



COMMANDER / 1SG TRAINING SUPPORT PACKAGE

SUICIDE STAND DOWN

“SHOULDER TO SHOULDER, WE STAND UP FOR LIFE”

Commander / 1SG

Suicide Stand Down Agenda

<u>WHO</u>	<u>WHAT</u>	<u>TRAINING TIME</u>
Commander / 1SG	Leader Brief to include:	
	- Read/Emphasize Cdr's Intent (OPORD 12-19, para 3.a.)	15 Min
	- Read/Emphasize TAG Stigma Policy	15 Min
	- MRT / RTA / SIO / FAS / FRSA / VA / UPS	1 Hour
	- Introductions	
	- Duties and Responsibilities	
	- Review who they are	
	- AO/RNCO/TNCO	
	- Brief Resources found on Terrain Walk	30 Min
	- Read and Explain Battle Buddy Procedures	30 Min
- J-9 Scripted Brief	1.5 Hours	
- Conduct Unit Risk Inventory (URI)	1 Hour	
Unit Leaders	- Inspect / Distribute / Complete	
	- Guard Your Buddy (GYB) Cards	1 Hour
	- Blue Books (per OPORD 12-19)	
	- Update Battle Buddy Roster	Concurrently
MRT / RTA / SIO	- Conduct Resiliency training	
	- Hunt the Good Stuff	
	- Activating Event-though-consequences	2 Hours
TOTAL TRAINING TIME – 8 Hours		



Commander / 1SG

“Shoulder to Shoulder, We stand up for Life”

READ COMMANDER’S INTENT

OPORD 12-19

3. Execution:

3.a. Commander’s Intent. I intend to successfully complete the stand down on time and to standard in order to prevent further loss of life; enhance awareness of resources available to Soldiers, Non-Dual Status Technicians and families; improve the health and discipline of the force; reduce stigma and increase resilience. I want strong and visible endorsement from Leadership top to bottom. I want our entire TNARNG team to develop a greater respect for life and take personal responsibility and accountability for their own comprehensive fitness as well as for the welfare of members of the Army family. I want Commanders, Leaders, and Soldiers at all levels, to be familiar with tools and services available, facilities and points of contact in their respective locations and know how and when to implement the various prevention, intervention and post intervention actions.

READ TAG’S STIGMA POLICY

<https://portal.tn.ngb.army.mil/J9/default.aspx>
www.tnmilitary.org/suicidestanddown.html



J9 - MILITARY & FAMILY READINESS OPERATIONS

Mission: The J9 Directorate is a **diverse group** of professionals with **distinctive skill sets** that form the center of gravity to enhance our Guard families' **circle of life**; we are dedicated to providing **guidance and direct actions** that will produce **healthy** life choices and promote **resiliency** within our Guard family.



CIRCLE OF LIFE

Veteran Assistance Sexual Assault Response Coordinator (SARC)

Counter Drug

Equal Employment Opportunity - Diversity

Chaplain

Family Assistance Centers (FAC)

Operation Military Kids

State Family Readiness Council

Psychological Health

State Youth Programs

Medical – J1

Transition Assistance Advisor

Yellow Ribbon

Survivor Outreach Services



Military One Source

Strong Bonds

Military Funeral Honors

Suicide Prevention

Family Readiness

Family Programs

Military & Family Life Consultants

Personal Financial Counseling

Military Child Education Coalition

Family Readiness Support Assistants (FRSA)

Education – J1

Airman and Family Readiness Program Manager

Job Connection Education Program (JCEP)

Employer Support Of The Guard/Reserve ESGR

Resilience, Risk Reduction, And Suicide Prevention



FAMILY ASSISTANCE COORDINATOR

Entry Point in the Circle of Life - Referral Service for Service members and their families from all branches of Military Service.

- Nine Offices throughout Tennessee at armories/AFRC
- 12 Family Assistance Specialists and 1 Family Assistance Coordinator
- Six Essential Services:
 - ✓ Crisis Intervention and Referral
 - ✓ Legal Resources and Referral
 - ✓ Financial Resources and Referral
 - ✓ TRICARE Resources and Referral
 - ✓ ID CARDS and DEERS
 - ✓ Community Information and Outreach



John Patterson



Top 5 Issues (Cases)

- Financial
- Medical
- Legal
- Counselor Support
- Crisis Referral & Intervention



