



UNITED STATES MARINE CORPS
1ST MARINE AIRCRAFT WING
UNIT 37101
FPO AP 96603-7101

WgO 6520.1B
16
21 MAR 2005

WING ORDER 6520.1B

From: Commanding General
To: Distribution List

Subj: SUICIDE AWARENESS AND PREVENTION PROGRAM

Ref: (a) MILPERSMAN 1770-090
(b) MCO P3040.4E
(c) WgO 3040.4D
(d) MCO P1700.29
(e) DON All-Hands Training Manual on Suicide Prevention

Encl: (1) Warrior Personal Stress Rating Scale

1. Purpose. To develop a Suicide Awareness and Prevention Program within 1st Marine Aircraft Wing (MAW) and promulgate policy, procedure, and commander's intent regarding suicide awareness training and the suicide prevention program. For reporting actual suicidal incidents, refer to references (a) through (c).

2. Cancellation. WgO 6520.1A.

3. Summary of Revision. This Order has been thoroughly revised and should be read in its entirety. The most significant revisions include:

a. Elimination of the requirements for a Suicide Awareness Training Coordinator and a Suicide Awareness Training Team.

b. Designation of Chaplains as the primary resource to teach, coordinate, and facilitate the presentation of Suicide Awareness and Stress Management Programs.

c. Change of the requirement from twice yearly training on suicide awareness and prevention to annual suicide awareness training and incorporation of suicide awareness and stress

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management training throughout the year during safety briefs and safety stand downs.

d. Incorporation of the Warrior Personal Stress Rating Scale in the unit check-in process.

4. Commander's Intent. Suicide and incidents of suicidal behavior are a major concern. Such self-destructive acts adversely affect morale, esprit de corps and unit effectiveness. This Order promulgates a strategy for decreasing incidents of suicide and suicidal behavior throughout 1st MAW. All personnel in leadership positions must counsel Marines and Sailors regularly to identify potential problems and enable proactive solutions to such problems. Concerned, compassionate leadership at all levels will reduce incidents of suicide and suicidal behavior.

5. Responsibility. Commanders shall ensure that the steps outlined below are accomplished and that continued training occurs in accordance with references (d) through (e). Reference (e) should be used while conducting suicide awareness and prevention training.

6. Scope. This order applies to all 1st MAW commands. Each commander will initiate an effective, proactive suicide prevention program. This order is designed to aid the commander in providing education, assessment and a venue for all Marines and Sailors who may be experiencing difficulty.

7. Action.

a. Commanders

(1) Commanders will incorporate suicide prevention assessment tools into the personnel check-in process. Every person reporting into 1st MAW shall obtain a signature from the Chaplain's office when first reporting into the command and when returning from a major operation within the first five working days of their arrival. Commanders will not grant leave to personnel returning from operational deployments until such personnel have first visited the Chaplain. During this check-in visit, the Command Chaplain shall ensure that all personnel are familiar with their chaplain's services and that all personnel

undergoing the check-in process are administered enclosure (1), the Warrior Personal Stress Rating Scale (WPSRS). The WPSRS helps the Chaplain gauge further assistance requirements. The WPSRS augments the Post Deployment Health Assessment (PDHA) administered by medical personnel. The Chaplain's office will score each WPSRS during the check-in process. Personnel requiring further support via counseling, further mental health assessment or referral will receive maximum support and encouragement from their chain of command. Maximum command support encourages Marines and Sailors to complete their follow-up care and ensures they receive the best support.

(2) Commanders will also ensure that their Marines and Sailors receive annual Suicide Awareness Training. Per reference (d), this training will be conducted at the lowest level in order to maximize effectiveness. Commanders shall also ensure that Suicide Awareness and Stress Management training is incorporated throughout the year during safety briefs and safety standdowns. Such briefs shall be coordinated through unit Chaplains and can be offered by Chaplains, Marine Corps Family Team Building personnel, medical and/or Marine Corps Community Service (MCCS) Counselors.

b. Chaplains

(1) All Chaplains assigned to 1st MAW shall be well versed with the contents in reference (e) and prepared to act as a primary resource for Commanders.

(2) Chaplains shall act as the primary command resource to teach, coordinate, and facilitate the presentation of Suicide Awareness and Stress Management programs. Chaplains shall work closely with their **medical counterparts**, MCCS resources, and community resources to ensure a coordinated community response. Chaplains should involve senior enlisted personnel in these programs in order to encourage maximum awareness within the Staff Noncommissioned Officer (SNCO) community.

(3) Chaplains and Religious Program Specialists shall be well versed with the WPSRS.

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c. Sergeants Major

(1) Sergeants Major shall insure command SNCOs are familiar with contents of reference (d).

(2) Sergeants Major shall coordinate with the command Chaplain to ensure advance training is made available to all unit SNCOs.



