



# RISK REDUCTION PROGRAM



## SUICIDE PREVENTION PROGRAM

The Army Suicide Prevention Program develops and implements progressive, complementary training and education activities for leaders, Soldiers, and prevention professionals to impart the knowledge, skills, and attitudes that enable increased protection and reduced risk of suicide.

- Assist Commanders in planning, coordinating, and conducting Suicide Prevention/Intervention (SP/SI)
- Educate and train Utah Army National Guard Soldiers on suicide prevention and postvention actions to minimize the risk of suicide
- Conduct annual suicide prevention training using the ACE (Ask, Care, Escort) training model



## SUBSTANCE ABUSE PREVENTION PROGRAM

The Army Substance Abuse Program (ASAP) provides guidance and leadership on non-clinical alcohol and other drug policy issues; develops, establishes, administers, and evaluates alcohol and other drug abuse prevention, education, treatment and testing programs; oversees the military Drug Free Federal Workplace and drug testing programs.

- Provide effective alcohol and other drug abuse prevention and education at all levels of command, and encourage commanders to provide alcohol and drug-free leisure activities
- Implement alcohol and other drug risk reduction and prevention strategies
- Restore to duty those substance-impaired Soldiers who have the potential for continued military service



## RISK REDUCTION PROGRAM

The Risk Reduction Program (RRP) reduces high-risk behavior by Soldiers. This program was designed to help commanders maintain Soldier readiness and prevent high-risk incidents. As part of the Army Resiliency Directorate (ARD), readiness and resilience are critical elements of the RRP.

- Train leaders in identifying and reducing high-risk factors
- Identify and target high-risk behaviors for prevention
- Promote Risk Reduction as a prevention strategy
- Prevent unhealthy and destructive behaviors
- Increase Soldier and unit readiness

**TRAIN TO THE LEVEL  
OF YOUR LIFE**



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# UTARNG SUICIDE PREVENTION



## Protective Factors

Protective factors are behaviors or supports that reduce risk and encourage healthy behaviors. The goal is to support and build these skills in your unit.

**Having healthy coping skills**  
**Relationships that are supportive**  
**Having a sense of purpose and meaning**

## Risk Factors

Risk factors are issues that increase the suicide risk of an individual. At this point the thing to do is to check in and then get connected to a Chaplain, suicide prevention coordinator, or a supervisor.

<b>Isolation</b>	<b>Loss or conflict</b>
<b>Severe Anger</b>	<b>Sleep changes</b>
<b>Anxiety or Depression</b>	<b>Increased substance use</b>

## Warning Signs

Warning signs may indicate that someone is contemplating suicide. This must be taken seriously. It's time to **Ask, Care, Escort.**

**Actively talking about death**  
**Giving away belongings**  
**Talking about harming oneself**

## WHAT DO I DO IN A CRISIS?



### Ask

Ask directly if they are thinking about suicide.



### Care

Show care and empathy by listening and offering support.



### Escort

Call 988

**Do not leave them alone.**



### Report

Call the Psychological Health Program. They will follow up.