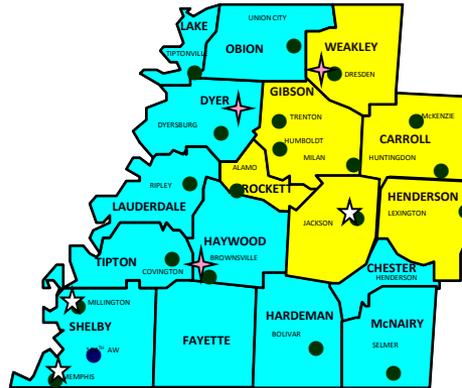
TENNESSEE NATIONAL GUARD

Family Assistance Specialist West



SHIRLEY LEE

5650 Attu Street
Millington, TN 38053
901-570-2731



DEBBIE MORRIS

2610 E. Holmes Road
Memphis, TN 38118
901-463-0204



TERRY BLACK

1510 HWY 70 By-Pass
Jackson, TN 38302
731-988-8908



TENNESSEE NATIONAL GUARD

Family Assistance Specialist Middle

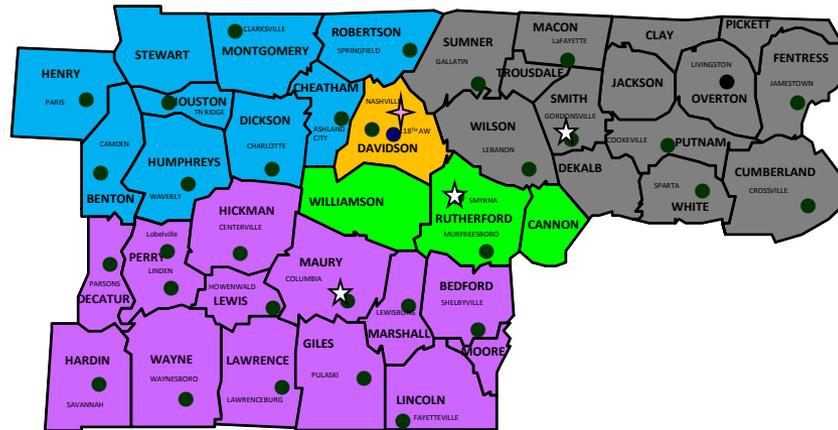


**GENE
RABIDEAU**

Volunteer Training Site
BLDG 510, Rm 100
Smyrna, TN 37167
615-663-8958

**JOE WARD
MAYBERRY**

844 N James Campbell Blvd.
Columbia, TN 3738401
931-797-1475



**Dorothy
Russell**

Volunteer Training Site
BLDG 510, Rm 100B
Smyrna, TN 37167
615-663-8369



LARRY BULLOCK

Volunteer Training Site
BLDG 510, Rm 100
Smyrna, TN 37167
615-707-0581



**RITA
COWLEY**

101 Transport Drive
Gordonville, TN 38563
615-496-2262



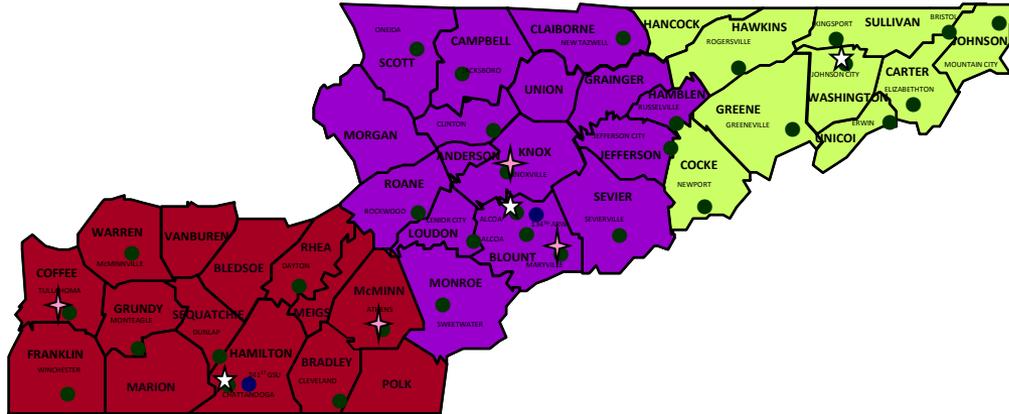
TENNESSEE NATIONAL GUARD

Family Assistance Specialist East



SCOTT OSTEEN

1801 Holtzclaw Ave
Chattanooga, TN 37404
1-888-240-1327
423-305-4062



JERRY GOINS

2109 Army Drive
Louisville, TN 37777
865-253-2747



KIM MCHUGH

2109 Army Drive
Louisville, TN 37777
865-202-6338



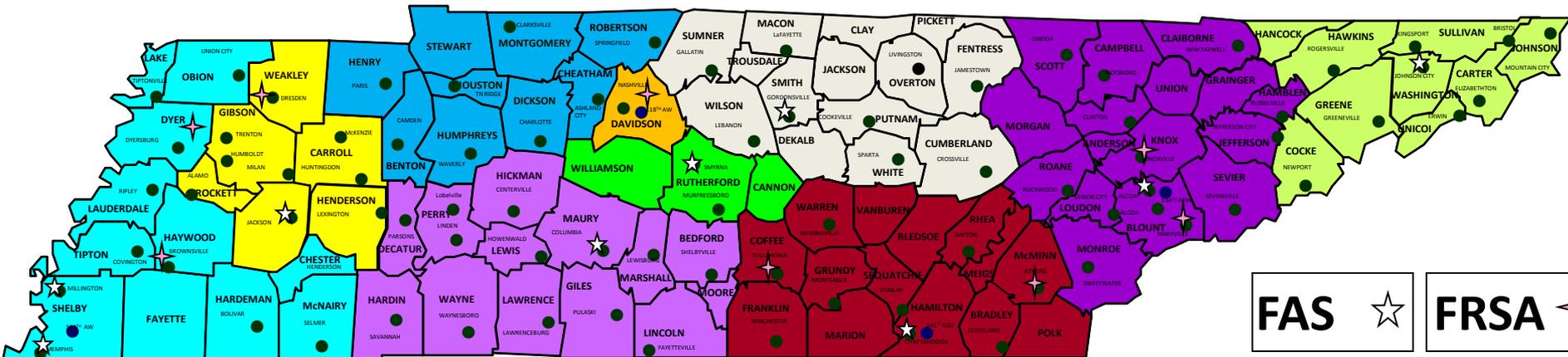
**GLORIA
HAWTHORNE**

253 Don May Road
Johnson City, TN 37615
423-930-0748

TENNESSEE NATIONAL GUARD

Military & Family Readiness Operations

Family Assistance/Readiness Area Map



FAS ☆ **FRSA** ☆

SHIRLEY LEE

5650 Attu Street
Millington, TN 38053
901-570-2731

JOE WARD MAYBERRY

844 N James Campbell Blvd.
Columbia, TN 3738401
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865-253-2747

KIM MCHUGH

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865-202-6338

GLORIA HAWTHORNE

253 Don May Road
Johnson City, TN 37615
423-930-0748

DEBBIE MORRIS

2610 E. Holmes Road
Memphis, TN 38118
901-463-0204

FAMILY READINESS SUPPORT ASSISTANTS

LARRY BARBEE ☆
194TH BROWNSVILLE
731-772-0262 x 8406

DENNIS MOON ☆
194TH DRESDEN
731-364-3691 x 4

LONNIE THOMAS ☆
278TH KNOXVILLE
865-582-3465

