



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY GARRISON BAVARIA  
UNIT 28130  
APO AE 09114-8130

OCT 04 2016

IMBA-HRS

MEMORANDUM FOR All Personnel within the USAG Bavaria Footprint

SUBJECT: USAG Bavaria Policy Letter #27, Suicidal Ideations, Gestures, and Attempts Response

1. All the Army's strength is in our Soldiers, Families, and Civilians. Suicide is a personal tragedy for all those affected and is detrimental to the readiness of the Army.

a. I am committed to maintaining a command environment where seeking help is encouraged and seen as a sign of strength. I will take actions to ensure that our Soldiers, Family members, and Civilians have a clear and immediate response system capable of assisting all individuals around the clock.

b. Commanders and directors will post behavioral health and suicide awareness, prevention, and response information on bulletin boards and other common areas where people can access the information. Staff duty offices and charge of quarters must have instructions on the procedures to take should anyone report a person being suicidal or having attempted suicide. All leaders must take a proactive, caring, and courageous role to recognize the imminent danger and then take immediate action to save a life. Leaders must remain vigilant in raising awareness of signs and steps to prevent suicide.

c. All members of the USAG Bavaria community must act with moral courage and without fear of retribution in reporting suicidal ideations, gestures, and attempts. Suicide is preventable.

2. First responders, defined as the first person with knowledge of the incident, will use the following suicidal incident reporting procedures:

a. If suicidal attempt has occurred, call for immediate transport via ambulance to the nearest emergency facility.

b. If individual is on post, call DSN 112 / commercial 09641-83-112.

c. If individual is off post, call 110 or 112.

d. When emergency services arrive on scene, request to speak to the Military Police (MP) escort to confirm that MP or the host nation BRK will assume responsibility for medical assistance and ambulance support for transportation.

e. MP will report the incident to USAG Bavaria IOC IAW published guidelines.

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3. In cases of ideation or non-lethal gesture, the first responder will remain calm and:

a. Listen carefully to what the individual is saying. Have the courage to ask the question directly, e.g. "Are you thinking of killing yourself?"

b. Remove any means that could be used for self-injury. Do not leave the individual alone or put them on hold. Obtain as much information about the individual as possible:

(1) The exact location of the individual to include possible building and phone numbers (cell, unit, etc.).

(2) Specifics that lead the first responder to believe there is an immediate cause for concern.

c. Never leave the individual alone. Escort the individual to the nearest phone to call for assistance. Call for immediate transport via ambulance to the nearest Behavioral Health facility. If the individual is on the phone, get a third party's attention and ask them to call 09641-83-112 for an ambulance. Maintain phone contact with the individual until you can confirm appropriate emergency services have assumed responsibility for the individual.

d. Remain with individual until appropriate emergency services arrive and have assumed responsibility for the individual.

(1) The MP desk sergeant will notify the Installation Operations Center (IOC), DSN 526-3025, commercial 09641-70-526-3025, of all suicidal incidents.

2) Unit watch procedures (Enclosure) will be followed as directed by emergency services or medical personnel.

(3) The Installation prevention team of the suicide prevention task force shall review all critical suicide cases.

4. Point of contacts for this policy and for additional information on the suicide prevention program are the USAG Bavaria Suicide Prevention Program Manager and the Army Substance Program Manager, DSN 475-6653, commercial 09641-83-6653.

  
LANCE C. VARNEY  
COL, IN  
Commanding



## Unit Watch Procedures

1. When the results of an evaluation by a qualified health care provider or circumstances indicate that a Soldier is at some risk for self-harm or harm to others, the unit will initiate a Unit Watch for both the support and the safety of the Soldier.

2. Unit Watch procedures are as follows:

a. The Soldier will sleep in a room with a unit member awake and present at all times to monitor the Soldier.

b. Continuous monitoring should occur at all times, including when the Soldier is in the latrine or eating meals. The Soldier must remain in line of sight at all times.

c. The commander may determine that a health and welfare inspection is required prior to allowing the Soldier to occupy their assigned quarters unmonitored. In this case, the commander must first contact their legal advisor within the Office of the Staff Judge Advocate (OSJA) in order to obtain advice concerning the legal procedures for conducting the health and welfare inspection. If items are to be removed from the Soldier's quarters, a detailed inventory listing will be prepared and signed by the Soldier and a unit representative. A copy of the inventory will be provided to the Soldier whose property was removed. The unit will ensure safe and secure storage of the property. The property will be returned to the Soldier immediately after a behavioral health provider, in agreement with the commander, determines it is safe for the property to be returned to the Soldier.

d. No telephone calls or visitors should be permitted except those cleared and monitored by the commander. If the Soldier requests to make phone calls to specific personnel, the assigned unit watch personnel will immediately contact the commander and relay the request from the Soldier. The commander will immediately make a determination as to who the Soldier may place phone calls to and facilitate this for the Soldier as needed.

e. No alcohol or access to over the counter medications or supplements will be allowed.

f. No access to potential self-injurious objects will be allowed, including:

- (1) Weapons, knives, cigarette lighters, chemicals, or cleaning agents.
- (2) Pills (prescribed medication should be allotted one dose at a time by medic, PA, NCO, etc.).
- (3) Jewelry with sharp edges, silverware.
- (4) Belts, pistol belts, ID tags, shaving supplies (**battery operated shavers allowed**), blow dryers, etc.

3. The Soldier should perform his/her regular duty and PT. Physical exercise often improves a depressed mood, although punitive PT is discouraged (i.e., "smoking" the Soldier for being on unit watch). **Exception to regular duty is access to firearms. Participation in a live fire exercise and/or access to firearms is prohibited.**

4. This plan will be in effect until a behavioral health provider, in agreement with the commander, releases the Soldier from Unit Watch.

5. If the Soldier shows signs of further deterioration, the Soldier's supervisor should call the Behavioral Health Department during duty hours. In case of a life threatening event, call DSN 112 / commercial 09641-83-112.