



OFFICE OF THE COMMANDANT
UNITED STATES MILITARY ACADEMY
WEST POINT, NEW YORK 10996-1602

MACC

JUL 03 2017

USCC POLICY MEMORANDUM 10

SUBJECT: Health Promotion, Risk Reduction, and Suicide Prevention

1. REFERENCES:

- a. Army Regulation 600-63, (Army Health Promotion), 14 April 2015.
- b. DA Pamphlet 600-24, (Health Promotion, Risk Reduction, and Suicide Prevention), 14 April 2015.
- c. USMA Regulation 600-24, (Suicide Prevention), 19 January 2010.

2. PURPOSE: To establish the Commandant's policy regarding Health Promotion, Risk Reduction, and Suicide Prevention.

3. POLICY:

a. Promoting healthy lifestyles and preventing suicide are top priorities in this Command. Leaders at all levels are responsible for creating an environment that supports and develops its members to perform at their optimum level both personally and professionally. The Community Health Promotion Council and Ready and Resilient Campaign are key initiatives in sustaining the health, well being, and fitness of the Cadets, Soldiers and DA Civilians in my command.

b. Healthy behaviors and proper prevention activities improve and protect physical, behavioral and spiritual well-being. An active and tobacco-free lifestyle, adequate sleep, a healthy body-mass composition, proper nutrition and responsible alcohol use are essential components of personal health and well-being.

c. Suicide awareness and prevention activities are vital in maintaining a fit force. As leaders, we all need to be aware of and recognize when someone may be at risk, and quick to take appropriate action. Individuals who have personal or emotional problems must be provided the resources and opportunity to receive treatment and support. Each of us is responsible for eliminating policies, procedures, and actions that inadvertently discriminate, punish, or discourage Cadets, Soldiers or employees from seeking professional care. Leaders will utilize an extraordinary degree of discretion when identifying and sharing information regarding Cadets, Soldiers and civilian personnel seeking help.

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d. There are numerous resources for those in need of assistance. Proactively seeking help early leads to quicker recovery and overall well-being. In addition to first line leaders, resources include Army Community Services, Military OneSource, Garrison and USCC Chaplains, Keller Army Community Hospital, Mologne Health Clinic, the Sexual Assault Response Coordinator and the Center for Personal Development.

4. **POINT OF CONTACT:** The proponent for this policy is the USCC Director, Center for Personal Development at x7976.

5. **EXPIRATION:** This policy memorandum remains in effect until superseded or rescinded.



STEVEN W. GILLAND
Brigadier General, USA
Commandant of Cadets