JOY SCOTT ☆
JFHQ NASHVILLE
615-313-0757

TERRESSA HOLLAND ☆
230TH Athens
423-774-2810 x 4642

TONYA DeTERESA ☆
30TH Tullahoma
931-393-5176 x 8985

JOE HOLLAND ☆
278TH MARYVILLE
865-981-2345 x 0453

EDDIE LONG ☆
30TH (168TH MP) DYERSBURG
731-286-8341 x 0012

LARRY BULLOCK

Volunteer Training Site
BLDG 510, Rm 100
Smyrna, TN 37167
615-707-0581

TERRY BLACK

1510 HWY 70 By-Pass
Jackson, TN 38302
731-988-8908





Family Readiness Support Assistants

Serve as Family Readiness Program Assistant for the Commander to assist with the execution of Family Readiness Command Responsibilities (Army Regulation 600-20).

- Assist with development and implementation of Commander's Family Readiness Program (AR 608-1)
- Conduit for **Command information**
- Assist with developing the Commander's Family Readiness Plan and Communication Plan
- **Provide training**, hands-on assistance, and information to subordinate **Unit Commanders** and unit **Family Readiness Groups**.
- Become the '**expert**' in **Family readiness**, deployment cycle support, and well-being programs
- Assist the Command leadership in **providing all required briefings** in each phase of the deployment cycle
- Identify **individuals requiring monitoring**, follow-up or referral and coordinate to ensure necessary care/actions are provided/taken
- Support Rear Detachment Commander



TENNESSEE NATIONAL GUARD

Senior Family Readiness Support Assistant

Joint Force Headquarters



Joy G. Scott

J9 – Military & Family Readiness Operations

MPSC Contractor

Houston Barracks

3041 Sidco Drive

Nashville, TN 37204

615-313-0757

joy.g.scott@us.army.mil



TENNESSEE NATIONAL GUARD

Family Readiness Support Assistant

30th Troop Command



Eddie Long
MPSC Contractor
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731-286-8341 X0012
eddie.p.long@us.army.mil

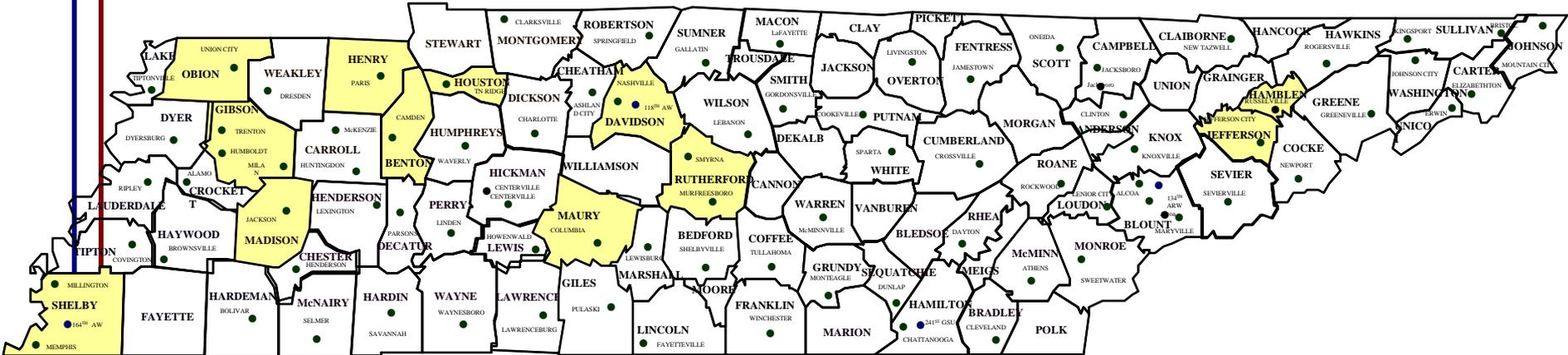


Tonya DeTeresa
MPSC Contractor
1202 East Carroll Street
Tullahoma, TN 37388
931-393-5176 X8985
tonya.anderson@us.army.mil



