



ARMY RESILIENCE DIRECTORATE

MEDIA UPDATE

Nov. 18-23, 2022

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 and government and nonprofit organizations. <https://www.armyresilience.army.mil/sharp/pages/Resources-for-Commanders.html>

The Army's **Step Up for Your Brother** campaign encourages leaders to create an environment where sexual violence is not tolerated. Men are less likely to report incidents or seek help, often fearing the stigma attached to male sexual harassment and sexual assault. To stop the cycle and build a culture of prevention, the campaign provides resources to help Soldiers be part of the solution. Download materials here:

https://marcomcentral.app.pti.com/Ironmark/ARDMaterials/addToCart.aspx?uigroup_id=591698&product_id=313&node_id=3274558.

The **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>

Lethal Means Safety Communication materials are 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.

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>.

Upcoming Events

Dec. 14: ARD outreach webinar with Sgt. Maj. Sharita N. Onugha

Time: 11 a.m. and 2 p.m. EST

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Preregistration is required.

To register for the 11 a.m. webinar, visit:

https://strategyconsultingteam.zoomgov.com/webinar/register/WN_5KQvFuP5TUCNkZPqpgGvpA

To register for the 2 p.m. webinar, visit:

https://strategyconsultingteam.zoomgov.com/webinar/register/WN_Ai1sg9eVSpmp5v4DYEJryg

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: SHARP, CID, FAP Offer Tips to Help Ensure Children's Safety Online

SYNOPSIS: Representatives from the Sexual Harassment/Assault Response and Prevention Academy, Army Criminal Investigation Division and the Army Community Service Family Advocacy Program gathered at the Lewis and Clark Center at Fort Leavenworth, Kansas, to discuss consent and communication of the risks children encounter when using social media.

REPORTER: Charlotte Richter, *Army.mil*

https://www.army.mil/article/262212/sharp_cid_fap_offer_tips_to_help_ensure_childrens_safety_online

ARTICLE: First Team Builds Stronger Relationship With Killeen

SYNOPSIS: 1st Cavalry Division hosted members of the Greater Killeen Chamber of Commerce at Fort Hood, Texas, to continue building strong relationships within the greater Fort Hood community. Because of the chamber's interest in learning ways to prevent sexual harassment and sexual assault, a team of troops showcased ideas from the Army's SHARP program, using real-life scenarios.

REPORTER: Sgt. Darrell Stembridge, *DVIDS*

<https://www.dvidshub.net/news/433565/first-team-builds-stronger-relationship-with-killeen>

ARTICLE: After Years of Work, Where's the Army's Suicide Prevention Regulation?

SYNOPSIS: When asked about the Army's efforts to improve prevention of death by suicide and other harmful behaviors, Army Secretary Christine Wormuth said, "At the policy level, we have things like a new suicide prevention Army regulation that's going to be coming out shortly, and a whole suite of training associated with that." The service has also revamped its training curriculum and issued a series of guides, handbooks and tool kits for addressing death by suicide.

REPORTER: Davis Winkie, *Army Times*

<https://www.armytimes.com/news/your-army/2022/11/22/after-years-of-work-wheres-the-armys-suicide-prevention-regulation/>

ARTICLE: Exclusive: Vanessa Guillen's Sisters Hope Documentary Sparks Beacon of Change for Sexual Harassment Victims

SYNOPSIS: The disappearance and subsequent murder of Army Spc. Vanessa Guillen launched a movement by which thousands of service members shared their experiences with sexual assault in the military through the hashtag #IAmVanessaGuillen—all detailed in a new Netflix documentary, *I Am Vanessa Guillén*.

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REPORTER: Karla Montalván, *Yahoo*

<https://www.yahoo.com/lifestyle/exclusive-vanessa-guillens-sisters-hope-175028828.html>

ARTICLE: Army's Top Enlisted Leader Sounds Off on Okinawa About Behavioral Health, Recruitment Woes

SYNOPSIS: Behavioral health care isn't a one-size-fits-all answer for Soldiers who are struggling emotionally. The Army's top enlisted leader suggested during a town hall meeting at Kadena Air Base, Okinawa, Japan, this week.

