



ONE COMMON BOND

YEARLY IMPACT STATEMENT 2022

SUPPORTING FAMILIES DURING THEIR TIME OF LOSS

One Common Bond began after our founder suffered a loss from suicide. That was a very difficult time for the family and as they went through their grief, they realized the lack of support after loss. The grief care packages are a large focus for the organization. In 2022, One Common Bond was able to send out the packages free of charge.

Postage is a large business expense, but with the help from donors, we have been able to cover the postage expenses for the past two years.

Our packages are tailored to the family loss and have a variety of items:

- Journal
- Pen
- Kleenex tissues
- Stuffed animals with locket and photo of the lost loved one
- Dog tags
- Literature specific to the type of loss
- Dog tags (military families)

35

GRIEF CARE PACKAGES

12

CHILDREN PACKAGES

50+

CUSTOM DOGTAGS





TRAINING U.S. ARMY RESERVE LEADERS

2-DAY SUICIDE PREVENTION TRAINING

One Common Bond has an online suicide prevention training that is open to the public. When COVID hit the nation, One Common Bond adjusted the training to address a larger need - military commanders. Many U.S. Army Reserve units were unable to do their monthly drill in-person, which also meant that they were unable to receive the standard training that is conducted in a classroom. The 4R training was already in use for military family members, so the class was tailored to provide additional training for Army leaders as well.

U.S. Army Reserve Commanders and First Sergeants learn the skills to build a suicide prevention program. They are given a series of practical exercises, conduct role-play on helping a person that is at risk of suicide and they develop their policies.

the mission of the training is to ensure leaders create a climate that encourages Soldiers to seek help when they need it and break stigmas against seeking care for mental health.

4R -

Red Flags = things you make you believe a person is at risk of suicide

Response Actions = asking the direct question of suicide and disable a plan if they have one

Resources = taking them to appropriate resources for help

Reinforcements = long term actions to keep them from having suicidal thoughts again.

Over
500 trained



4R Training

Thank you for helping us to help others!
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