



Create cohesive, high-performing teams that foster trust & connection through small group discussions.



BRIDGECHAT

DISCUSSION GUIDE

A P R I L 2 0 2 5

COURAGEOUS WARFIGHTERS: ANSWERING THE CALL

The Air and Space Forces stand as elite organizations, forged in the crucible of service and sacrifice. Each of us inherited a legacy built by generations of Airmen, a legacy demanding we constantly strive to reach new heights. As ACC leads the charge across every domain, our critical role in national security is undeniable.

This month, we reflect on "Courageous Warfighters," drawing inspiration from Captain Lance P. Sijan. His story, captured in this month's video, is a testament to the unwavering courage and commitment that defines the very soul of the Air and Space Forces. Captain Sijan didn't just wear the uniform; he embodied the warrior ethos that our Secretary of Defense has placed at the forefront of our mission.

Courage, commitment, sacrifice – these are not mere words; they are the bedrock upon which our military strength is built. Captain Sijan lived these values, even in the face of unimaginable hardship. His story reminds us that the warrior ethos starts with each of us, every single day.

WATCH...

[U.S. Air Force Portraits in Courage - Unbroken Will: The Capt. Lance P. Sijan Story - YouTube](#)

Most people – even Airmen – have never heard the full, horrific, and inspiring story of Medal of Honor recipient, Captain Lance P. Sijan. Love and loyalty, courage and country, faith, freedom, and family. If this man can do what he did, you can do whatever is in front of you.

DISCUSS...

This month, let's reflect on these questions as we consider Captain Sijan's legacy:

1. Captain Sijan's story highlights the importance of resilience and unwavering faith in the face of adversity. How can we, as leaders, foster these qualities within our teams?
2. What are some examples from your own experiences where you've witnessed the core values – integrity, service, and excellence – make a tangible difference in mission success?
3. Captain Sijan's story is remarkable, but we all face smaller moments that test our courage and commitment. What is one recent example from your own work where you exemplified (or had the opportunity to exemplify) the warrior ethos?
4. Accountability starts with each of us. How can we, as a team, better hold each other accountable to the highest standards?

“The three priorities of our defense secretary are crystal clear. The first one, reviving the warrior ethos, starts here. The values and principles at the height of this warrior culture—this warrior ethos—are courage, commitment and sacrifice...integrity and trust. Those are the things we must value...those are the things we must develop.”

– Air Force Chief of Staff Gen. David Allvin

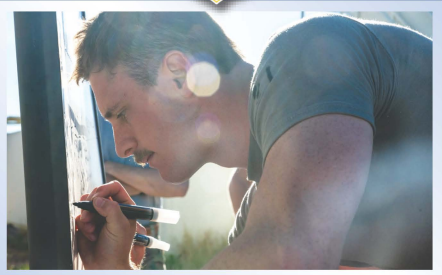
“When I think about readiness, we're responsible for ensuring both ourselves and our teams have the resources and training to get through any difficulties.”

– Chief Master Sgt. Dave Wolfe,
ACC command chief

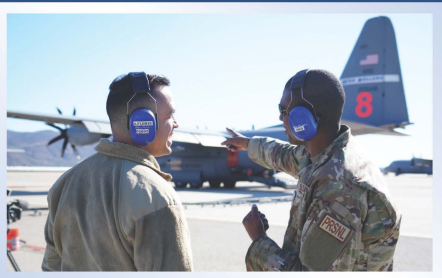


Connect. Detect. Protect. Equip.

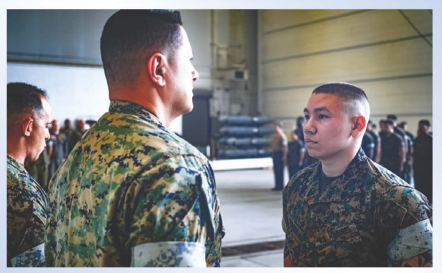
www.acc.af.mil/About-Us/The-Bridge/



Under pressure, a combat rescue officer candidate plans a mission at Davis-Monthan AFB, Arizona, testing their problem-solving, courage, and decision-making skills. [U.S. Air Force photo by Airman 1st Class Jasmyne Bridgers-Matos]



Master Sgt. Alan Franklin briefs 1st Lt. Aiden Flores on the MAFFS mission at Channel Islands ANG, California. Four Air Force Reserve and Air National Guard wings united their C-130s, equipped to drop 3,000 gallons of fire retardant in seconds, to combat wildfires. [U.S. Air National Guard photo by Tech. Sgt. Michelle Ulber]



