



DEPARTMENT OF THE ARMY  
INSTALLATION MANAGEMENT COMMAND  
HEADQUARTERS, UNITED STATES ARMY GARRISON, FORT LEAVENWORTH  
290 GRANT AVENUE UNIT 1  
FORT LEAVENWORTH, KANSAS 66027-1417

AMIM-LVG-ZA (690)

01 March 2023

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Garrison Command Policy Letter 19, Health Promotion, Risk Reduction, and Suicide Prevention Policy

1. REFERENCES:

- a. AR 600-63, Health Promotion, 14 April 2015.
- b. DA PAM 600-24, Health Promotion Risk Reduction Suicide Prevention, 14 April 2015.
- c. AR 350-53, Comprehensive Soldier, and Family Fitness (CSF2), 19 June 2014.

2. PURPOSE: Army readiness is vital to the ability of our warfighters to succeed on the battlefield. Sustaining the health and well-being of our Soldiers, Family Members and Army Civilian Personnel (ACP) is a prominent responsibility of leaders and personnel at all levels. Building cohesive units requires implementation of the Army's strategic approach to mitigating suicide and high-risk. Our command prioritizes promoting healthy lifestyles, reducing risk-seeking behavior, and suicide prevention.

3. APPLICABILITY: All Soldiers and ACP's assigned, attached, or operationally controlled by the Fort Leavenworth Garrison.

4. POLICY: All commanders, leaders, supervisors, Soldiers, and ACP's are responsible for creating an environment that reduces the stigma of seeking help for behavioral health issues. Every one of us should be aware of and recognize when someone may be at risk and should be empowered to take appropriate action to save lives. We are each responsible for ensuring garrison policies, procedures, and actions do not inadvertently discriminate, punish, or discourage Soldiers or employees from seeking professional counseling.

- a. Any Soldier requesting assistance from behavioral health, Employee Assistance, social workers, or religious affairs should be treated with the utmost respect and granted the opportunity to seek help. ACP's are encouraged to access resources available to them. Leaders and supervisors will utilize an extraordinary degree of discretion when identifying and sharing information regarding Soldiers and ACP's seeking help.

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b. The garrison has implemented an evidence based multi-disciplinary approach to health promotion, resilience building, risk reduction, and suicide prevention programs. This approach supports commanders and leaders as they improve readiness and resiliency as well as reduce at-risk behaviors and suicide. The preventive medicine section provides education to all incoming personnel on sexual health, infection control, and field sanitation. The behavioral health section provides education on suicide awareness, intervention, and prevention to all incoming personnel. The medical section works in concert with the Army Wellness Center as well as medical and behavioral health providers at Munson Army Health Center and Gentry Clinic to ensure readiness, promote healthy behaviors and resilience as well as address behavioral health issues. The medical section is also responsible for providing Combat Life Saver (CLS) skills training to select personnel. Personnel trained in Applied Suicide Intervention Skills Training (ASIST), to include members of religious affairs, are ready to respond to a behavioral health crisis should one arise.

c. Leaders will ensure annual resiliency training occurs. All suicide prevention training will include suicide awareness, prevention strategies including the identification of warning signs, risk factors, as well as protective factors against high-risk behaviors. The Army's Ask-Care-Escort Suicide Prevention Training will be utilized as the framework for all suicide prevention training efforts. Additionally, junior leaders and selected individuals will receive advanced suicide intervention skills training to assist leadership reduce self-harm. These training events teach intervention skills and appropriate resource utilization to help those at risk seek and receive help. Resources available include medical treatment facilities, behavioral health agencies across the Army enterprise, as well as 24-hour crisis lines such as the National Suicide Prevention Helpline at telephone #988.

d. The success of our Army's health promotion, risk reduction, and suicide prevention program depends on the concentrated focus of leaders on activities that encompass the physical, behavioral, spiritual, social, and cultural dimensions in our commands. The total effect of a solid program will be an overall improvement in unit's organizational performance and readiness through enhanced individual well-being.

5. EFFECTIVE: This policy is effective on the date of this memorandum and will remain in effect until superseded or rescinded.

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6. PROPONENCY: The proponent for this policy is the Director of Human Resources  
at (913) 684-1697, DSN 552-1697.

A handwritten signature in black ink, appearing to read "J. Misenheimer Jr.", with a stylized, cursive script.

JOHN G. MISENHEIMER JR.  
COL, AG  
Commanding