TENNESSEE NATIONAL GUARD Family Readiness Support Assistants

194th Engineer BDE



Dennis Moon
MPSC Contractor
6575 Hwy 22
Dresden, TN 38225

731-364-3691

dennis.moon2@us.army.mil



Larry Barbee Jr
MPSC Contractor
221 Morgan Street
Brownsville, TN 38012

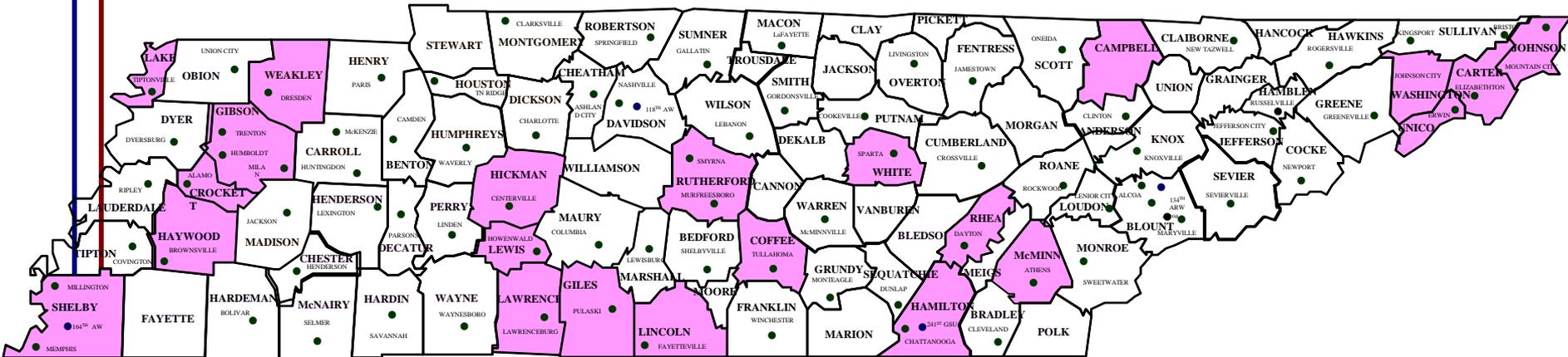
731-772-0262 X8406

larry.barbee@us.army.mil



TENNESSEE NATIONAL GUARD Family Readiness Support Assistant

230th Sustainment BDE



Terresa Holland
MPSC Contractor
413 County Road 554
Athens, TN 37303
423-744-2810 x 4642
terresa.holland1@us.army.mil



FASs and FRSAAs

Family Assistance Specialists

Family Readiness Support Assistants

FAS “Essential Services”

1. Information and Referral
2. Outreach and Referral
3. ID Cards and DEERS Enrollment
4. TRICARE
5. Financial and Legal services
6. Crisis Intervention and Referral
7. Monthly Outreach Calls to Deployed Families

**Immediate User:
Service Members and
Families**

FRSA Performance Requirements

1. Works ISO Commander to assist with execution of the command's Family readiness responsibilities.
2. Serve as the conduit for command information and coordination pertaining to Family readiness throughout the command.
3. Provide training, hands-on assistance, and information to subordinate unit commanders and unit Family Readiness Groups.

**Immediate User:
Commands/FRGs**



Airmen & Family Readiness Program Manager

Provides guidance, assistance and day to day support and continuity for the Commander's Family Readiness Program, operations and initiatives

AFRPM

164th- Betty Gaskins

118th- Sherri Weathers

134th- Steve Latham

Wing Director of Psychological Health

164th – Jorge Ramirez

118th- Beverly Taylor

134th- Elizabeth Arnold



Director of Psychological Health

PSYCHOLOGICAL
HEALTH PROGRAM
NATIONAL GUARD BUREAU



- Confidential assessments for service members and families
- Follow-up with service member after referral
- Emphasis on early intervention for depression, substance abuse, life stressors, & other behavioral health concerns.
- Crisis intervention/risk assessment.
- Command Consultations
- Provides Educational briefing on Behavioral Health

POC Noël Riley-Philpo 615-574-3933
noel.rileyphilpo@us.army.mil

TENNESSEE MILITARY DEPARTMENT



Personal Financial Consultant

Provides financial counseling to military personnel and their families on:

- Budget Concerns
- Credit Management
- Debt Management
- Investment Education
- Conducts Credit Management Training

POC Amy Powell 615-598-6496
amyhpowell.mhn@gmail.com



Yellow Ribbon



- Designed especially to provide information, services, referral, and proactive outreach opportunities for service members, families, employers, and youth throughout the entire deployment cycle
- Federally mandated 'Yellow Ribbon Reintegration Program Act of 2008' requires attendance for pre-mob, during deployment, 30, 60 and 90 day events
- TN Yellow Ribbon team has combined the 30 & 60 day post events into a 45 day – two day weekend event
- Unit Commander's must place emphasis on family members attendance to capitalize on products and services
- Civilian attire is authorized at Unit Commanders discretion

MAJ Wade Reed 615-313-0687 – wade.reed@us.army.mil

SFC Michael Loyd 615-313-0689 – michael.t.loyd@us.army.mil

Air POC Karen Baker 615-693-9446 – karen.r.baker.ctr@us.army.mil



Military & Family Life Consultants

- Free mobile counseling support to service members and families in Tennessee
- Licensed therapists
- Can help find counselors in remote areas
- Confidential, the command is not involved unless “duty to warn” issues arise
- Provide support & presentations as requested for Family Program, command, & FRG events

POC Darryl Leis 615-427-8776 – darryl.leis@mhn.com

POC Lynda Nagim 615-772-3154 – lnagim@hotmail.com



NATIONAL GUARD
**child and
youth program**
TENNESSEE





Youth Coordinators

- Plan, coordinate and execute youth activities and development programs to include family interaction events as well as coordinate with local schools and counselors.
- Military Child Education Coalition & Living in the New Normal - Educates educators on the effects of deployment and military service on children.
- **Events Include:**
 - Teen Panel Meetings
 - Chaplain Led Youth Retreats
 - Military School Club meetings
 - Month of the Military Child Fun Run
 - Youth Camps



Youth Coordinators

Operation Military Kids

Carrera Romanini 865-974-9724, carrera@utk.edu

- Hero Packs
- OMK Mobile Technology Lab
- Ready, Set, Go!
- Speak Out for Military Kids

Respite Care

Give Army Parents a Break – Sixteen hours a month during deployment

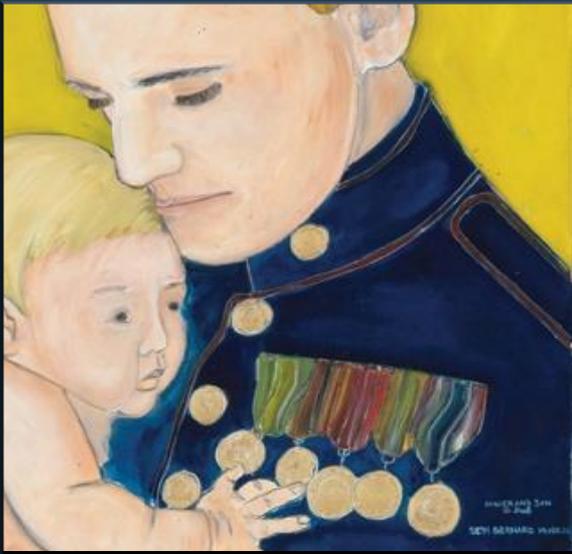
Belinda Knight 931-648-3695 Ext 100, Email: bknight@dcdc.org

