



DEPARTMENT OF THE ARMY
JOINT TASK FORCE GUANTANAMO
525TH MILITARY POLICE BATTALION (I/R)
APO AE 09522-9998

ARSO-GTC-CO

18 July 2014

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Health Promotion (Policy Number 7)

1. References:

- a. Army Campaign Plan for Health Promotion, Risk Reduction and Suicide Prevention FY11, 8 November 2010.
- b. Army Regulation 600-63, Army Health Promotion, 7 September 2010 (RAR).
- c. DA Pamphlet 600-24, Health Promotion, Risk Reduction and Suicide Prevention, 7 September 2010 (RAR).

2. The readiness of our battalion is paramount to our ability to conduct our mission. Sustaining the health and welfare of our Soldiers and Family Members is a preeminent responsibility of unit leaders and personnel at all levels. Promoting healthy lifestyles, reducing risk-seeking behavior and preventing suicide are priorities in this command.

3. All commanders, leaders, supervisors and Soldiers are responsible for creating an environment that reduces the stigma of seeking help for behavioral health issues. On a daily basis, it is incumbent on all of us to be aware of and recognize when someone may be at risk and to be empowered to take appropriate action to save lives. We must also strive to eliminate actions and attitudes that inadvertently discriminate, punish, or discourage Soldiers from seeking professional counseling.

4. Ensure that no Soldier is belittled for requesting behavioral health assistance. Leaders will utilize an extraordinary degree of discretion when identifying and sharing information regarding Soldiers seeking professional help.

5. Each life lost to suicide is one too many. Suicide prevention spans the gamut of effort from prevention to intervention to post-intervention and response. Each one of us has a personal role to play in preventing suicide; whether identifying trends to prevent, planning quarterly training for intervention or establishing response teams in the event of an attempt.

6. There are numerous resources available for those in need of help. Locally, JSMART, Fleet and Family services, ASAP counselors, medical professionals, and

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chaplains stand ready to assist. Military One Source is also an excellent source for help: www.militaryonesource.com and details contact information for other trained professionals. From a fundamental perspective, the Army's "ACE" – Act, Care, Escort – initiative reflects this command's perspective on caring for our unit's most valuable resource, our Soldiers.

7. Point of contact for this memorandum is the undersigned at 3522.



JOHN A. FIVIAN
LTC, MP
Commanding

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