



**Armed Forces Retirement Home
Office of the Chief Operating Officer
3700 N. Capitol Street, Box 550
Washington, DC 20011-8400**

September 26, 2019

**MEMORANDUM FOR EMPLOYEES, MANAGERS, SUPERVISORS, RESIDENTS
OF THE ARMED FORCES RETIREMENT HOME (AFRH)**

SUBJECT: 2019 Policy Statement Regarding Suicide Prevention

As the Chief Operating Officer, I would like to solicit the support of every Resident and employee of AFRH to be familiar with the warning signs displayed by individuals contemplating suicide.

Suicide warning signs can include variable factors such as loneliness, depression, anxiety, alcohol abuse, controlled substance abuse, illegal drugs, change in health, severe pain, failure to take one's medications as prescribed, relationship issues, indebtedness, feelings of hopelessness, alienation from family members or friends, isolation, and/or loss of a loved one or close friend.

If a Resident talks about suicide or self-harm, has a change in their regular hygiene, has a change in sleep pattern, seems detached or expresses hopelessness, guilt, or despair, tries to give away prized possessions, is undergoing increased stress, mentions trouble or estrangement with family members or friends, or is under financial duress - and the person has voiced concern - then it is the duty of fellow Residents, family members, staff members, or friends to immediately report their concern to the facility Administrator, the Chief of Healthcare Services, the Director of Nursing, the Chief of Resident Services, the facility Ombudsman or any manager or supervisor.

Similarly, when an employee expresses or displays any warning signs, their fellow employees should report their concerns through proper channels.

The AFRH is committed to having a Suicide Prevention and Awareness Program that partners with the Resident, family, and staff members.

Each facility's Resident Suicide Prevention Program should consist of the following components: education, risk assessment, intervention, rapid response, reporting and monitoring.

I urge each person who suspects that anyone with whom they have contact is contemplating suicide immediately report their concerns. You may be the only person that can make a difference and save the individual's life.


JAMES M. BRANHAM
Chief Operating Officer