



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS UNITED STATES AIR FORCE
WASHINGTON DC

28 February 2008

MEMORANDUM FOR ALMAJCOM/SG

FROM: HQ USAF/SG3
110 Luke Avenue, Room 400
Bolling AFB DC 20032-7050

SUBJECT: Frontline Supervisor's Training: Assisting Airmen in Distress

Despite significant progress in reducing suicides over the past decade, the Air Force continues to lose Airmen to suicide each year. In an effort to further reduce suicide, the Air Force Suicide Prevention Program is releasing Frontline Supervisors Training (FST), a voluntary half-day interactive workshop for units and individual supervisors. Details for conducting FST are contained in the course materials, available on-line at <http://afspp.afms.mil>. The attached talking paper provides a brief overview of the program.

Please distribute this information to your installation Suicide Prevention Program Managers and instruct them to brief their Community Action Information Board and Integrated Delivery System on the value of this tool.

My point of contact for this program is Lt Col Steven Pflanz, Chief of the Air Force Suicide Prevention Program, AFMOA/SG300, (703) 681-6333, DSN 761-6333, or Steven.Pflanz@Pentagon.af.mil.

A handwritten signature in black ink, appearing to read "T. J. Loftus".

THOMAS J. LOFTUS
Major General, USAF, MC, CFS
Assistant Surgeon General, Health Care Operations
Office of the Surgeon General

Attachment:
FST Talking Paper

TALKING PAPER
ON
FRONTLINE SUPERVISORS TRAINING

- Frontline Supervisor's Training (FST) is a half-day workshop for supervisors
 - FST is an AF-led, DoD-wide collaborative initiative
 - Course is based on the motto that "Good Leadership is Good Prevention"
 - Provides in-depth training on assisting personnel in distress, as well as suicide prevention
 - Effectively meets needs of supervisors in an affordable manner (saves time & money)
 - Synthesizes skills currently taught in PME and suicide prevention training
 - Emphasizes supervisory skills as much as helping skills
- FST curriculum covers PRESS model of assisting Airmen in distress
 - Prepare: Connect with your people
 - Recognize: Identify personnel in distress
 - Engage: Intervene with distressed Airmen
 - Send: Refer personnel to appropriate helping agency
 - Sustain: Follow-up regularly until problem resolved
- Course Overview:
 - Built as a workshop, not a lecture; learning is interactive, participatory, and experiential
 - Workshop can be taught by any experienced leader, educator, or helping professional
 - Curriculum designed to be readily understood out-of-the-box; no train-the-trainer required
 - Intended primarily for supervisors, but Airmen of all ranks can benefit from the workshop
 - Course materials (curriculum and manual) available on-line at <http://afspp.afms.mil>