microsite has resources to reduce access to lethal means and to assist suicide prevention efforts, along with awareness materials for organizational use.

Click here: <https://www.armyresilience.army.mil/Lethal-Means/LMS-Home.html>

**Suicide Prevention Month 2022** and **Lethal Means Safety Communication** materials are now available. Register for a free Products on Demand account here:

<https://marcomcentral.app.pti.com/Ironmark/ARDmaterials>

Follow the link New Users - Click Here to Register and fill out and submit the form. The materials are free, and some are also available for digital download.

### **SHARP Resources for Commanders**

The Army Resilience Directorate website provides commanders with SHARP resources and information, including the **SAPR Toolkit**, education and leader development, training and links that access sexual harassment, sexual assault and victim support resources from DOD, government and nonprofit organizations. <https://www.armyresilience.army.mil/sharp/pages/Resources-for-Commanders.html>

### **Suicide Prevention Resources for Commanders**

Commanders and unit leaders can find suicide prevention resources on the Army Resilience Directorate website, including suicide prevention handbooks for leaders at all levels, Leaders Suicide Prevention Safe Messaging Guide, Defense Suicide Prevention Office Family Guide: Supporting Military Families in Crisis, public service announcements/videos, and postvention guides and tool kits for active and reserve units and leaders. To access these resources, visit <https://www.armyresilience.army.mil/suicide-prevention/pages/LeaderResources.html>.

### **DOD Men's SAPR Campaign**

DOD's Men's Sexual Assault Prevention and Response (SAPR) campaign focuses on male service members who experience sexual assault. It addresses the personal impact of this crime and the negative effects it has on readiness and unit cohesion. The campaign also provides SAPR professionals and victims of sexual assault with vital education and access to important resources. For more information click here:

<https://www.sapr.mil/mens-sapr-campaign>.

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### Upcoming Events

**Sept. 28, 2022:** ARD Outreach Webinar: Building Blocks of Integrated Prevention: How Data Informs Efforts; the featured speakers are Renee Johnson and Latoya Johnson.

Time: 1100 and 1400 Eastern time

To participate visit:

<https://strategyconsultingteam.zoomgov.com/j/16118205602?pwd=MzBvUVJkUjdWdVR3dHlKakRqdy9YUT09>

*The stories quoted in the ARD Media Update are provided for situational awareness. Statistics, data and quotes used by these media sources have not been checked for accuracy or approved/endorsed by the U.S. Army Resilience Directorate. Verify all information with official Army sources before quoting or citing.*

**ARTICLE:** Task Force Prepares for Changes to Command Assessment Program 2022 Season at Fort Knox

**SYNOPSIS:** During this year's U.S. Army Command Assessment Program season, candidates at Fort Knox, Kentucky, will be some of the Army's first Soldiers to compete for record in the new Army Combat Fitness Test. Up until recently, tests have been conducted only for familiarity and preparation.

**REPORTER:** Eric Pilgrim, *Army.mil*

[https://www.army.mil/article/260408/task\\_force\\_prepares\\_for\\_changes\\_to\\_command\\_assessment\\_program\\_2022\\_season\\_at\\_fort\\_knox](https://www.army.mil/article/260408/task_force_prepares_for_changes_to_command_assessment_program_2022_season_at_fort_knox)

**ARTICLE:** CSM Seeks Treatment for Alcoholism, Encourages Others to Get Help

**SYNOPSIS:** Command Sgt. Maj. Justin Shad, 15th Military Police Brigade, voluntarily enrolled in Signature Psychiatric Hospital's monthlong Valor veterans-focused inpatient program to treat alcoholism. Despite his initial doubts, he completed rehabilitation and shared his decision with friends on social media. He is now opening up about his experience to strangers in order to encourage others who may be struggling to find help.

