

Enclosure C-1: Email Notifying Commanders of Project

Subject: Experiences of Junior Enlisted Soldiers in Alaska Data Collection Announcement

[Insert Rank and Name of Commander]:

The U.S. Army Research Institute for the Behavioral and Social Sciences (ARI) was tasked by the Vice Chief of Staff of the Army to investigate the experiences of junior enlisted Soldiers in Alaska. Part of this task is a survey, which will be administered at JBER and Fort Wainwright **in the next few weeks**. At the direction of the ASA M&RA, our survey includes questions about suicide. We are reaching out to you today because you are a company commander of Soldiers who may complete our survey.

ARI researchers are not clinical psychologists; as such, we are not authorized or trained to provide guidance regarding mental health treatment of Soldiers, but we want to ensure that Soldiers who are at risk of harming themselves are connected with the necessary resources. Although we will provide all survey participants with information on how to contact Military OneSource and other resources, some at-risk Soldiers may also benefit from individual support. If junior enlisted Soldiers under your command express thoughts about suicide, we will inform you via encrypted email so that you may provide whatever assistance you deem appropriate in accordance with Army Regulation 600-92 and Army policy (SECARMY memo 29AUG23). Prior to completing the survey, all Soldiers will be informed that we will contact their company commander if they express thoughts of suicide in their survey responses. In particular, we will be reviewing all surveys for positive responses to either or both of the following questions:

(1) Since arriving at this duty station, have you wished you were dead or wished you could go to sleep and not wake up?

(2) Since arriving at this duty station, have you actually had any thoughts of killing yourself?

If you receive an email from us during the data collection indicating that one or more of your Soldiers has expressed suicidal ideation, we ask that you **acknowledge receipt**, so we can confirm that this information has been received. If you receive multiple emails from us, please **acknowledge each email**. To protect Soldiers' confidentiality, it is not necessary for you to divulge any details regarding the status of an individual Soldier or any actions you undertook in response to our email; we simply ask that you acknowledge each notification so we will know that you are aware of the situation.

Attached to this email is a template showing the notification email you might receive. I encourage you to familiarize yourself with it ahead of time in case you have any questions about how to respond.

If you have any questions or concerns, please contact Dr. Krystal Roach at: krystal.n.roach.civ@army.mil; 703-472-1942.

Very Respectfully,

Krystal N. Roach, Ph.D.

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Office: (703) 472-1942

Enclosure C-2: Email Notifying Commanders of Soldier(s) Expressing Suicidal Ideation

Subject: ACTION REQUIRED Experiences of Junior Enlisted Soldiers in Alaska Data Collection Notice **[ENCRYPTED]**

[Insert Rank and Name of Commander]

Previously I reached out about data collection with junior enlisted Soldiers in Alaska. I'm emailing today because our data shows that [a] Solider[s] in your company expressed thoughts about suicide. The Solider name[s] are listed below:

[Insert Soldier's Names]

We request that you **reply to acknowledge receipt of this email within 24 hours. Please do not include any confidential information regarding the status of any individual Soldier other than to acknowledge that you received this notification.**

As previously noted, ARI researchers are not clinical psychologists and cannot provide mental health treatment. Please take action in accordance with the Army Suicide Prevention Program, Army Regulation 600-92. You may also contact any of the resources below (see also the attached version, which was provided to all Soldiers who attended the data collection):

Military OneSource (militaryonesource.mil): 1-800-342-9647 or 703-253-7599

Veterans/Military Crisis Line (VCL/MCL): 844-702-5493 or DSN 988

Suicide & Crisis Lifeline (<https://988lifeline.org/>): call or text 988

National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

If you have any questions or concerns, please contact Dr. Krystal Roach at: krystal.n.roach.civ@army.mil; 703-472-1942.

Very Respectfully,

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