

# Connectedness

Target Audience: [Unit Members](#)

## Training Objectives

- To identify indicators of at-risk behaviors/indicators
- Emphasize what to do if you know an individual who needs assistance, may be suicidal or at-risk.

## Physical Setting

- Participants seated at tables viewing monitors and transitioning into groups assigned by facilitator to discuss a possible COA. Then, sharing group's decision amongst all group members.

## Procedures:

- Facilitator will arrange room for the members to observe the monitor
- Facilitator will read the training objectives to the participants
- Facilitator will show the video

**Facilitator reads:** The video you are about to view depicts a Service Member undergoing some personal issues. After the video, you will answer some individual questions and then discuss the situation as a group.

**Facilitator will now play the video.**

**Facilitator reads:** Now that you have viewed the scenario, you have 5 minutes to individually answer the following questions:

- What is your take away from that video?
- What warning signs do you see in this video?
- Are there any red flags about the man's safety?
- Do you think someone should have intervened earlier?
- How could you have intervened?
- What would you have said?
- Would you know where to get help for someone?
- What will you do in the future if you notice someone needs assistance?

**After 5 minutes, the facilitator reads the following:**

**Facilitator reads:** Now that you have had the opportunity to come up with your own responses, as a group (5-10) share your responses with each other and come up with a consensus on corrective actions to share with the entire group. You will have 10 minutes to discuss your responses.

**After 10 minutes, ask for a few small groups to share their responses with the large group.**

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## Discussion Key

- What warning signs (actions and/or behaviors) did you witness?
  - a. The male demonstrated signs of aloofness, distractedness, low morale, anguish, depression, non-group participation (isolation/solitary), etc.
  - b. Other members seemed to ostracize him to some degree which could contribute to his low feeling of self-worth
  - c. Other members did not identify he was undergoing personal issues or pursue his lack of response when questioned
- How could you have intervened?
  - a. Asked him directly how he was feeling, if he needed anything, what you could do to help
  - b. Asked him out for lunch to talk, engaged him in conversation to learn more
  - c. Asked him if he was aware of the resources available to him and assisted him in getting help
  - d. Asked if he is suicidal or if he was planning on hurting himself
- Would you know where to get help for someone?
  - a. Medical professionals, psychologists, counselors, military chaplains, close friends, family, co-workers
  - b. Military Crisis Line

This scenario demonstrates indicators that may not seem important on the surface or individually, but in aggregate show the potential for the development of a more serious dilemma. Leaders must continually be aware of changes in behavior and small indicators that can reveal or imply a developing problem or issue. Learn about your people, their personal lives, and know what is going on with them. Show that you care and demonstrate that they can reach out to you for help if needed. Train junior leaders to take things seriously and to intervene at the earliest opportunities when they detect a possible problem. Leaders and unit members and leaders must be observant and vigilant and address these type of behaviors immediately before they become more serious.

This is not an all-inclusive list of observations or strategies. The intent of this training is to start a discussion between unit members on potential behaviors that can effect individuals in and outside the workplace and potential strategies to address these occurrences.