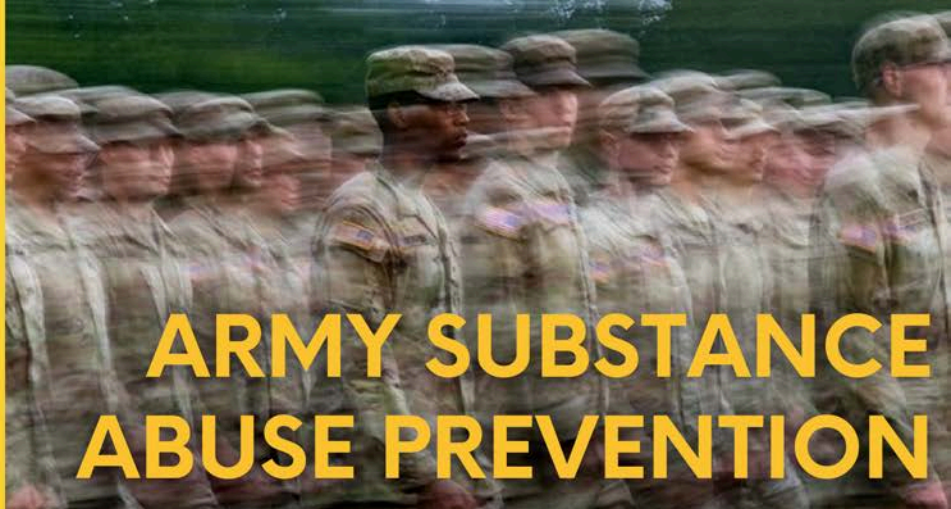


### Resources

Use our resource page to become aware of resources that may help in the future.



# Let's Talk. I'm Listening.

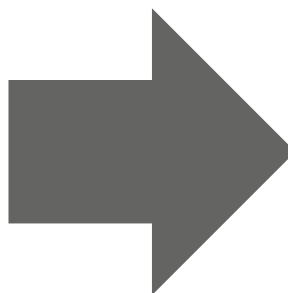


## ARMY SUBSTANCE ABUSE PREVENTION

### Green Zone: Good Standing

#### Identification Tips:

- Regular attendance and punctuality for duties.
- Consistent performance and engagement in activities.
- Healthy coping strategies for stress and adversity.
- Positive interactions with peers and leadership.
- No signs of substance misuse or dependency.



### ACTION STEPS

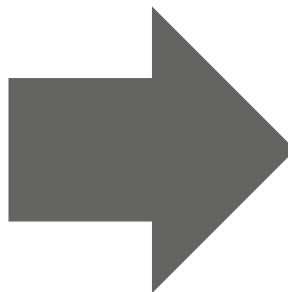
#### Tips for Maintenance:

- Continue promoting a healthy lifestyle, including physical activity, a balanced diet, and adequate sleep.
- Encourage open dialogue about stress management and resilience-building strategies.
- Offer ongoing education on the risks of substance abuse and the benefits of abstaining.
- Maintain a supportive environment where Soldiers feel comfortable seeking help if needed.

### Yellow Zone: Warning Signs of Substance Abuse

#### Identification Tips:

- Noticeable changes in behavior or mood.
- Decrease in performance or neglect of responsibilities.
- Social withdrawal or change in peer group.
- Signs of stress or depression without visible coping strategies.
- Unexplained absences or tardiness.



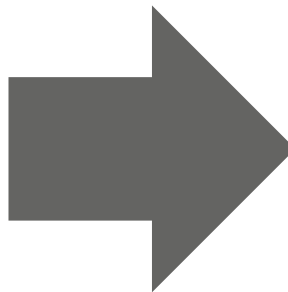
#### Tips for Intervention:

- Initiate a confidential conversation to express concern and offer support, emphasizing the resources available for help.
- Encourage the Soldier to utilize support services such as speaking with a counselor, chaplain, or medical professional.
- Monitor the Soldier's behavior and performance closely, providing support and adjustments as necessary to assist them in returning to a healthy state.

### Red Zone: Active Substance Abuse

#### Identification Tips:

- Physical signs of substance abuse (e.g., bloodshot eyes, unexplained injuries, poor hygiene).
- Behavioral evidence of substance use, such as impaired performance, erratic behavior, or unexplained financial problems.
- Legal or disciplinary actions related to substance use.
- Direct admission of substance abuse or dependence.



#### Tips for Immediate Action:

- Ensure the safety of the Soldier and those around them. Immediate referral to the Army Substance Abuse Program (ASAP) for evaluation and treatment. Provide support for the Soldier through the disciplinary and recovery process, ensuring they have access to the necessary treatment and rehabilitation services.

