

Summary Report for Individual Task
805D-203-1102
Determine an Individual's Suicide Potential
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the USACHCS foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

Condition: An individual in your area of responsibility displays signs or risk factors associated with suicide. The unit ministry team has access to facilities, and appropriate resources. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Determine if the individual is thinking about suicide, assess the level of risk, and escort the suicidal individual to a medical facility for treatment.

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

None

WARNING

None

CAUTION

None

Remarks: None

Notes: None

Performance Steps

1. Identify factors contributing to suicide.
 - a. Loneliness.
 - b. Worthlessness.
 - c. Hopelessness.
 - d. Helplessness.
 - e. Guilt.
2. Recognize risk factors and/or warning signs.
 - a. Risk factors.
 - (1) Failed intimate relationship or relationship strain.
 - (2) Previous suicide attempts.
 - (3) Family history of suicide, suicide attempts, depression, or other psychiatric illness.
 - (4) Depression and/or history of PTSD or other behavioral health illness.
 - (5) Significant loss (death of loved one, loss due to natural disasters, and so on).
 - (6) Poor social skills, to include difficulty interacting with others (social isolation).
 - (7) Drug or alcohol abuse.
 - (8) Violence in the home or social environment.
 - (9) Access to means of suicide (particularly, handguns in the home).
 - (10) Current and/or pending disciplinary or legal actions (Article 15, UCMJ).
 - (11) Serious medical problems or physical illness.
 - (12) Work-related problems.
 - (13) Excessive debt.
 - (14) Severe, prolonged, and/or perceived unmanageable stress.
 - (15) Setbacks (academic, career or personal).
 - (16) Transitions (retirement, PCS, discharge, and so on).
 - (17) Sense of powerlessness, helplessness, and/or hopelessness.

(18) Loss of employment (reserve component).

b. Warning signs.

(1) Noticeable changes in eating and/or sleeping habits and personal hygiene.

(2) Talking and/or hinting about suicide, expressing a strong wish to die, or a desire to kill someone else.

(3) Obsession with death (for example, in music, poetry, or artwork).

(4) Change in mood (for example, depression, irritability, rage, or anger).

(5) Isolation and withdrawal from social situations. Increased alcohol and/or drug use or abuse.

(6) Giving away possessions or disregard for what happens to possessions and/or suddenly making a will.

(7) Feeling sad, depressed, hopeless, anxious, psychic pain, or inner tension.

(8) Finalizing personal affairs.

(9) Themes of death in letters and notes.

(10) Problems with girlfriend or boyfriend or spouse.

(11) Experiencing financial problems or in trouble for misconduct.

(12) Sudden or impulsive purchase of a firearm or obtaining other means of committing suicide, such as poisons or medications.

DANGER

If the answer to the question "Are you thinking about suicide" is "yes" then you must not leave this person alone and you must escort them to the emergency room. All other questions in this step help determine the risk for suicide and provide helpful information to emergency services personnel.

3. Determine if the individual is thinking about suicide and the level of risk.

WARNING

If the answer to this question is "Yes," you must escort them to a medical facility for treatment. Continue with the questions following for useful information to share with medical personnel. If the answer is "No," then determine how best to help the individual (make a referral, schedule an appointment with the chaplain, etc.).

a. Ask, "Are you thinking about suicide?"

b. Ask, "Have you thought about how you would kill yourself?"

c. Ask, "How would you rate your pain at this moment, 0-10, where zero is no pain, and ten is the worst pain?"

d. Ask, "What resources for life or support are available to you right now?"

e. Ask, "Have you ever attempted suicide before?"

f. Ask, "Are you currently under the care of a behavioral health professional or are you taking or should you be taking any medications?"

4. Evacuate the individual thinking about suicide to the nearest emergency room or medical facility.

5. Provide additional resources for assistance as appropriate.

6. Schedule a follow-up appointment with Soldier/Family member.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Soldiers should be evaluated a "Go" based on their ability to perform the tasks in accordance with the performance measures listed in this manual. Soldiers who miss any performance measure should be retrained and reevaluated.

Evaluation Preparation: Brief Soldier on a scenario where an individual seeks individual pastoral counseling. Role play scenario with Soldier and provide hints about Risk Factors and Warning Signs.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Identified factors contributing to suicide.			
2. Recognized risk factors and/or warning signs.			
3. Determined if the individual was thinking about suicide and determined the risk level.			
4. Evacuated the individual to a medical facility.			
5. Provided additional resources for assistance.			
6. Scheduled a follow-up with Soldier/Family member.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	AR 165-1	Army Chaplain Corps Activities	Yes	No
	CD16-01	Chaplain Training Manager Course	Yes	No
	FM 1-05	Religious Support	Yes	No
	JP 1-05	Religious Affairs in Joint Operations	Yes	No
	PAM 600-24	Health Promotion, Risk Reduction, and Suicide Prevention	Yes	No
	PAM 600-70	US ARMY GUIDE TO THE PREVENTION OF SUICIDE AND SELF-DESTRUCTIVE BEHAVIOR	Yes	Yes

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Environmental protection is a continual process. Always be alert to ways to protect our environment and reduce waste.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed

during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Everyone is responsible for safety. A thorough risk assessment must be completed prior to every mission or operation.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805D-203-1035	Screen a Prospective Counselee	805D - Chaplain (Individual)	Approved
805D-203-6033	Refer Counselees to Appropriate Agencies	805D - Chaplain (Individual)	Approved

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805D-203-1136	Provide Religious Support to Wounded or Dying Soldiers	805D - Chaplain (Individual)	Approved
805D-201-6051	Provide Religious Support to Family Readiness Groups	805D - Chaplain (Individual)	Analysis
805D-203-1035	Screen a Prospective Counselee	805D - Chaplain (Individual)	Approved
805D-201-1111	Coordinate Religious Support in the Absence of a Chaplain	805D - Chaplain (Individual)	Approved
805D-100-7503	Apply Principles of Confidential Communication	805D - Chaplain (Individual)	Approved
805D-203-6033	Refer Counselees to Appropriate Agencies	805D - Chaplain (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None