**REPORTER:** Charlotte Richter, *The Fort Leavenworth Lamp*

<https://www.ftleavenworthlamp.com/2022/09/15/csm-seeks-treatment-for-alcoholism-encourages-others-to-get-help/>

**ARTICLE:** Online Courses Provide Aid to Those Affected by Suicide

**SYNOPSIS:** The Defense Department is offering two online courses that provide support and guidance for those affected by death by suicide. The first course covers communication techniques, ways to connect or stay connected to a support system, and reminders of how to maintain physical and mental health during this difficult time. The second class, for service providers, would be highly beneficial to chaplains, family-support personnel, military leaders and supervisors at all levels.

**REPORTER:** David Vergun, *Department of Defense*

<https://www.defense.gov/News/News-Stories/Article/Article/3164370/online-courses-provide-aid-to-those-affected-by-suicide/>

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**VIDEO:** Secretaries Austin, McDonough on Suicide Prevention

**SYNOPSIS:** In a message released recently, Defense Secretary Lloyd Austin and Veterans Affairs Secretary Denis McDonough implored Americans to help prevent military deaths by suicide.

**REPORTER:** *Military Times*

<https://www.militarytimes.com/video/2022/09/16/secretaries-austin-mcdonough-on-suicide-prevention/>

**ARTICLE:** US Army Implements Most Recommendations From Fort Hood Report to Improve Handling of Sexual Harassment and Sexual Assault

**SYNOPSIS:** The U.S. Army has implemented “63 of the 70” recommendations from the Fort Hood, Texas, report released in December 2020 and “four of the six priority” Independent Review Commission recommendations to improve the military branch’s handling of sexual harassment and sexual assault, Undersecretary of the Army Gabe Camarillo told lawmakers during a House Armed Services Committee hearing.

**REPORTER:** Ellie Kaufman, *CNN*

<https://www.cnn.com/2022/09/21/politics/us-army-fort-hood-report-recommendations/index.html>

**ARTICLE:** Military Sexual Assault Reform Is Slow Going, but That’s the Plan

**SYNOPSIS:** It’s been a year since the Defense Department launched an implementation road map for more than 80 projects intended to reform the way the services prevent and respond to sexual assault. Very little concrete change has been made, but there are reasons for that. One is that the road map is intentionally incremental and methodical. The other is that delayed funding slowed down some of the first steps.

**REPORTER:** Meghann Myers, *Military Times*

<https://www.militarytimes.com/news/your-military/2022/09/21/military-sexual-assault-reform-is-slow-going-but-thats-the-plan/>

**PODCAST:** Meet the Women Changing How the Army Treats Female Soldiers

**SYNOPSIS:** Who are the women shaking up Army rules? Today, junior ranks are leading the charge to make change in the military—not only on hair policy but also on women’s reproductive health issues and on the pervasive problem of sexual assault that has plagued the military for decades. This episode focuses on some of the Soldiers who have spoken up and found ways to shape policies aimed at making the service more supportive for women and Families so that Soldiers can focus on winning wars.

**REPORTER:** *Fire Watch*

<https://podcasts.apple.com/us/podcast/episode-5-meet-the-women-changing-how-the-army/id1634460573?i=1000579645466>

**ARTICLE:** Carrying the Torch: 116th IBCT Leaders Discuss Suicide Prevention and Awareness During Seminar

**SYNOPSIS:** Senior leaders from across the 116th Infantry Brigade Combat Team, 29th Infantry Division, Virginia and Kentucky National Guard, gathered at Camp Bondsteel, Kosovo, for a suicide prevention and awareness seminar to discuss ways that they can play a pivotal role in preventing suicide in the military and in Veteran communities.

**REPORTER:** Sgt. 1st Class Warren W. Wright Jr., *Army.mil*

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[https://www.army.mil/article/260317/carrying\\_the\\_torch\\_116th\\_ibct\\_leaders\\_discuss\\_suicide\\_prevention\\_and\\_awareness\\_during\\_seminar](https://www.army.mil/article/260317/carrying_the_torch_116th_ibct_leaders_discuss_suicide_prevention_and_awareness_during_seminar)

**ARTICLE:** ‘Connect to Protect’ – Soldiers Taking Care of Soldiers

**SYNOPSIS:** The Army is encouraging Soldiers to “connect to protect,” to help them stay resilient when facing extraordinary challenges. They can do this by getting to know their teammates. According to the Army Resilience Directorate, strong social connectedness is a protective factor that helps prevent suicide. The service provides training and resources to facilitate personal resiliency, to improve communication and to enhance relationships with friends, Family members and teammates. These bonds, when cultivated every day, can serve as a support system during tough times.