Our Military Kids Grant

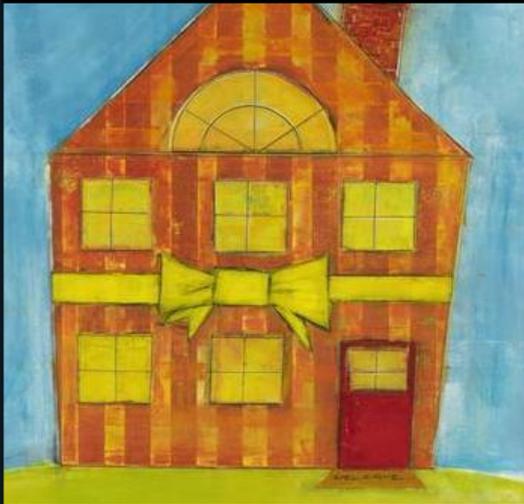
Provides \$500 grant per year, for extra-curricular activities to the children of National Guard & Reserve soldiers while deployed overseas, ourmilitarykids.org

POC Paige Major or Tiffany Vaughan 615-313-0547

paige.parker2@us.army.mil & tiffany.l.vaughan@us.army.mil



Military OneSource



Range of Support



Counseling



Face-to-Face Counseling	Telephone Counseling	Online Counseling
Face-to-face sessions with a local professional counselor	Telephone counseling with a professional counselor	Online counseling with a professional counselor, held in a secure chat environment

Short-term, solution-focused counseling referrals for:

- Readjusting to home and life during or after deployment or mobilization
- Stress management
- Marital and couples counseling
- Counseling for parent-child (or guardian-child) issues
- Grief counseling
- Relationships
- Coping with job or career stress

Financial Services



Financial Counseling

- Budgeting and general financial management
- Debt management
- Housing counseling

Financial Planning

- Investing
- Retirement planning
- Planning for college
- TSP/401K/Pensions
- Traditional and ROTH IRAs
- Assistance in selecting a certified financial planner in the local community
- Tax questions/Tax preparation

Access



Toll-Free telephone
1-800-342-9647



www.MilitaryOneSource.mil



E-mail your questions
to a consultant



Interaction with trained
outreach professionals

You can expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced, caring people
- Up-to-date and useful information
- No cost
- A commitment to quality



Sexual Assault Response Coordinator (SARC)

- Provides policy, education, 24/7, Identification of issues and develop solutions at the lowest possible level. SARC cell 615-347-9372
- DoD Safe Helpline 1-877-995-5247
- Provide confidential advocacy and resources to victims of sexual assault
- Provide training to Soldiers on Sexual Harassment/Assault Response Program and Airman training on Bystander Intervention



CHAPLAIN

“Bringing God to Soldiers & Soldiers to God”

- Spiritual Fitness
- Pastoral Counseling & Family Life Enrichment
- Strong Bonds @ www.strongbonds.org
- Partners In Care
- Financial Peace[®]
- Military Marriage Mentors (M3)

J9 Support Chaplain Team: CH Phillips – *Nashville*, CH Saunders – *Chattanooga*, CH Basham – *Smyrna*, CH Holcomb – *Millington*



Resilience, Risk Reduction, and Suicide Prevention (R3SP)

RISK REDUCTION

Guard Your Buddy
Battle Buddy Procedures
Unit Risk Inventory (URI)

Resiliency – 5 dimensions (R3SP Council)

Social – Battle Buddy Procedures
Family – FAS & FRSA Training
Physical – Warrior Fit Camp
Spiritual – Partners in Care
Behavioral Health & Suicide Prevention - Stigma



Resilience, Risk Reduction, and Suicide Prevention (R3SP)

RESILIENCY CONTINUED:

Pre, during, post deployment events

1 Hour per quarter required training

MRTs (Master Resiliency Trainers)

RTAs (Resilience Training Assistants)

SUICIDE PREVENTION

Suicide Intervention Officers

ASIST (Applied Suicide Intervention Skills Training)

ACE Training (Ask, Care, Escort)

Battle Buddy Procedures

Guard Your Buddy



Guard Your Buddy is a joint effort by the Tennessee National Guard, The Jason Foundation, Inc., and E4 Health to give the men, women, and families in the Tennessee National Guard anytime, anywhere access to **critical life resources**, on-demand counseling, and **on-call suicide prevention**.



GET HELP NOW



CALL: (855) 435-7492

LIVE CHAT COMING SOON

EMAIL

Are you or someone you know struggling with suicidal thoughts?

Help is available now: Call 855 HELP GYB (855-435-7492) to speak with a licensed professional.

SUICIDE PREVENTION



Suicide is a national health problem in the United States. On average, 25 soldiers were lost to suicide every month in 2010.

Click below to learn what you can do to help prevent suicide.

- Learn The Warning Signs
- Dispel The Myths
- Do's And Don'ts
- How Can I Help?

TAKE THE RASCAL FLATTS

YOUR RESOURCES



Guard members and their families already have many resources at their disposal, however many don't know where to find them.

Your Resources are organized here in the hopes of making your life simpler and easier.

- Your Community
- Your Mind
- Your Spirit
- Your Job
- Your Newsletter
- Your Guard
- Your Family Resources

The Guard Your Buddy program is a community driven communication engagement platform that brings all Guard members, particularly the at-risk Guard members, in contact with on demand resources and support with the main goal of preventing suicide.

