



STATE OF CALIFORNIA – MILITARY DEPARTMENT
HEADQUARTERS, CALIFORNIA CADET CORPS
CAMP SAN LUIS OBISPO
10 SONOMA AVENUE, BUILDING 1301
SAN LUIS OBISPO, CALIFORNIA 93405-7605



CACC-HQ-XO

25 June 2022

LETTER OF INSTRUCTION 010-2122-002

CADET PROTECTION GUIDANCE CONCERNING SELF-HARM DURING SUMMER ENCAMPMENT

1. GENERAL: Summer encampment is a particularly difficult time for some cadets. Because of this mental stress, some cadets report suicidal ideation or other forms of self-harm. This LOI outlines chains of communication, procedures and responsibilities of those within the adult support structure.
2. REFERENCES:
 - a. Cadet Regulation 2-1 DTD 20 September 2018
 - b. Cadet Regulation 1-2 DTD 01 May 2019
3. Cadets may make specific statements about hurting themselves. This may be direct statements about suicide, but may manifest in other behaviors and statements. Some of those include:
 - a. Isolating themselves from cadets and adult staff.
 - b. Problems with eating or sleeping. Difficulty sleeping, however, may be due to the sleeping conditions imposed at camp, i.e. sleeping on the ground in tents.
 - c. Mood swings. The duration of camp may make this difficult to ascertain. If possible, consulting with a cadet's commandant that is attending camp may give insight if there is a deviation in the cadet's normal behavior.
 - d. Talking about feeling of hopelessness or being trapped.
 - e. Talking about burdening others or not belonging.
 - f. Talking about suicide or wanting to die
 - g. Cutting or other means of hurting themselves. This refers to someone who causes harm to themselves, usually by cutting themselves as a means of release from their perceived pressures. This can also manifest itself in picking of the skin. It isn't always a sign of attempted suicide.
4. Due to the nature of training and supervision at summer encampment and the mixed training of adult personnel, HQ, CACC, does not have the adequate resources to provide counseling and support for a cadet to remain at camp if these behaviors present themselves.
5. Effective immediately, the following additional cadet protection measures are required for CACC summer encampments concerning cadets who make statements about self-harm, who have self-harmed during encampment, and/or demonstrate other behaviors mentioned above to the point where an adult has concern of self-harm:

CACC-HQ-XO
LETTER OF INSTRUCTION 010-2122-002

- a. When a cadet reports that they are considering hurting themselves, or have actually engaged in any type of self-harm while at encampment, or have elicited behaviors that an adult believes could manifest into self-harm, the cadet will at that point remain in the presence of a CACC adult support staff member who has the capability within their scope of duties to maintain constant supervision.
 - i. Cadets will not be allowed to return to training.
 - ii. Cadets will not be allowed to return to their tent or to the barracks other than to retrieve needed personal items. However, this must be done while being supervised by an adult support staff member.
 - iii. Cadets will not be allowed to attend meals without direct supervision of an adult support staff member.
 - iv. Cadets must sleep in the presence of an adult staff member. Considerations must be made to ensure that the Rule of 3 is maintained and an adult member isn't placed in a position where the adult is alone supervising a sleeping cadet.
 - b. The adult Safety and Security Officer or Camp Commandant or designee will determine if the incident warrants initiating 5150 protocol.
 - c. The adult Safety and Security Officer or Camp Commandant or designee will contact the cadet's parents and arrange for the cadet to be picked up from encampment.
6. POC for this LOI is the undersigned at Michael.Smith@cacadets.org or (909) 496-2195.

/s/ signed electronically
MICHAEL J. SMITH
COL, CACC
Executive Officer