S. M. FENSTERMACHER
Chief of Staff

Distribution: List 1, 2, 3

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THE WARRIOR PERSONAL STRESS RATING SCALE

The WPSRS is a modified version of the Holmes Rhae Social Readjustment Rating Scale utilized to measure stress levels and its effect on health. The scale was first published in the Journal of Psychosomatic Research, 1967, volume II page 214.

The scale is not an absolute predictor of suicidal ideations, gestures or acts. The scale measures self-recognized levels of stressors known as Life Change Units (LCU), for various events. A score of 300 or more is considered high. Persons with a low stress tolerance may find themselves overstressed with a score of 200. The test is used to determine disease susceptibility. A subject who scores 150 points or less is believed to have a 37% chance of becoming ill. An individual who scores between 150 to 300 points is projected to have an illness probability of 51%. A score of over 300 may have an 80% chance of serious illness in the next 2 years.

We can utilize the same scale to help us assess an individuals stress level and the probability that assistance may be required. The WPSRS is a tool to help commands identify "periods of concern" and assist in providing a coordinated community response.

Every Marine and Sailor will be scored within the chaplain's office by the RP. Personnel who score within the 250-300 ranges will be referred to the Chaplain for an informal interview. For further assessment, personnel who score 300 points or above will be interviewed by the Chaplain in a more involved session to help determine if further intervention is necessary. The Chaplain will determine appropriate referral to mental health community resources for medical, stress counseling or mental health screening. If a Marine or Sailor is determined to be in need of further assistance, the chaplain's office will contact the gaining unit and inform the OIC/SNOIC. The OIC/SNOIC will ensure that personnel referred for ongoing support receive the appropriate support. The greatest deterrence to personnel seeking necessary assistance for mental health issues is the perception that the command will see them as weak members of the unit.

ENCLOSURE (1)

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THE WARRIOR PERSONAL STRESS RATING SCALE

**1ST MARINE AIRCRAFT WING
WARRIOR PERSONAL STRESS RATING SCALE**

Last Name/First Name/Rank

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Unit Section/Telephone

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Please read each category and if it applies to you place an x to the left of the statement.

Description of Event	Quotient	Indicator
Professional Factors		
Legal Problems (Court martial/NJP/jail)	60	0
Beginning college courses	45	0
Change in duty station	45	0
Any drug or alcohol use	45	0
Counseled or in trouble at work	45	0
Working more than 40 hours per week	35	0
Don't want to be in this command/section	35	0
Changes in work responsibilities	35	0
Change to a new work assignment (new fire team, section, etc.)	30	0
Outstanding personal achievement	25	0
Trouble with immediate supervisor	20	0
Relationship Factors	0	0
Death of spouse, child, parent, boyfriend/girlfriend	100	0
Divorce	65	0
Broken relationship (separation)	60	0
Deployed from spouse/significant other	60	0
Death of other family member (not listed above)	60	0
Pregnancy	55	0
Broken engagement	55	0
Engagement	50	0
Serious personal injury	45	0
Recently Married	45	0
Reconciliation with mate (spouse/boyfriend/girlfriend)	40	0
Serious health problem of a family member	40	0
Change in frequency of dating	35	0
New baby	35	0
Death of a friend (not family member)	30	0
Trouble with in-laws or boyfriend's/girlfriend's family	25	0
Change in roommate, living conditions	20	0

ENCLOSURE (1)

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THE WARRIOR PERSONAL STRESS RATING SCALE

Description of Event	Quotient	Indicator
Operational Factors	0	0
Wounded in combat	75	0
Engaged in heavy direct combat in last 6 months	65	0
Loss of friend in combat	60	0
Engaged in 2 or less incidents of direct combat in last 6 months	45	0
Involved in indirect/support of combat in last 6 months	40	0
Participated in mission where what I saw bothered me	30	0
Financial Factors	0	0
Working second job	35	0
Change in financial status	30	0
Spouse starts or stops working	25	0
Going into debt (if single - concern for parents in debt)	10	0
Personal Factors	0	0
Change in alcohol or drug use	45	0
Feel surge of anger, road rage, impatience towards others	40	0
Feel depressed or lonely	35	0
Sexual adjustment problems (confusion of sexual identity)	35	0
Change to a number of arguments with mate or friends	30	0
Sleep less than 8 hours per night	25	0
Change in personal habits (start or stop smoking, PT, diet)	20	0
Chronic allergies	20	0
Trouble with PT	20	0
Change in residence	15	0
For women: Currently in pre-menstrual period	15	0
Change in religious activity	15	0
Loss of social circle (different friends)	10	0
Leave or Special Liberty denied	10	0
Presently in winter holiday season	10	0
Minor violation of the law	5	0
STRESS SUMMARY		0

ENCLOSURE (1)