# FINANCIAL READINESS



- Pays bills on time
- Emergency savings
- Responsible credit use



- Maintain good habits
- Continue budgeting tools
- Contribute to savings and TSP



- Occasionally late on bills
- Credit for basic expenses
- Limited savings



- Review budget & spending
- Seek free counseling
- Explore debt reduction



- Misses payments
- Payday loans
- Overwhelmed and avoidant



- Seek help from certified financial counselor
- Realistic debt management plan

# DISCIPLINE/CONDUCT



- Self-control and respect
- Follows Army Values
- No misconduct/legal issues



- Recognize and reward behavior
- Soldiers as peer role models



- Occasional discipline issues/peer pressure
- Inappropriate jokes/behavior off-duty



- Team level discussion to reinforce standards
- Corrective counseling/mentorship



- Illegal activity
- Substance use
- Disregards values/orders



- Corrective action
- BH, legal, command teams
- Development/monitoring plans

**Budgeting Apps**

**Karina, J9 Financial Advisor**

**[pfc1.saltlakecity@magellanfederal.com](mailto:pfc1.saltlakecity@magellanfederal.com)**

**Unit Leadership**

**JAG/TDS**

**Behavioral Health/MFLC**

**Chaplain**

# EMOTIONAL REGULATION

- Mutual respect/trust
- Honest communication
- Healthy conflict resolution



- EQ and listening skills
- Healthy boundaries
- Shared goals/celebration

- Arguments/stonewalling
- Disrespect
- Controlling behavior

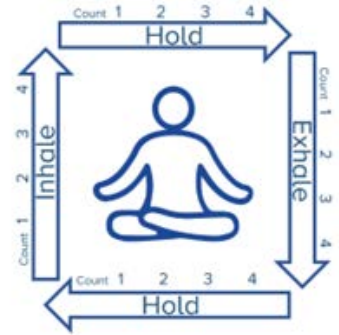


- Discuss boundaries
- Chaplain/counseling support
- Stress relief techniques

- Verbal insults
- Physical aggression
- Intimidation/manipulation

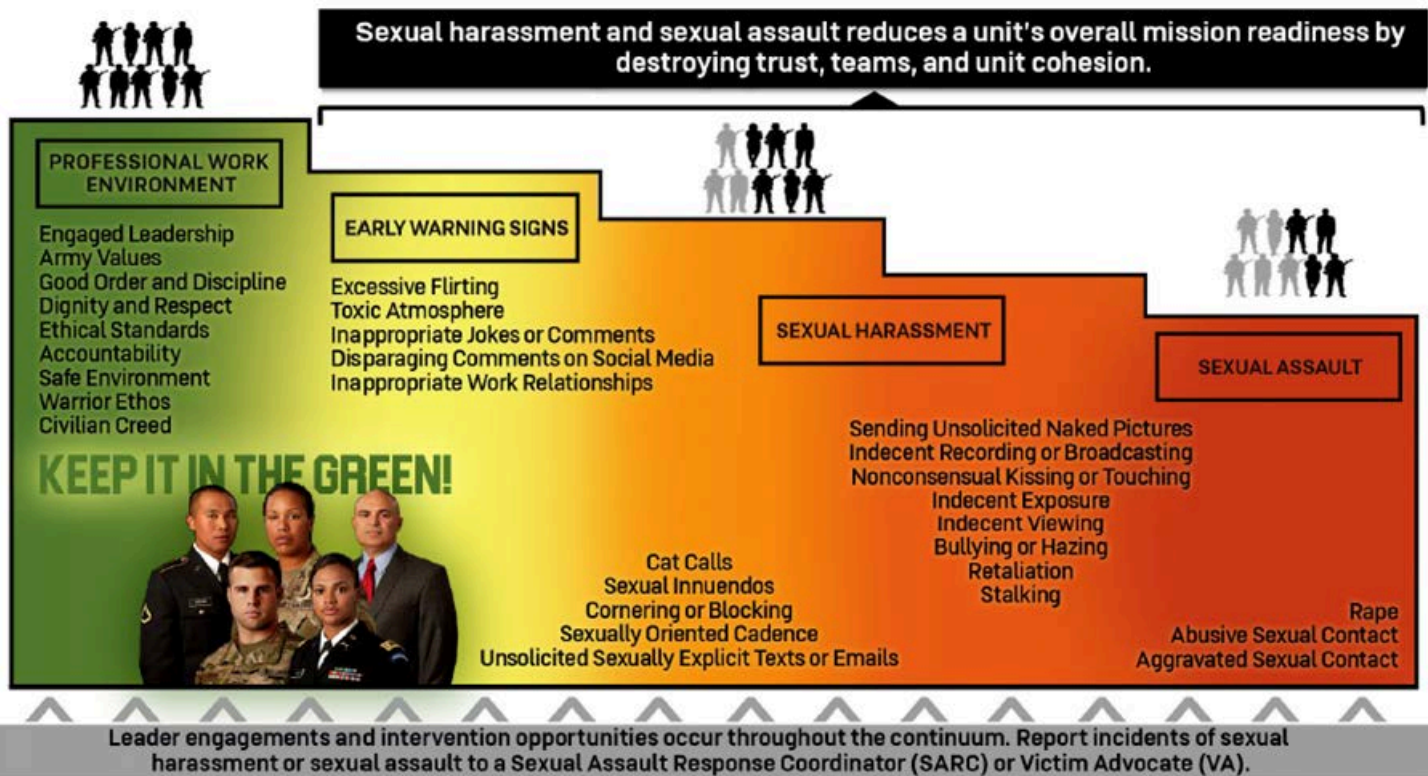


- Behavioral Health
- Safety plan
- Commander intervention



## RELATIONSHIPS

### SEXUAL HARASSMENT AND SEXUAL ASSAULT CONTINUUM AND IMPACTS ON READINESS



Military Family Life Counselors  
Director of Psychological Health

Sexual Assault Response Officer  
Chaplain



# PERSONAL RESILIENCY



- High life satisfaction
- Connection, hobbies, growth
- Time to rest and reset



- Set meaningful goals
- Share appreciation
- Good boundaries



- Feels disconnected
- Lack of enjoyment
- Lack of self-care



- Talk to a mentor
