



**Armed Forces Retirement Home  
Chief Operating Officer  
3700 N. Capitol Street, P.O. Box 1303  
Washington, DC 20011-8400**

December 13, 2013

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

**Subj: 2014 Policy Statement Regarding Suicide Prevention**

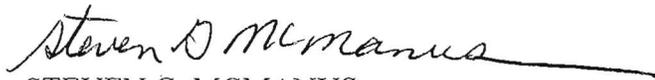
As I begin my fourth year as the Chief Operating Officer of the Armed Forces Retirement Home (AFRH), I would like to solicit the support of each Resident and employee of the AFRH to make themselves aware of the warning signs displayed by individual contemplating suicide.

Suicide is not limited to any one specific gender, age, or ethnic group. The trigger(s) for an individual considering suicide vary 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 like themselves, parts with items that they normally held 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 the fellow Resident, family members, staff member or friend to report their concern to the facility Administrator, the Chief of Healthcare Services, the Director Nursing, the Chief of Resident Services, the facility Ombudsman or any manager or supervisor. Similarly, when an employee displays thoughts of suicide their fellow employee should report their concerns through proper channels.

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

I urge each person who suspects that 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.*

  
STEVEN G. MCMANUS  
Chief Operating Officer