

Commander's Talking Points Overview

USARC Psychological Health Program and Resources Available for Soldiers

Overview/Purpose:

The Psychological Health Program talking points are designed to supplement annual and other unit training on resilience, wellness, readiness, and Soldiers' access to care. This toolkit will assist commanders and unit leadership with safe messaging creating a regular and repeated conversation with Soldiers regarding psychological health. The intent is to spend a few minutes during a regularly scheduled briefing or meeting to discuss the suggested topics.

Guidance:

Commanders and/or unit leadership are highly encouraged to regularly discuss the Commander's Talking Points with their personnel. Ideally, the talking points will be delivered at the platoon or company level. FY 2021, the Commander's Talking Points are highly encouraged and recommended to be completed quarterly, with a completion date of 31 Dec 2021. This recommendation is for the USARC only.

Delivery of this material can be flexible but should be delivered by key leadership within your Command Teams. Research has shown that messaging delivered by leadership around connectedness and communicating that each soldier is valued- reduces the potential for suicide. Suggested tools are provided in this toolkit to supplement the talking points. Those delivering the message are encouraged to reach out to your local Director of Psychological Health (DPH) and Suicide Prevention Program Manager (SPPM). These points of contact are for your reference but should not deliver the talking points/messages.

Sensitivity Notice:

- Leaders should refrain from using certain types of communication, and work to dispel the stigma around psychological health, and seek recommendations from Public Affairs or local DPH when needed.
- Messages should emphasize early help-seeking, appropriately highlighting stories of individuals who were in crisis, responsibly sought help, and recovered in order to dispel the perceived stigma of mental health treatment IAW Dodi 6490.08.
- As a minimum, every type of communication (briefings, articles, training) should include the Military and Veterans Crisis Line phone number: 1-800-273-8255 (TALK) Option 1.

Support:

Commanders and leaders can seek support from the Director of Psychological Health, Chaplains, Suicide Prevention Program Manager, Vet Centers, and other local or military helping professionals available to your unit. The USARC Psychological Health Program Directorate is also available as a resource.

Resources:

For additional resources or access to Talking Points, visit the PHP Website:

<https://www.usar.army.mil/BehavioralHealthCommanders/>

Supplemental Information:

Supplemental information will be provided with more in-depth information on the quarterly talking points and Suicide Prevention.

FY 2022 Schedule:

Q1: USARC Psychological Health Program and Resources Available for Soldiers

Q2: Overall Wellbeing, the Key to Readiness

Q3: Connectedness, Belonging, and Being Part of the Team

Q4: Identifying Suicide Warning Signs, Risk Factors, & Protective Factors