- Schedule time to rest
- Seek out training/opportunities



- Dissatisfied/numb
- Feels lack of meaning
- Signs of burnout/despair



- Talk to behavioral health or chaplain
- Weekly talk with trusted friend

## SLEEP



- 7-9 hours sleep nightly
- Consistent wake/bedtime
- Feels rested



- Maintain routine
- Protect sleep environment
- Continue good habits



- 5-6 hours of sleep
- Irregular sleep/sleepiness
- Reliance on caffeine



- Limit caffeine/screentime
- Practice relaxation
- Adjust sleep habits



- <5 hours of sleep nightly
- Insomnia
- Difficulty staying alert



- Consult medical/BH
- Avoid alcohol/late night meals
- Sleep tracking tools

Wellness Apps  
MRT  
ArmyFit

Sleep Apps  
H2F  
FM 7-22

# UNIT COHESION



- Trust/open communication
- Feel respected and valued
- Strong collaboration



- Transparent communication
- Recognition of contributions
- Climate of mutual respect and support



- Limited trust
- Feeling disconnected
- Concerns not addressed



- Cultivate relationships
- Peer mentorship
- Small group discussions



- Do not feel safe/supported
- Disrespect/harassment
- Low morale/motivation



- Engage leaders, BH, EO
- Promote accountability/enforcement

# ARMY ENVIRONMENT



- Career satisfaction
- Strong motivation
- Feels pride, purpose, connection



- Recognize achievements and good examples
- Support career planning & mentorship



- Frustration and disconnect
- Lack of engagement
- Poor fit/role



- Goals and mentorship
- Address barriers to satisfaction



- Unhappy with military
- Undervalued/unrecognized
- Isolation



- Active listening/validation
- Career counselors/BH
- Unit recognition programs

J9 Resources  
Unit Leadership

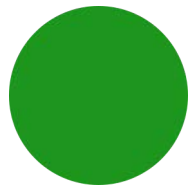
Retention  
Career Counseling



# RISK REDUCTION PROGRAM

Resilience and Risk Reduction is our target, foundational to soldier readiness. We should all be practicing these skills consistently, so we minimize incidents of self-harming behaviors. Even the red level is not yet a crisis but requires a response so that Soldiers do not reach the level of crisis

## GREEN



Continue and strengthen skills and healthy habits to maintain and increase readiness



