



**Armed Forces Retirement Home
Chief Operating Officer
3700 North Capitol Street, N.W.
Washington, DC 20011-8400**

January 12, 2022

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

SUBJECT: 2022 Suicide Prevention Policy Statement

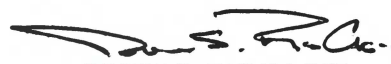
As the Chief Operating Officer, I am soliciting the support of every Resident and employee of AFRH to make themselves aware of the warning signs displayed by individuals contemplating suicide.

Suicide is not limited to any one specific gender, age or ethnic group. The trigger(s) for an individual considering suicide varies greatly – poor health, loneliness, depression, anxiety, alcoholism, illegal drugs, failure to take one's prescribed medications, troubled relationships, indebtedness, feelings of hopelessness, alienation from family members or friends, and/or loss of a loved one or close friend. In many cases the individual may experience multiple triggers, and in other cases, the individual does not display any distress.

If a Resident or fellow staff member voices a desire to do bodily injury to himself or herself; has a change in their regular hygiene; seems detached or doesn't seem to like themselves; parts with items that they normally hold dear; is undergoing increased stress; mentions trouble or estrangement with family members; or is indebted - and the person has voiced concern – then it is the **duty** of fellow Residents or staff members to report their concern to the facility Administrator, a Service Chief, the Director of Nursing, the Ombudsman or any manager or supervisor. Similarly, when an employee displays thoughts of suicide their fellow employees should report their concerns through proper channels.

AFRH is committed to having a Suicide Prevention and Awareness Program that partners with the Resident, his or her family, staff members and the individual's fellow Residents. Each and every individual, should be ever mindful of signs that may indicate a decline in one's desire to an active lifestyle. Each facility's Suicide Prevention Program should consist of the following components: education, intervention, rapid response, reporting and monitoring.

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


JOHN S. RISCASSI
Chief Operating Officer

Distribution:
Residents
All Employees (electronically)