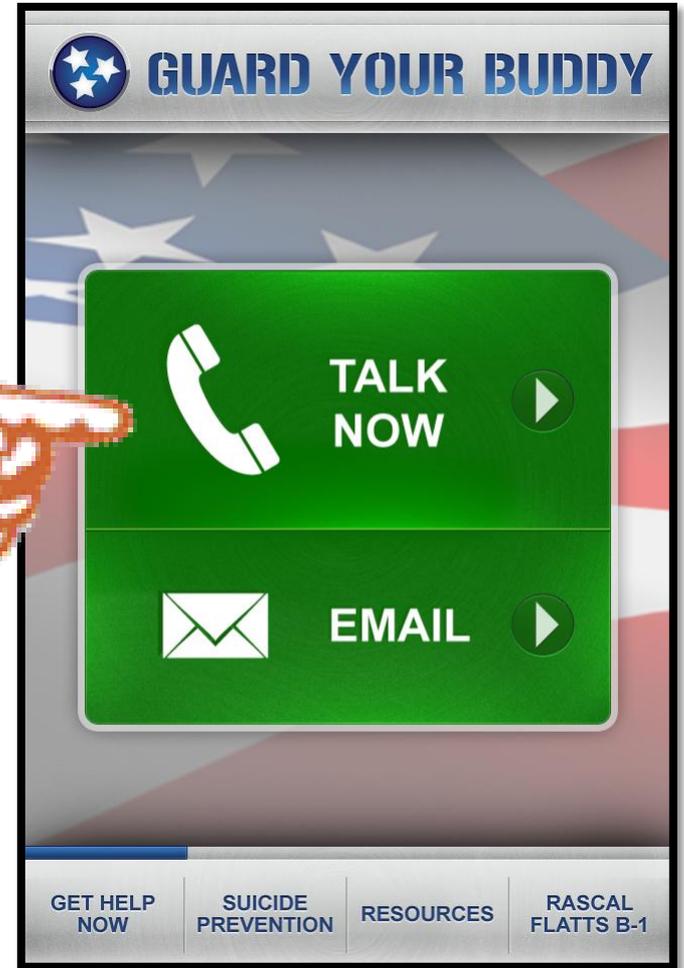
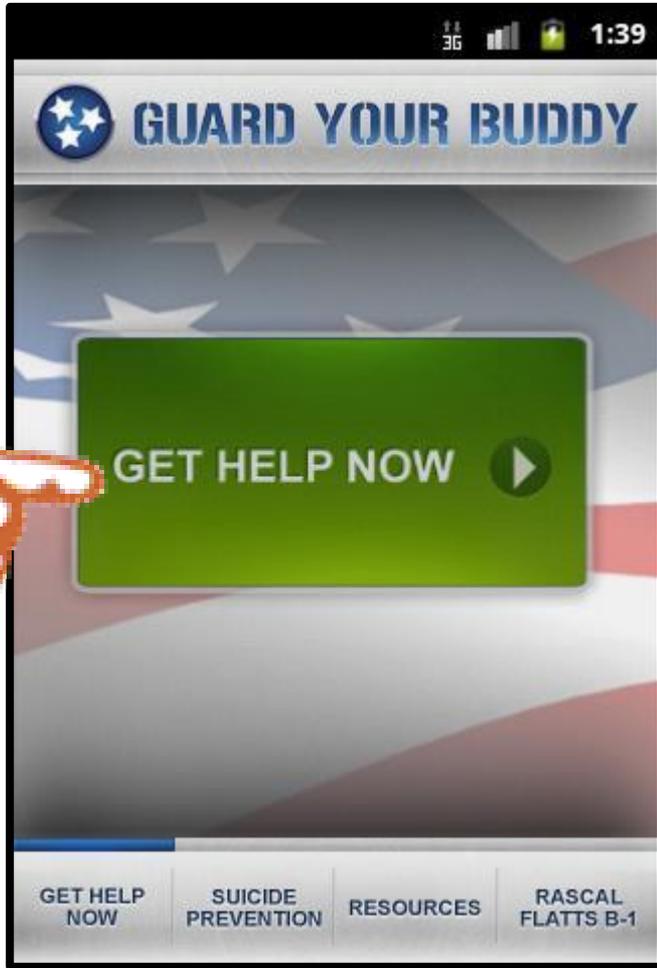
The program enhances the resources already in place for the Tennessee National Guard ~ these are **Confidential** at no-cost to the Guard members & families.



