

Suicidal Ideation Battle Drill

Emergency Phase

1. SM expresses suicidal ideation (to command, to battle buddy, etc.) or shows behavioral signs indicative of possible suicide risk (expressing hopelessness or that they are a burden to others; making references to death, to “being gone”, or to others taking care of SM’s loved ones; displaying extreme mood swings, agitation, rage, or dangerous risky behavior; isolation/withdrawal from others)
2. If in person with SM:
 - a. Ensure immediate safety
 - i. Do not leave Soldier alone
 - ii. Gather more information
 1. Relevant questions
 - a. Have you been thinking of suicide?
 - b. Do you have a plan?
 - c. Have you had some intention to follow-through or timeline for acting on suicidal thoughts?
 - d. Consider limiting access to means (firearms storage/safety measures, stockpiled medications, etc.)
 2. Available resources for support/assistance having this conversation
 - a. National Suicide Prevention Lifeline: 988
 - b. Director of Psychological Health (M-F 0730-1500): 573-638-9500
x37083/573-694-8651
 1. Tips for Challenging Conversations handout on MO Guard site via Psychological Health Program--> Resources & Handouts--> Support for Leaders; and FWS app under Behavioral Health
 - c. Chaplain
 - d. Unit Suicide Intervention Officer
 - e. Nearest emergency room
 - f. 988/911/Police well check
 - iii. If necessary, transport SM to emergency room for immediate stabilization care
 1. Do not leave SM alone
 2. When possible, have a fellow Soldier communicate with receiving ER staff what statements SM has made so far and why there is concern for immediate safety
 3. This ensures that the ER has accurate information about the concerns, even if SM is, for whatever reason, unwilling/unable to speak openly with ER staff
 4. If SM refuses transport to emergency services
 - a. Consider joint call to National Suicide Prevention Lifeline: 988
 - b. Contact 911 for engagement of emergency services
3. If not in person with SM:
 - a. Consider options for arranging in person interaction
 - i. Leader/Chaplain/Battle Buddy in person well check
 1. Once in person, follow steps outlined above
 - ii. If in person contact isn’t possible, explore options for phone contact with SM
 1. Use “Gather More Information” questions listed above as a guide
 - b. If SM isn’t answering phone, utilize family or other supports to reach out to SM to establish contact

- c. If SM cannot be reached, and there is concern for immediate safety, contact 911/Police for SM well check
4. Once immediate safety is established/assured, proceed to **Resource Phase**

Resource Phase

1. Complete CCIR
2. Send CCIR to JOC
3. Call JOC to ensure receipt: 573-638-9803
4. Email Psychological Health Program for SM follow-up: ng.mo.moarng.mbx.bh-team@army.mil
 - a. Include SM name, SM contact information, brief synopsis of concerns and actions taken thus far, contact information for any relevant additional involved parties (Chaplain, family, POC, etc.)
 - b. Psychological Health staff will reach out to SM on the next business day

Follow-up/Maintenance Phase

1. Monitor for additional action from Health Services re: profile and evaluation scheduling
2. Reinforce with SM importance of engagement in ongoing behavioral health care
3. Ensure SM has completed a Safety Plan to mitigate future crisis
4. Conduct (or delegate) intermittent check-ins with SM regarding welfare, coping, stress, connection to BH care, additional support needs



MOARNG Safety Plan

What signs (body sensations, thoughts, emotions, behavior, etc.) tell you a crisis may be developing?

Step
1

1. _____
2. _____
3. _____

Internal Grounding Skills—activities that you can do independently that help get your mind off problems and improve your mood (relaxation techniques such as visualization, breathing exercises, or physical activity)

Step
2

1. _____
2. _____
3. _____

Identify people or social settings that offer distraction

Step
3

1. _____
2. _____
3. _____

Identify people you can reach out to for help and support (friends, family, Chaplain, unit members)

Step
4

1. _____ Phone _____
2. _____ Phone _____
3. _____ Phone _____

Professionals or agencies to contact during a crisis

Step
5

1. Clinician Name _____ Phone _____
Pager/Emergency contact number _____
2. Clinician Name _____ Phone _____
Pager/Emergency contact number _____
3. Local Behavioral Health Crisis Center _____
BHCC Phone _____
BHCC Address _____
4. Suicide & Crisis Lifeline: 988

Step
6

Making your environment safe (securing weapons in safe location, limiting access to meds, etc)

1. _____
2. _____

The one thing that is most important to me and worth living for: _____
