Communication Tool Kit

PHYSICAL, **M**ENTAL, **S**PIRITUAL, **S**OCIAL, **F**INANCIAL

QUARTER 1 (OCTOBER-DECEMBER)

Q1 Vignette (Social Pillar)

Connect to Protect-Engage with Others in Meaningful Relationships

Vignette: You and unit members are on your motorcycles and decide to stop and have dinner and shoot some pool. You mention that one of your battle buddies is "acting crazy" and riding over 100 MPH down a stretch of County road. While you're having a good time you share with everyone that the anniversary of your grandfather's death is the next day, and you all have a drink to him. Shortly after, your buddy who was seen speeding, casually mentions that her mother is dying. The night is great and everyone leaves together. You see the same buddy speed off in the direction where she lives. What do you do next?

Action Steps:

- How would you handle this situation as a leader?
- How would you handle this situation as a peer?
- How would you handle this situation for yourself?
- What strengths do you possess to support you?
- What are some attitudes or beliefs that would hinder OR support you to create an optimal situation?
- What are similar success stories are you aware of?
- How could you use personal PMM in this situation?
- What did you take away from this discussion?

RESOURCES: SMSD 1-800-292-9464 option 1, Psychological Health Program, MOS

Q1 Vignette (Social Pillar)

Connect to Protect-Engage with Others in Meaningful Relationships

Solution/Resolution:

- Either the same night or the next day, in person/by phone, talk with your buddy about her mom and her own personal maintenance. Talk to her about a community support group you know of and may have even utilized yourself, and offer to connect her. "I am concerned and want you to agree to do something to ensure you're taking care of yourself."
- Offer to connect her with a DPH for additional support. Offer her Military One Source. Ask if she wants to call with you right now. Offer to go to a grief support group together.
- Let CoC know you have concerns.

Q1 Vignette (Social Pillar)

Connect to Protect-Engage with Others in Meaningful Relationships

Takeaways:

- There is no need to shoulder the concerns on your own. Your CoC may have other ideas to help your buddy.
- Assure the soldier you and others are there to support her. Engage the soldier whose mother is dying, and get her connected to DPH or MOS.
- Be sure to continue to engage, show support, and empathy. Connection to others is a leading safety factor for anyone at risk of harm to self, or that is in a crisis.

Resources:

- DPH to connect for more support- GKO website
- 211 to find a grief support groups (great for resources anywhere in WI)
- Military One Source (MOS) 800-342-9647
- Unit chaplain for support

Feedback From the Field:

We know your time is valuable and we want to thank you for setting aside some time to talk over these topics. Your feedback is highly encouraged and welcomed. We would love to hear your thoughts and ideas as to how well these discussions were implemented and how well they were received. For feedback, suggestions or even any success stories that you would like to share, a survey can be completed at:

https://www.surveymonkey.com/r/SMSD2021