U.S. Marine Corps Col. Pablo Torres, Marine Aircraft Group 49 commanding officer, and Sgt. Andrew Gomez, MAG 49 aviation supply specialist, stand at attention during an award ceremony at Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 14, 2024. Gomez received the Navy and Marine Corps Medal for extricating a passenger from a burning vehicle on June 19, 2023. [U.S. Air Force photo by Senior Airman Matt Porter]

Unite Through Activity

Core Values Codebreakers: Teams hidden throughout the workspace receive scrambled messages based on the Air Force Core Values. Using teamwork, problem-solving skills, and maybe a little bit of friendly competition, the first team to decode their message and deliver it, wins!



Air Combat Command INTEGRATED RESILIENCE

SUPPORTING OUR TOTAL FORCE AIRMEN AND FAMILIES



PREVENTION TAKES ACTION

Learn new skills to improve your well-being such as self-care and resilience, healthy relationships, meaningful connections, effective communication. Act in ways to show your family and Airmen that you care and they matter. Proactive behaviors can be small things that create a positive culture in mitigating risks.

RECOGNIZE SIGNS OF DISTRESS

- Mood changes, such as depression or anxiety
- Irritability, agitation or anger
- Sleep difficulties
- Withdrawing from social activities, family, friends or others
- Lack of interest in activities that were previously enjoyed (hobbies, work, etc.)

ASK CARE ESCORT

Directly **ASK** the individual if they are having thoughts of death, self-harm, or suicide.

CARE about their answers. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

If the individual is having thoughts of suicide or needs help, **ESCORT** them to a qualified professional or leadership.

GO SLO

If someone demonstrates signs of distress, consider their access to **LETHAL** means including firearms, medications or other means of fatal methods. Airmen should remember **SLO** – use **SAFES**, **LOCKS** or store mean **OUTSIDE** of the home.

SMALL STEPS SAVE LIVES.
www.resilience.af.mil

HELPING RESOURCE	COMMANDER/ SUPERVISOR	MILITARY & FAMILY READINESS CENTER	MILITARY ONESOURCE/ MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE ASSISTANCE PROGRAM	MENTAL HEALTH (MH) CLINIC	EMERGENCY ROOM
CONTACT:							
CAN ASSIST:	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	All
Suicidal Thoughts	✓		✓	✓	✓	✓	✓
Relationship Problems	✓	✓	✓	✓	✓	✓	
Loneliness/Isolation	✓	✓	✓	✓	✓	✓	
Workplace Stress or Problems	✓	✓	✓	✓	✓	✓	
Alcohol/Drugs	Must report to ADAPT			✓	✓	✓	
Fatigue/Sleep	✓		✓	✓	✓	✓	
Anxiety/Panic Depression	✓			✓	✓	✓	
Grief and Loss	✓	✓	✓	✓	✓	✓	
Deployment	✓	✓	✓	✓	✓	✓	
Finances/Budget	✓	✓	✓ (One Source)	✓	✓		
Retirement/Separation	✓	✓	✓	✓	✓	✓	

ASK. CARE. ESCORT. QUESTIONS THAT CAN SAVE A LIFE

ANSWER QUESTIONS 1 AND 2	IN THE PAST MONTH	
	YES	NO
1. Have you wished you were dead or wished you could go to sleep and not wake up?		
2. Have you actually had any thoughts about killing yourself?		
IF YES TO #2, ANSWER QUESTIONS 3, 4, 5 AND 6. IF NO TO #2, GO DIRECTLY TO QUESTION 6		
3. Have you thought about how you might do this?		
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?		
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?		
ALWAYS ASK QUESTION 6	IN THE PAST 3 MONTHS	
6. Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.		

ANY **YES** MUST BE TAKEN SERIOUSLY. SEEK HELP FROM A FRIEND, CO-WORKER, CHAPLAIN AND INFORM YOUR SUPERVISOR/OTHER MEMBER IN YOUR CHAIN OF COMMAND AS SOON AS POSSIBLE

- If the answer to 4, 5 or 6 is **YES**, immediately **ESCORT** Wingman to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department.
- **DON'T LEAVE YOUR WINGMAN ALONE** even to go to the bathroom.
- **STAY ENGAGED** until you make a warm hand-off to someone who can help.

MILITARY CRISIS LINE 1 (800) 273-8255 24/7 - 365