### During Drill

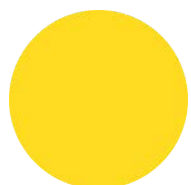
- Mentorship
- Creative training
- Briefs on pertinent expertise
- Make sure all roles are filled competently



### Between Drills

- Follow up/encourage use of resources
- Make goals to keep the momentum going
- Daily practices
- Checks ins

## YELLOW



Distracted, suboptimal performance

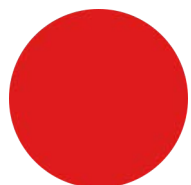


- Mental pivots/reframes
- Battle buddy
- Face-to-face leader engagement



- Soldiers using J9 and other resources
- Leader follow-up
- Leverage networks

## RED



Difficulty functioning, engaging in unhealthy behaviors, avoiding problems; apathetic



- Breath work (reset)
- Crisis intervention policies in place and used
- Facilitated reset
- Assignment of support person



- Soldiers getting the help they need
- Active and consistent follow up
- Integrate support systems

You've Got This. We've Got You.





# UTAH ARMY NATIONAL GUARD

## Local Resources



### EMERGENCY / CRISIS HELPLINES:

*If you (or anybody else) are either suicidal or in crisis, immediately call 911 or 988 hotline to reach a crisis center.*

- ♦ **EMERGENCIES: DIAL 911**
- ♦ **SUICIDE AND CRISIS LINE: DIAL 988** | <https://www.988lifeline.org>
- ♦ **VETERANS/MILITARY CRISIS LINE: DIAL 988 THEN PRESS 1 OR TEXT 838255**
- ♦ **SAFE UT HELPLINE:** 833-372-3364 | <https://safeut.org/national-guard> [Download App for Apple/Android Devices]
- ♦ **SUBSTANCE ABUSE & MENTAL HEALTH (SAMHSA) NATIONAL HELPLINE:** 1-800-662-4357

**988**  
SUICIDE & CRISIS  
LIFELINE



### SEXUAL ASSAULT PREVENTION AND RESPONSE HELPLINES:

- ♦ **SEXUAL ASSAULT PREVENTION AND RESPONSE 24/7/365 HELPLINE:** 801-716-9254  
A survivor can speak with a Utah National Guard Sexual Assault Response Coordinator (SARC) or a Victim Advocate (VA) without filing a report. You can access resources, care, and support while still having full confidentiality.
- ♦ **DoD SAFE HELPLINE:** 1-877-995-5247 | <https://safehelpline.org/>  
DoD Safe Helpline is an additional confidential, and anonymous crisis support service specially designed for members of the Department of Defense community affected by sexual assault.



### UTAH NATIONAL GUARD PSYCHOLOGICAL HEALTH PROGRAM:

*Contact a Director Psychological Health (DPH) for any consultation for behavioral health questions, assessments, and referrals!!!*

- ♦ **Director of Psychological Health:** Sarah Larmore, LCSW, CCTSW: 801-716-9009 or [sarah.l.larmore.civ@army.mil](mailto:sarah.l.larmore.civ@army.mil)  
Aaron Baxter, LCSW, BCD: 801-716-9065 or [aaron.j.baxter7.civ@army.mil](mailto:aaron.j.baxter7.civ@army.mil)

### UTAH COMMUNITY HOTLINES AND RESOURCES:

- ♦ **Utah Child Protective Services Child Abuse/Neglect Hotline:** 1-855-323-3237 | <https://dcfs.utah.gov/>
- ♦ **Utah Elder or Vulnerable Adult Abuse/Neglect Reporting Hotline:** 1-800-371-7897 | <https://daas.utah.gov/>
- ♦ **Utah Domestic Violence Coalition 24-Hour LINKLine:** 1-800-897-LINK (5465) | <https://udvc.org/>
- ♦ **Utah Coalition Against Sexual Assault (UCASA):** <https://www.ucasa.org/>
- ♦ **LiveOn Utah (Suicide Prevention):** <https://liveonutah.org>



