

DEPARTMENT OF THE ARMY  
U.S. ARMY GARRISON, FORT BELVOIR  
Fort Belvoir, Virginia 22060-5928

FB Regulation 600-63

15 July 1998

Personnel - General  
SUICIDE PREVENTION PROGRAM AND PLAN

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FOR THE COMMANDER:

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History. This is the first revision of this publication. This regulation was last printed 15 Nov 96.

Summary. This regulation establishes the Director of Personnel and Community Activities (DPCA) as the Fort Belvoir authority and proponent of the Suicide Prevention Program.

Applicability. This supplement applies to all assigned, attached, and tenant personnel at Fort Belvoir.

Suggested Improvements. The proponent of this supplement is the Directorate of Personnel and Community Activities, (DPCA), US Army Garrison, Fort Belvoir, (USAGFB). Users are invited to send comments and suggested improvements on DA Form 2028, (Recommended Changes Publications and Blank Forms), to Soldier and Family Support Division, 9655 Belvoir Road, ATTN: ANFB-PEF-A, Fort Belvoir, Virginia, 22060-5561.

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\*This regulation supersedes FB Reg 600-63, dated 15 Nov 96.

1. PURPOSE.

To set policies, procedures, and responsibilities for the Fort Belvoir Community (FBC) Suicide Prevention Program and associated activities. To provide suicide prevention guidance for all active duty military personnel and their family members and for civilian employees of the FBC.

2. REFERENCES.

Required publications are listed below:

a. AR 190-40 (Serious Incident Report) dated 30 Nov 93. Cited in paragraphs 5a(8)(c) and 7.

b. AR 600-63 (Army Health Promotion) dated 17 Nov 87. Cited in paragraph 5a(14)(a).

c. DA Pamphlet 600-24 (Suicide Prevention and Psychology Autopsy) dated 30 Sep 88. Cited in paragraphs 5a(1)(a) through (15)(a).

d. DA Pamphlet 600-70 (Guide to the Prevention of Suicide and Self-Destructive Behavior) dated 1 Nov 85. Cited in paragraphs 5a(10)(a) through (15)(a).

Related publication is listed below:

MDW Reg 600-10 (MDW Suicide Prevention Plan)

3. EXPLANATION OF TERMS.

Special terms used in this regulation are explained in the glossary.

4. GENERAL.

Suicide prevention is the responsibility of commanders, supervisors, soldiers, and civilians. It is a joint endeavor that requires the full participation of all concerned. Education, awareness, and intervention are key factors in suicide prevention and together they play a major role in identifying and subduing a person at risk. To ensure maximum

participation in the education of all personnel, this Suicide Prevention Program and Plan has been developed and a Suicide Prevention Task Force (SPTF) established to implement and manage the FBC Suicide Prevention Program and Plan. The SPTF members consist for Fort Belvoir staff and activity heads and/or their appointed representatives as follows:

- a. Garrison Commander
- b. Director of Personnel and Community Activities (DPCA)
- c. Director, Plans, Training, Mobilization, and Security (DPTMS)
- d. Provost Marshal (PM)
- e. Staff Judge Advocate (OSJA)
- f. Director of Public Affairs (PAO)
- g. Command Sergeant Major (CSM)
- h. Special Agent In-Charge, Criminal Investigation Division (CID)
- i. Chief, Behavioral Health
- j. Chief, Soldier and Family Support Division (S&FSD)
- k. Chief, Alcohol and Drug Control (ADCO)
- l. Chief, Civilian Personnel Advisory Center (CPAC)
- m. Chief, Military Personnel Division (MDP), DPCA
- n. Post School Representative
- o. Garrison Chaplain

5. RESPONSIBILITIES.

- a. Suicide Prevention Task Force (SPTF)

FB Reg 600-63 (15 Jul 98)

(1) The Director of Personnel and Community Activities will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Serve as the presiding officer of the SPTF and coordinate the efforts of the task force members.

(c) Serve as the point of contact for program information and as advisor to the Garrison Commander and to major subordinate commands.

(d) Integrate suicide prevention into community, family, and soldier support programs, as appropriate.

(2) The Director of Plans, Training, Mobilization and Security will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Serve as the presiding officer of the SPTF in the absence of the DPCA.

(c) Inform the task force of the current training and operational requirements of the command. Estimate the impact of these requirements on the quality of life within the serviced area.