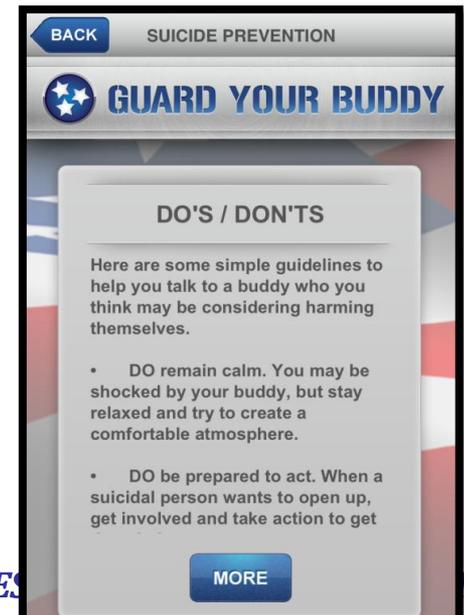
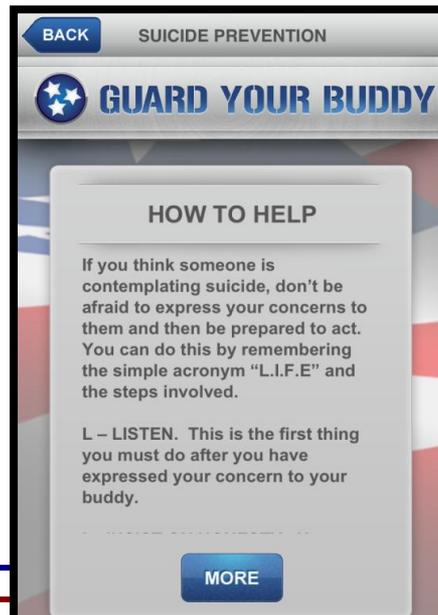
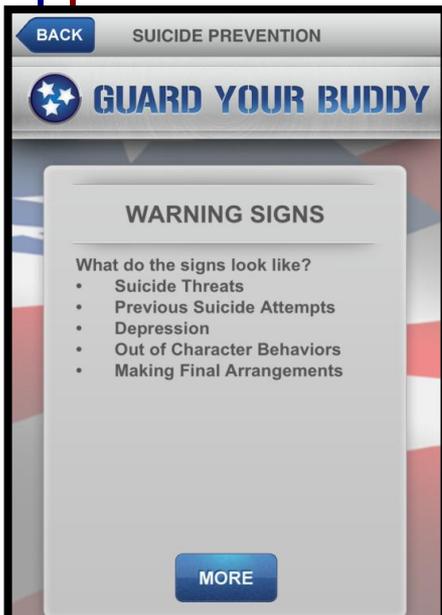


GUARD YOUR BUDDY SMART PHONE APP





SUICIDE PREVENTION





RESOURCES

GUARD YOUR BUDDY

RESOURCES

- YOUR RESOURCES
- YOUR FAMILY
- YOUR MONEY
- YOUR FEELINGS
- ENGAGE

GET HELP NOW | SUICIDE PREVENTION | RESOURCES | RASCAL FLATTS B-1

RESOURCES

GUARD YOUR BUDDY

YOUR RESOURCES

'Your Resources' provides a list of resources currently available for both Guard Members and their families. Some of the topics included are your family, your job, your spirit, your guard and several other helpful resources.

MORE

RESOURCES

GUARD YOUR BUDDY

YOUR FAMILY

'Your Family' is designed to provide additional information on topics important to the family structure. These additional tools and resources are provided so that you and your family may be better equipped to handle life's everyday challenges.

MORE

BACK RESOURCES

GUARD YOUR BUDDY

YOUR MONEY

Register here to obtain access to financial and legal resources and support. As a registered member you will have access to financial counselors, tax advisors, and top-rated attorneys within your local community.

MORE

BACK RESOURCES

GUARD YOUR BUDDY

YOUR FEELINGS

Get in touch with your feelings! This section provides information on a variety of topics relative to your feelings toward certain areas of your life.

MORE

BACK RESOURCES

GUARD YOUR BUDDY

ENGAGE

Visit this area often for the most current news, events and contests.

MORE



Employer Support of the Guard and Reserve

Develop and promote Employer Support by:

- ✓ Recognizing Outstanding Employer Support
- ✓ Awareness of Applicable Laws
- ✓ Resolving Conflict between Employers & Service Members
- ✓ Annual USERRA briefing given by ESGR Volunteers
- ✓ Employment Initiative Program

Provide Career Management

- ✓ Employment Assistance Workshops
- ✓ Job Connection Education Program Training and Development Specialist – POC Bill Marley

POC Marvin Wells 615-313-0753
marvin.r.wells@us.army.mil



Employment Assistance Workshops

- Workshops typically 2 ½ Day (2 Day Workshops can be delivered during weekend drill)
- Open to Service Members, Spouses & Veterans
- Return from Deployment FY11, FY12, or FY 13 are eligible for orders.

Components - Job Application Prep, Creating a Resume, Interviewing Skills, Job Fairs, TN Career Centers/Veterans Services

***** Next workshops ******

12-14 September – Jackson, TN

22-24 October – Smyrna, TN

7-9 November – Memphis, TN

POC Marvin Wells 615-313-0753

marvin.r.wells@us.army.mil



Job Connection Education Program JCEP

- JCEP's Training and Development Specialists personally assists participants with education or employment connections by partnering with local businesses, State and Federal agencies and education institutions
- Connects the unemployed and underemployed Guard Family to education and employment opportunities to gain long-term employment and build careers
- Provides Soldiers and their spouses one-on-one career counseling, resume building, application assistance, mock interviewing, relevant workforce training, online job search training, and much more
- Develops a well-rounded Guard Family by improving their abilities to research, obtain, and retain civilian employment through education and job connections

Bill Marley 615-428-6438 or bill.marley@jcep.info
Lance Pryor 281-467-2999 or lance.pryor@jcep.info



Transition Assistance Advisor

Mike Goodrich



Veteran Benefits & Services



Department of Veterans Affairs

Three areas under the DVA Umbrella

- **Veterans Benefits Administration**

All VA benefits - Compensation, Education, Home Loan Guaranty, etc.
Administered by VA Regional Offices

- **Veterans Health Administration**

All VA health care services
Administered by VA Medical Centers, Ambulatory Care & Community
Based Outpatient Clinics, etc.