REPORTER: Frank Andrews, *Stars and Stripes*

<https://www.stripes.com/branches/army/2022-11-22/army-recruitment-sexual-assault-suicide-8144981.html>

ARTICLE: Relationship Problems May Increase Risk for Suicidal Soldiers

SYNOPSIS: A study published in *Military Psychology* explored the connection between romantic relationships and self-harm or death by suicide in military members. The findings indicate that for about 30 percent of suicidal Soldiers in the study, their romantic relationships are either a reason to live or a reason to die or fluctuate between the two. Additionally, those whose relationships experienced problems were also likely to have self-harmed.

REPORTER: Laura Staloch, *Psy Post*

<https://www.psypost.org/2022/11/relationship-problems-may-increase-risk-for-suicidal-soldiers-64331>

ARTICLE: DARPA Seeks Novel Approaches to Improve Mental Health, Prevent Suicide

SYNOPSIS: Traumatic stress has caused a host of devastating effects for many military service members, including mental illness, substance abuse, post-traumatic stress disorder, Family violence and death by suicide. DARPA's STRENGTHEN program, short for Strengthening Resilient Emotions and Nimble Cognition Through Engineering Neuroplasticity, aims to build on recent advances in neuroscience and clinical practice to increase well-being and prevent or mitigate the effects of traumatic stress leading to behavioral health disorders and suicidality.

REPORTER: *Homeland Security Today*

<https://www.hstoday.us/industry/industry-news/darpa-seeks-novel-approaches-to-improve-mental-health-prevent-suicide/>

ARTICLE: Soldiers, Veterans and Volunteers Distribute Thanksgiving Care Packages to Families in Need

SYNOPSIS: Inside the Spirit of Fort Hood Chapel, Soldiers, Veterans and civilians worked with several food banks from as far away as Austin to make the holidays a little easier for Families in need. The annual distribution of turkey baskets at Fort Hood, Texas, is among the traditions that uphold the Army values of loyalty, selfless service and personal courage to help people within the community who need it most.

REPORTER: Sgt. Ryan Barnes, *Army.mil*

https://www.army.mil/article/262105/soldiers_veterans_and_volunteers_distribute_thanksgiving_care_packages_to_families_in_need

ARTICLE: 'Prep Course' for Low-Performing Recruits May Expand: Army Secretary

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SYNOPSIS: The Army is set to expand its pre-basic training course for applicants who don't initially meet the service's body fat or academic standards, and possibly add an at-home virtual academic option for future trainees, its top civilian official said.

REPORTER: Davis Winkie, *Army Times*

<https://www.armytimes.com/news/your-army/2022/11/21/prep-course-for-low-performing-recruits-may-expand-army-secretary/>

ARTICLE: Center Takes Steps to Promote Inclusion, Wellness

SYNOPSIS: The U.S. Army Combat Capabilities Development Command Chemical Biological Center considers its employees the number one priority and embraces a people-centric culture. To uphold this standard, the center appointed Eugene L. Vickers Sr. as diversity, equity and inclusion officer. His role is to ensure that the center is taking action to develop and maintain a diverse workforce and to promote health and wellness initiatives.

REPORTER: Kiara Boone, *DVIDS*

<https://www.dvidshub.net/news/433912/center-takes-steps-promote-inclusion-wellness>

ARTICLE: Holiday Spending Plans Can Reduce Gift-Shopping Stress

SYNOPSIS: The holidays are right around the corner, and Soldiers looking to provide the perfect Christmas for their Families may be struggling financially to do so. To assist them, Fort Campbell, Kentucky, offers several services and subject-matter experts. Army Community Service and the Transition Assistance Program provide financial counseling, and Soldiers can also consult their brigade-level financial counselor.

REPORTER: Ethan Steinquest, *DVIDS*

<https://www.dvidshub.net/news/433837/holiday-spending-plans-can-reduce-gift-shopping-stress>

ARTICLE: While We Celebrate the Holidays Ahead, Remember Resiliency Is Key

SYNOPSIS: The Army is a great proponent of resiliency. And while the holiday season can bring joy and excitement for many, it can also be a sad, stressful time. Stressors include traveling, accommodating visitors, planning large and elaborate meals, buying presents, decorating and coping with feelings of loss for deceased loved ones.

REPORTER: Maj. Gen. Anthony R. Hal, *Army.mil*

[https://www.army.mil/article/262175/while we celebrate the holidays ahead remember resiliency is key](https://www.army.mil/article/262175/while_we_celebrate_the_holidays_ahead_remember_resiliency_is_key)