(d) Develop, publish, and implement policy to assure that the impact of the pace of operations on individual and family quality of life be considered in planning of all training and operational requirements.

(3) The Garrison Chaplain will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Advise installation and unit commanders on morale and ethical issues and other stress factors that may result in an increased number of people at risk.

(c) Ensure that training is available for all chaplains within the installation and that unit chaplains provide

prevention and awareness training, in accordance with the Suicide Prevention Plan.

(d) Provide, with the assistance of unit chaplains, the training expertise that will assist the installation in the education awareness training process at the unit level for all leaders, supervisors, soldiers, and civilian employees.

(e) Ensure chaplains' advice and assistance are provided to other staff members and task force members to satisfy training needs as appropriate.

(4) The Chief, Behavioral Health, will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Assess stress factors that may result in increased numbers of persons at risk and advise the Garrison Commander.

(c) Provide mental health personnel to train other trainers on the installation's education awareness program.

(d) Ensure that the training provided by chaplains and other staff agencies is appropriate.

(5) The Chief, Soldier and Family Support Division, will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Serve as the staff officer responsible for the family member suicide prevention program.

(c) Continue the implementation and operation of the advocacy and outreach programs dealing in areas of stress and family violence.

(d) Lead in the coordination with SPTF members and PAO to develop ways to heighten community awareness of S&FSD support and services that are available to the community.

(e) Conduct appropriate in-service training to maintain the level of awareness of S&FSD staff members to include volunteers.

(f) Emphasize support agencies and mechanisms during family member orientations and other appropriate briefings.

(g) Serve as the specific task force participant responsible for coordinating the civilian support agencies.

(6) The Chief, Alcohol and Drug Control Office, will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Provide quarterly reports, both verbal and written, to the Garrison Commander concerning the impact of alcohol and drugs on suicide risk as outlined in the Suicide Prevention Plan.

(c) Ensure the Alcohol Drug Abuse Prevention Control Program (ADAPCP) staff are trained in the area of suicide risk identification factors and in the management of suicidal clients as outlined in the Suicide Prevention Plan.

(7) The Director of Public Affairs will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Coordinate the community awareness needs with the SPTF and provide information using various publishing media, to the community about suicide prevention. See Suicide Prevention Plan.

(c) Coordinate all media inquiries, as the result of an actual or attempted suicide, with the SJA, PMO, AG, and Staff Medical Advisor.

(8) The Provost Marshal will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Ensure that Military Police patrols respond to calls, telephonically, or otherwise, concerning potential suicide.

(c) Provide a written after-action report per AR 190-40 and ensure that a copy of the report is provided to the SPTF, as appropriate, on any suicide related incidents within the FBC jurisdiction.

(d) Establish liaison with the Fairfax County and Prince William County Police Departments. Coordinate with these and other law enforcement agencies, as appropriate, on community suicide prevention programs and procedures.

(9) Special Agent In-Charge, Criminal Investigation Division, will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Investigate all suicides or suspected suicides.

(c) Establish liaison with local civilian police agencies as appropriate to obtain information regarding suicide related events involving military personnel, their families, or civilian employees which may have occurred off-post and provide such information to the task force. Such liaison activity will be in compliance with applicable statutes of the local civilian community.

(d) As allowed by appropriate regulations, provide the task force extracts from the Criminal Investigation Division reports of investigation (including psychological autopsy) which may be useful in understanding the reasons for a suicide and in formulating future prevention plans.

(10) Staff Judge Advocate will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Provide suicide prevention awareness training for the legal assistance personnel of the Staff Judge Advocate and make this training available for trial defense personnel using the advice and assistance of the chaplains and mental health professionals. Trial defense personnel and legal assistance officers often assist soldiers, family members, and in certain circumstances, civilian employees who are in crisis, not only from administrative and legal actions, but also from other causes. Administrative and legal actions initiated against some persons may cause them to be at an increased risk of suicide. Therefore, trial defense personnel and legal assistance officers may be in a position to identify persons at risk of suicide and should refer them to the proper support person or agency for assistance.

(11) Civilian Personnel Advisory Center will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Be familiar with the warning signs of a potential suicide risk as outlined in DA Pam 600-70 and of the notification procedures outlined in this regulation.

(c) Ensure that local programs take into consideration the needs of the civilian work force.

(d) Notify supervisors and the Employee Assistance Program of individuals who are considered a substantial suicide risk.

