

BE THE ONE ACTION PLAN

Points to Remember When Organizing a Post *Be The One* Program

1. Form a three-person *Be The One* (BTO) team.
 - a. Start small for easier management.
 - b. Expand the team membership as necessary as the program grows.
2. Reach out to Legion Headquarters for marketing ideas. There are two informative pamphlets we recommend - one on PTSD and one on Suicide Prevention. There is a cost to reproduce these for distribution, but some printing companies will offer discounts.
 - a. The PTSD pamphlet is available in PDF form at <https://www.legion.org/search?s=PTSD+Pamphlet>
 - b. The Suicide Prevention mini trifold is available in PDF form at <https://www.legion.org/advocacy/be-the-one/be-the-one-resources-and-media>
3. Make a list of local service providers you want to connect with - Police, Fire, EMS, and social services agencies. Identify potentially interested local community and business leaders.
4. Meet with the emergency responders, service agencies, and community leaders you have identified to 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. it's simple, easy, and informative. Access the training at <https://learn.psycharmor.org/courses/va-save>.
6. Introduce Post members to BTO and recruit members to join the BTO team.
 - a. Meet on a regular basis (at least monthly).
 - b. Solicit BTO team feedback and support after each BTO presentation or meeting on how to improve the program, etc.
7. Provide monthly progress reports to the leadership and Post membership.
8. Remember that BTO is not just for Veterans. It can also be used to help the community.
9. Don't make the program difficult to present or administer.
10. Remember that we are helping Veterans and our community. These are tough times in the mental health area - let's be a part of the solution.