- **National Cemetery Administration**

National and State Veterans Cemeteries
Headstones & Markers
Presidential Memorial Certificates



Traumatic Injury SGLI

Benefit of \$25K - \$100K depending on injury

- Premium is \$1.00 per month
- Types of loss covered:
 - Loss of limbs
 - Loss of vision, hearing, speech
 - Traumatic brain injury/coma
- Some conditions excluded
- Not in effect during 120-day post separation period

**POC Mike Goodrich 615-202-6139 or 615-313-3096 or
Charles.goodrich@us.army.mil**



TENNESSEE ARMY NATIONAL GUARD

MILITARY FUNERAL HONORS PROGRAM

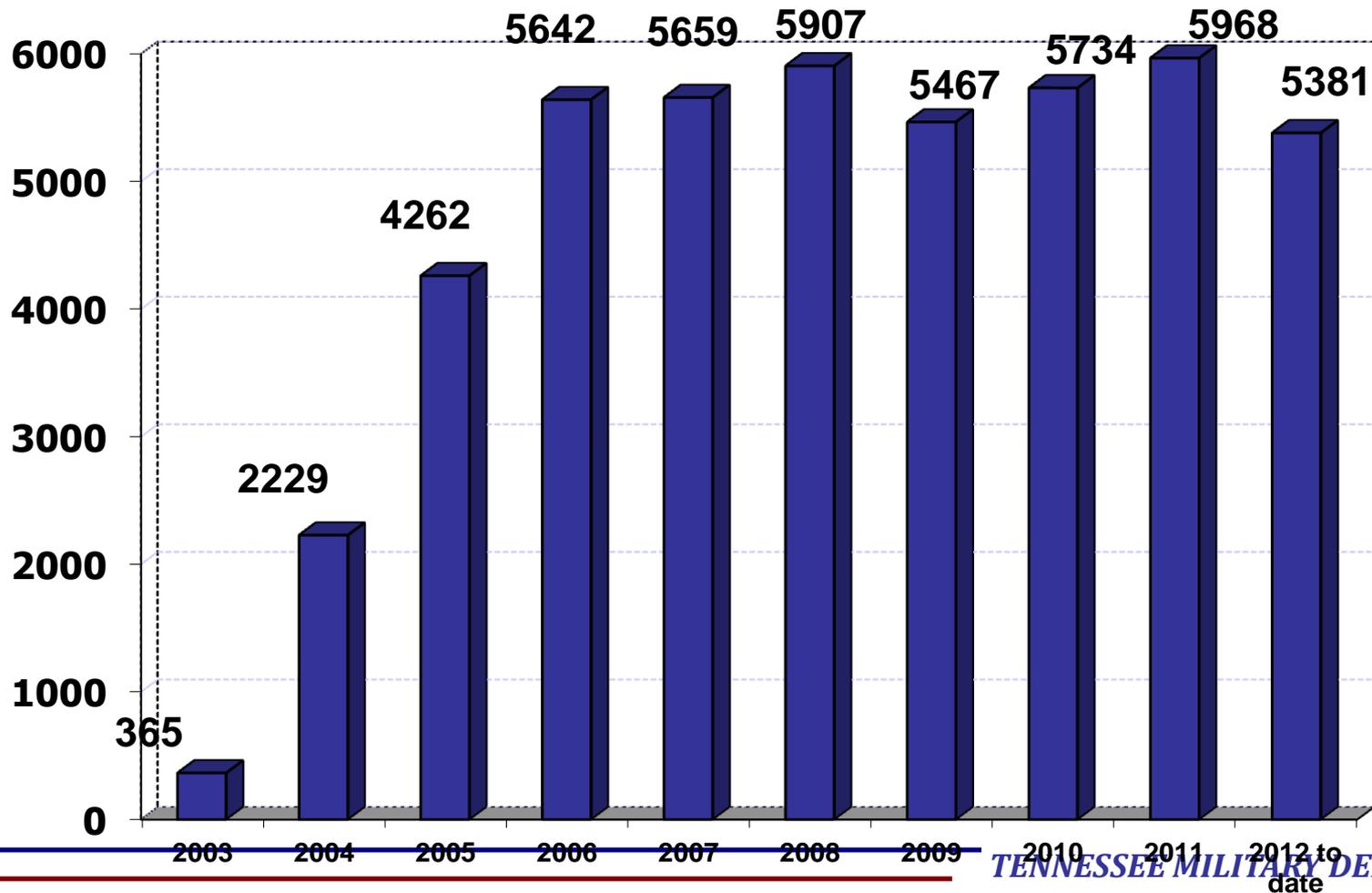
- DoD Instruction 1300.15 (22 Oct 07)
“Military Funeral Support”
- NGB Directives/Memorandums/SOPs
- “John Warner National Defense Authorization Act for FY 2008” Title V (MilPers Policy), Subtitle G, Section 562
- FM 3-21.5
- AR 600-25





Tennessee ARNG Honor Guard Funeral Honors Performed: 2003-Present

* Tennessee Honor Guard has performed 100% of all funeral honors requested with 46,600 services conducted.





“Honoring Those Who Serve”

- All Trained to Arlington Standards
- 40 Hours Distance Learning
- 40 Hours Class Room Training
- Average 500 Missions Monthly
- Ceremonial Dress Blue or ASU Uniform with Service Cap
- 42 - M14 Rifles
- 26 - Vehicles State Wide with over 500K Miles Annually



Fred Sullivan 615-355-3700 frederick.t.sullivan@us.army.mil
SFC Detwiler 615-355-3603 richard.detwiler@us.army.mil

Tennessee National Guard



SURVIVOR OUTREACH SERVICES

Don Grindstaff 423-328-6894

Russ Maxey 615-278-4810

Tami Edwards 901-395-5931



SOS COORDINATORS

- Function as the long term support personnel for Survivors
- Facilitate support groups and family activities
- Provide life skills education
- Connect Survivors with resources based on individual needs
 - Financial
 - Counseling (Adult and Child)
 - Educational



THE CIRCLE OF LIFE

J9

Director, J9

COL Patricia Jones

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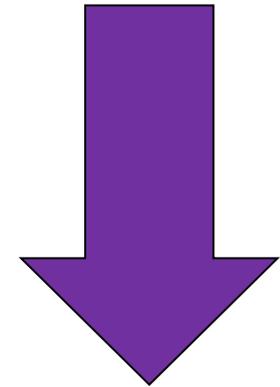
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