



Be The One (BTO) Action Plan

Ten Key Points for Organizing a Post Be The One Program

1. **Reach Out to Legion Headquarters for Marketing Ideas**
 - Recommended pamphlets: one on PTSD and one on Suicide Prevention.
2. **Note Form a Three-Person BTO Team**
 - Start small for easier management.
 - Expand the team as the program grows.
 - Reach out to Legion Headquarters for marketing ideas. There may be costs for reproducing these materials, but some printing companies offer discounts.

PTSD pamphlet (PDF): <https://www.legion.org/search?s=PTSD+Pamphlet>

Suicide Prevention mini trifold (PDF): <https://www.legion.org/advocacy/be-the-one/be-the-one-resources-and-media>
3. **Make a List of Local Service Providers to Connect With**
 - Police, Fire, EMS, and social services agencies.
 - Identify interested local community and business leaders.
4. **Meet with Emergency Responders, Service Agencies, and Community Leaders**
 - Introduce them to the Be The One program.
 - Discuss their concerns and how your post can assist.
5. **Take the Veterans Administration S.A.V.E. Training**
 - The training is simple, easy, and informative.
 - Access it at: <https://learn.psycharmor.org/courses/va-s-a-v-e>
6. **Introduce Post Members to BTO and Recruit for the Team**
 - Hold regular meetings (at least monthly).
 - After each BTO presentation or meeting, gather feedback and suggestions for improvement.
7. **Provide Monthly Progress Reports**
 - Share updates with leadership and post membership.
8. **Remember BTO Is for the Whole Community**
 - The program supports both veterans and the broader community.
9. **Keep the Program Simple**
 - Avoid making it difficult to present or administer.
10. **Focus on Helping Veterans and the Community**
 - These are challenging times for mental health - be part of the solution.