



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY TRAINING AND DOCTRINE COMMAND
950 JEFFERSON AVENUE
FORT EUSTIS, VIRGINIA 23604-5700

REPLY TO
ATTENTION OF

ATBO-M

21 APR 2014

MEMORANDUM FOR SEE DISTRIBUTION

**SUBJECT: TRADOC Policy Letter 4, Ready and Resilient Campaign (R2C) –
Reducing High-Risk Behavior and Preventing Suicide**

1. This policy letter provides guidance for TRADOC commanders and leaders to build readiness and resilience, manage high-risk behavior, and prevent suicide in their units. The following guidance will assist all commanders and leaders in their responsibilities to build readiness and resilience in their units, and better manage high-risk behavior:

a. Know your Soldiers and personnel. Leaders should know their personnel well and demonstrate genuine care for them. Commanders will ensure all personnel receive effective and timely developmental counseling to strengthen mentoring and build interpersonal relationships with subordinates.

b. Train all personnel on building resilience through Comprehensive Soldier and Family Fitness, and Master Resilience Trainer resources. Leaders will ensure all personnel satisfy related unit training requirements IAW AR 350-1, Army Training and Leader Development (i.e., Army Suicide Prevention Program, Sexual Harassment/Assault Response and Prevention, Army Substance Abuse Program, and Army Traffic Safety Training Program).

c. Reduce stigma. Leaders at all levels will encourage Soldiers to seek support when needed and not tolerate stigmatizing messages in the unit.

d. Plan for transitions. Leaders and supervisors appreciate the clear relationship between multiple significant life transitions with the potential for high risk behavior. Leaders will support active unit integration programs that ensure immediate accountability for incoming personnel, assign sponsors, and ensure stabilization support.

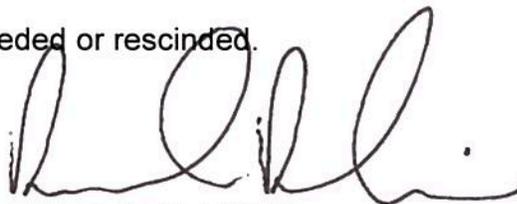
e. Coordinate support resources. Several R2C and Army resources are available to assist commanders. Leaders must recognize the indicators of high-risk behavior and refer personnel to appropriate programs and services. They must also facilitate attendance and participation.

2. In-depth resources for building resilience, managing high-risk behavior, and preventing suicide are available in TRADOC Pam 600-22, Leader's Guide for Risk

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Reduction and Suicide Prevention, and at the Army's Ready and Resilient Web site,
<http://www.army.mil/readyandresilient>.

3. This policy letter is effective until superseded or rescinded.



DAVID G. PERKINS
General, U.S. Army
Commanding

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