**REPORTER:** Barbara Gersna, *DVIDS*

<https://www.dvidshub.net/news/429609/connect-protect-soldiers-taking-care-soldiers>

**ARTICLE:** BJACH Soldiers Prepared to Ask Tough Questions Regarding Suicide

**SYNOPSIS:** Bayne-Jones Army Community Hospital, along with units from across the installation, sent 18 Soldiers to the Applied Suicide Intervention (ASIST) and safeTALK facilitator course held at the Joint Readiness Training Center and Fort Polk, in Louisiana. These Soldiers are now skilled, supportive trainers who will guide others through the safeTALK workshops. The workshops are designed to help participants learn how to recognize when someone is thinking about death by suicide and to connect that individual with an intervention provider, such as an ASIST trainee. The goal is to build a safety network of intervention providers and to increase their reach and impact in order to prevent deaths by suicide.

**REPORTER:** Jean Graves, *DVIDS*

<https://www.dvidshub.net/news/429734/bjach-soldiers-prepared-ask-tough-questions-regarding-suicide>

**ARTICLE:** Preventing Soldier Suicide by Working Together

**SYNOPSIS:** Today there are so many resources for service members and their immediate Families if they need mental health support. It’s an especially high priority for Soldiers who have just returned from a deployment. Maj. Robert Jackson, the brigade chaplain for the Air Cav Brigade, says his organization works every day with different departments and organizations to offer helpful resources.

**REPORTER:** Allison Fox O’Connor, *Fox 44 News*

<https://www.fox44news.com/news/local-news/local/preventing-soldier-suicide-by-working-together/>

**ARTICLE:** Louisiana National Guard Hosts Suicide Awareness 5K in New Orleans

**SYNOPSIS:** More than 500 Louisiana National Guardsmen and members of the local community participated in the LANG Resilience, Risk Reduction and Suicide Prevention Program Fearless 5K and Wellness Expo at Jackson Barracks in New Orleans, Louisiana.

**REPORTER:** Spc. Madalyn McQuillan, *Bossier Press-Tribune*

<https://bossierpress.com/louisiana-national-guard-hosts-suicide-awareness-5k-in-new-orleans/>

**ARTICLE:** Ruck Walk at US Army Base in Japan Adds Weight to Suicide Prevention

**SYNOPSIS:** Troops of the Army Aviation Battalion at the headquarters of U.S. Army Japan walked nearly five miles carrying weight on their backs to remember 174 Soldiers in the Army who took their own lives in the past year. The ruck walk, in which about 25 battalion Soldiers, spouses and some energetic canines

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participated, marked an opportunity to remember and reflect as Suicide Prevention and Awareness Month comes to a close.

**REPORTER:** Juan King, *Stars and Stripes*

[https://www.stripes.com/theaters/asia\\_pacific/2022-09-22/suicide-prevention-army-japan-zama-7425636.html](https://www.stripes.com/theaters/asia_pacific/2022-09-22/suicide-prevention-army-japan-zama-7425636.html)

**ARTICLE:** 21st TSC Soldiers Team Up During Suicide Prevention Month

**SYNOPSIS:** Coordinators of the Value Your Life event prompted roughly 250 21st Theater Sustainment Command (TSC) Soldiers to carry and then unload life's "burdens" at Rhine Ordnance Barracks, Kaiserslautern, Germany. Service members worked in teams to carry sandbags, symbolic of life stressors, along a 3.6-mile course that had stations staffed by support agencies including 21st TSC's Unit Ministry Team, Ready and Resilient program, behavioral health and military Family life counselors, the U.S. Army Garrison Rheinland-Pfalz Army Substance Abuse Program and Army Community Services.

**REPORTER:** Eleanor Prohaska, *DVIDS*

<https://www.dvidshub.net/news/429793/21st-tsc-soldiers-team-up-during-suicide-prevention-month>