### NON-CRISIS MENTAL HEALTH COUNSELING AND SERVICES:

- ♦ **Chaplain Services:** Contact Chaplain Noe Correa at 801-716-9036, or local unit ministry team
- ♦ **Employee Assistance Program (EAP) (Available 24/7/365):** Neely EAP: 866-212-6096 | 1-800-735-2989 (TDD) or download the iConnectYou or Balancy App. [Use Company Code: 230051 when registering] | <https://neelyeap.com>
- ♦ **Guard and Family Life Counseling (GFLC) Program:** Contact Duncan Shumway at 801-716-9228, or locally assigned GFLC.
- ♦ **Military One Source (Available 24/7/365):** 1-800-342-9647 | <https://www.militaryonesource.mil/>
- ♦ **Personal Financial Counseling:** Contact Trent Scott at 801-718-639 or email [scott2@magellanfederal.com](mailto:scott2@magellanfederal.com)
- ♦ **VA Salt Lake Mental Health PTSD Clinical Team Coordinator:** 801-582-1565 x2390 or go to website at <https://www.va.gov/salt-lake-city-health-care/health-services/mental-health-care/>
- ♦ **VA Salt Lake City Vet Center:** 801-266-1499 | <https://www.va.gov/salt-lake-city-vet-center/>



### ADDITIONAL UTARNG SERVICES AND ADVISORY SUPPORT:

- ♦ **Equal Opportunity (EO/EEO) Office:** Contact Travis Bringhurst at 801-432-4548, or your locally assigned EO Counselor
- ♦ **Inspector General (IG) Office:** Contact the State IG Office at 801-432-4379 or email [ng.ut.utarng.list.staff-ig@army.mil](mailto:ng.ut.utarng.list.staff-ig@army.mil)
- ♦ **Soldier and Family Readiness Specialist (SFRS):** Contact Ashley Warren at 801-716-9097 or your locally assigned SFRS
- ♦ **Employer Support for the Guard & Reserve (ESGR) Advisor:** Elizabeth Craig: 801-432-4492
- ♦ **Survivor Outreach Services (SOS):**  
Northern Utah: Antionette Stapley: 801-940-8652  
Southern Utah: Janet Henscheid: 801-592-5614
- ♦ **Transition Assistance Advisors (TAA):**  
Northern Utah: Deivid Smart: 801-432-4937  
Southern Utah: Keith Norman: 202-987-3714



### LEGAL ASSISTANCE AND TRIAL DEFENSE SERVICES:

- ♦ **Trial Defense Services (TDS):** Call 801-836-6369 or email [tds.utarng@gmail.com](mailto:tds.utarng@gmail.com).
- ♦ **Legal Assistance:** State JAG Office (By Appointment Only): 801-432-2255 or email [ng.ut.utarng.mbx.jfhq-jag@army.mil](mailto:ng.ut.utarng.mbx.jfhq-jag@army.mil)
- ♦ **Utah@Ease Program:** If you need legal assistance that the JAG office doesn't offer, such as SCRA, USERRA, Landlord, Debt, Consumer Fraud, Predatory Lending and Immigration, contact the Utah@Ease at <https://attorneygeneral.utah.gov/utah-at-ease/>
- ♦ **Veteran's Legal Clinic:** Salt Lake VA Bldg. 8, 1730-1900 hrs on the 2nd Thursday of the month.



### SOLDIER AND VETERAN BENEFITS AND SERVICES:

- ♦ **Utah Morale, Welfare, and Recreation (MWR):** Manager: 801-878-5822 Ticket Sales: 801-878-5466 | <https://guard.utah.gov/mwr/>
- ♦ **United Services Organization (USO):** 801-919-5569 (Program Director) | 385-327-7285 (Transition Specialist) | <https://intermountain.uso.org/>
- ♦ **Utah Veterans and Military Affairs:** 801-326-2372 or Text 838255 | <https://veterans.utah.gov/>
- ♦ **DEERS (ID CARDS):** <https://idco.dmdc.osd.mil/idco/locator>
- ♦ **DFAS MyPay:** <https://mypay.dfas.mil/>
- ♦ **TRICARE:** <https://tricare.mil/>