(12) Command Sergeant Major will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Provide feedback and information to the SPTF as appropriate to ensure soldier issues and concerns are being addressed.

(13) Chief, Military Personnel Branch, will do the following:

(a) Be familiar with the guidance in DA Pamphlets 600-24 and 600-70.

(b) Ensure that staff is trained in risk identification factors and in the management of soldiers transitioning through programs and services for which they are responsible.

b. Commanders and civilian supervisors will do the following:

(1) Be familiar with the warning signs of potential suicide and of the appropriate actions to take to avert a suicide in accordance with DA Pamphlet 600-70.

(2) Be considerate of problems soldiers, civilians, and family members encounter such as availability of adequate housing, affordable child care, and the high cost of living associated with being assigned to the Washington Metropolitan area.

(3) Ensure that all soldiers and civilians are aware of suicide assistance support agencies.

(4) Be familiar with the notification procedures for suicide incidents as outlined in paragraph 7 of this regulation.

(5) Ensure all internal SOPs dealing with suicide incidents involving soldiers are current.

(6) Coordinate with Garrison Chaplain for unit training in suicide prevention at a minimum, annually.

## 6. EDUCATION AND AWARENESS.

A critical area in suicide prevention is education, particularly at the noncommissioned officer/supervisor level. The targets for this training will be leaders, supervisors, soldiers, and civilian employees. The following staff elements support unit commanders and supervisors with education, awareness, and intervention:

a. Garrison Chaplain and Chief, Behavioral Health, will provide the technical expertise for all suicide prevention education and awareness training.

b. Garrison Chaplain is responsible for the Family Member Suicide Prevention Education and Awareness Program. The program includes suicide prevention for family members and referral to other helping agencies as needed.

c. Suicide Prevention Task Force will coordinate overall program activities and evaluate program needs of the installation. The SPTF will develop awareness training about suicide prevention activities and identify appropriate forums for training.

#### 7. NOTIFICATION PROCEDURES.

a. Unit commanders and civilian supervisors will report suicides and attempted suicides involving soldiers, civilians, and family members immediately to the Military Police for preparation of a Serious Incident Report to Headquarters, Department of the Army in accordance with AR 190-40. The Military Police will provide information copies to the Criminal Investigation Division Command.

b. The agencies listed below and at appendix A should also be contacted for suicide incidents, gestures, or threats:

- (1) Garrison Commander
- (2) Command Sergeant Major
- (3) Director of Public Affairs
- (4) Behavioral Health
- (5) Area Hotlines when deemed appropriate.

APPENDIX A

Suicide Prevention Contacts

<u>FORT BELVOIR MILITARY INSTALLATION</u>	<u>TELEPHONE</u>
Family Life Chaplain, Bldg. 1028	(703) 806-3010/3074
Fort Belvoir Counseling Center, Bldg. 1153	(703) 805-5991
Behavioral Health, Bldg. 815	(703) 805-0488/0561
 <u>AFTER DUTY HOURS (Staff Duty Personnel)</u>	
Fort Belvoir Post Staff Duty Officer	(703) 805-3102
DeWitt Hospital Staff Duty Officer	(703) 805-0510
 <u>FAIRFAX &amp; PRINCE WILLIAM COUNTIES HOTLINES</u>	
Local Crisis Hotlines	(703) 368-4141
Alexandria Crisis Hotline	(703) 548-3810
Prince William County Hotline	(703) 368-4141
Suicide Hotline	(703) 362-8100

GLOSSARY OF TERMS

Suicide - Actual termination of life.

Suicide Attempt - A serious act to end one's life that failed for one reason or another.

Suicide Gesture - A manipulative act in which a person attempts to gain what he or she wants. This involves a self-destructive action or self-inflicted injury versus a verbal statement.

Suicide Threat - A serious statement that a person wants to die or injure himself/herself.

Suicide Ideation - Periodic or short term thoughts of self-injury which are usually dismissed. (Note: Common for individuals to think of self-injury at one time or another in their lives.

Suicide Incident - Any actual or attempted suicide that has been reported through command channels, i.e., which has made the military police blotter or for which a Serious Incident Report has been prepared concerning the act.

Serious Incident Report - Any actual or alleged incident, accident, misconduct or act, primarily criminal in nature, that because of its nature, gravity, potential for adverse publicity or potential consequences warrants timely notice to HQDA.