



**RESOURCES**

**SUICIDE PREVENTION LIFELINE**  
 1-800-273-TALK (8255)  
 Vets 4 Warriors 855-838-8255  
 Give An Hour – Counseling Services  
<https://giveanhour.org>

**ARMY RESERVE AVIATION COMMAND 'SUICIDE PREVENTION' NEWSLETTER**



As of 1 Oct 20, the ARAC hit an 80% completion rate in ACE-SI training. This is the highest completion rate recorded in our command; since the original rollout of the ACE-SI training curriculum. Job well done and a thanks to our command teams and all of our SPPLs. Keep up the good work! Your engagement can save a life!!



**ARAC SUICIDAL ACTIVITY NEWS REEL FLASH**

The ARAC Suicide Prevention Program is tracking a 17.7% increase in suicidal Soldier cases for CY'20 in comparison to the previous year. More alarming our command has had a 57.2% increase in suicide attempts over the previous calendar year.

Similar upward trends are being noted throughout the Army, to include the USAR. In regard to completed suicides the Army has already suffered 90% of the total suicides recorded in CY'19 by the end of CY'20's third quarter. The USAR, in similar fashion, has had 88% of the total suicides recorded in CY'19, by the end of this year's third quarter. No doubt our social isolation, poor economy and social unrest is having a negative impact on our behavioral health. Remember, seeking help is a sign of strength!

**Trick or Treat? Think Twice!!**



Many attractions and communities are already canceling their Halloween celebration activities for this year; due to COVID-19. While a disappointment for some, this may come as a welcome relief to others. For those who struggle with traumatic stress, Halloween can bring on additional distress to include: unwanted or intrusive memories, flashbacks, nightmares, heightened startle reactions, hypervigilance, and difficulty sleeping.

Simply put, Halloween is all about fear eliciting entertainment. Based on one's personal experiences stimuli that may cause one to be unexpectedly startled or slightly frightening can lead to a real experience of danger in others.

Such a variance in response relative to the same experience or stressor is neurologically based. The Amygdala is the part of the brain that is involved with our stress and danger response systems. In trauma survivors the Amygdala may become overactive; exaggerating the brain's stress response and sending signs to the survivor that they are currently in danger. Such a response is physiologically based and not a personal weakness.

Early on in my marriage, my wife would, on occasion, get a kick out of watching me jump sky high; after blowing the horn as I walked past the front of the car. While she was laughing, I was trying to catch my breath and not have a heart attack! Fun for her, not so much for me. She stopped after she saw it was so anxiety producing.

I logically knew I was safe, but it would take a few minutes to calm down to let my body and danger response system catch up to the reality that I was in fact safe and that she hadn't ran over me. Such a small startle is nothing to the physiological reaction of a trauma survivor. For a trauma survivor, even small Halloween pranks can elicit anxiety, panic and a multitude of stress related symptoms.



As you can see, the right thing to do is to provide additional support for our trauma survivors during this upcoming holiday. How can you better support those around you? Here are your first steps in doing so:

1. Know the symptoms of traumatic stress.
2. Limit the amount of gruesome and gory decorations and/or costumes that you use.
3. Do not play practical jokes, jump out at, or touch people you do not know well or have not gotten consent from.
4. Be a safe presence for trauma survivors this Halloween. Remind them that they are not alone and that they are safe.

If you do participate in Halloween activities this year be responsible and remember that not everyone finds it to be fun and enjoyable!

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