



Army Resiliency Directorate

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Army Suicide Prevention
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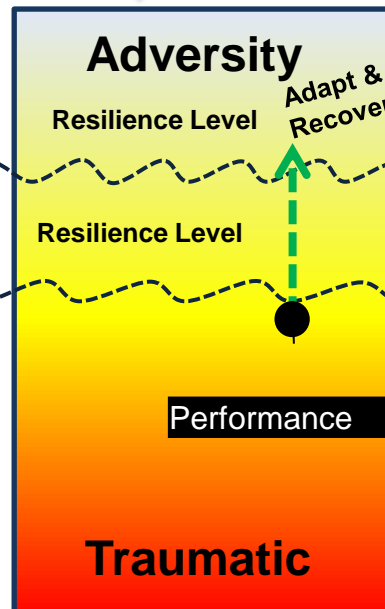
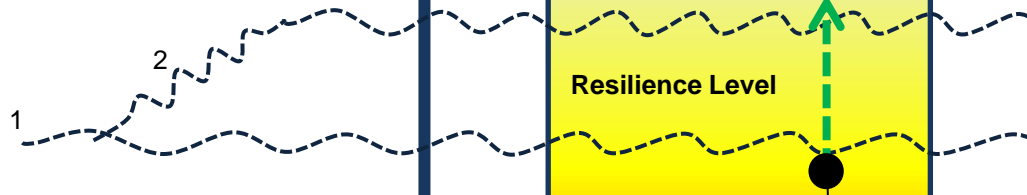
Why Resiliency?



Engaged Leadership
Resilience and
Performance Training,
Education, Tools and
Programs



- Perception of Self
- Self Actualization
- Self Confident
- Spiritual Growth
- Relationship Growth
- Purpose of Life
- Physically Fit
- Good Decision Makers
- Exceptionally Agile
- Adaptive
- Mature
- Resilient
- Less Impulsive
- Less Injury Prone



Post Traumatic
Growth



5

4

Support
for
specific
challenges

- Anxiety
- Stress
- Depressed
- Angry
- Not Socially Connected
- Not Physically Fit
- Poor Performer
- Unmotivated
- Insecure
- Substance Abuse
- Violence
- Sexual Assault
- Immature
- Low Resilience
- Isolation
- Impulsive Risk Taker

- Engaged Leadership
- Execute MRT
- Lead Strong Change
- How to Engage



G-1 Prioritization

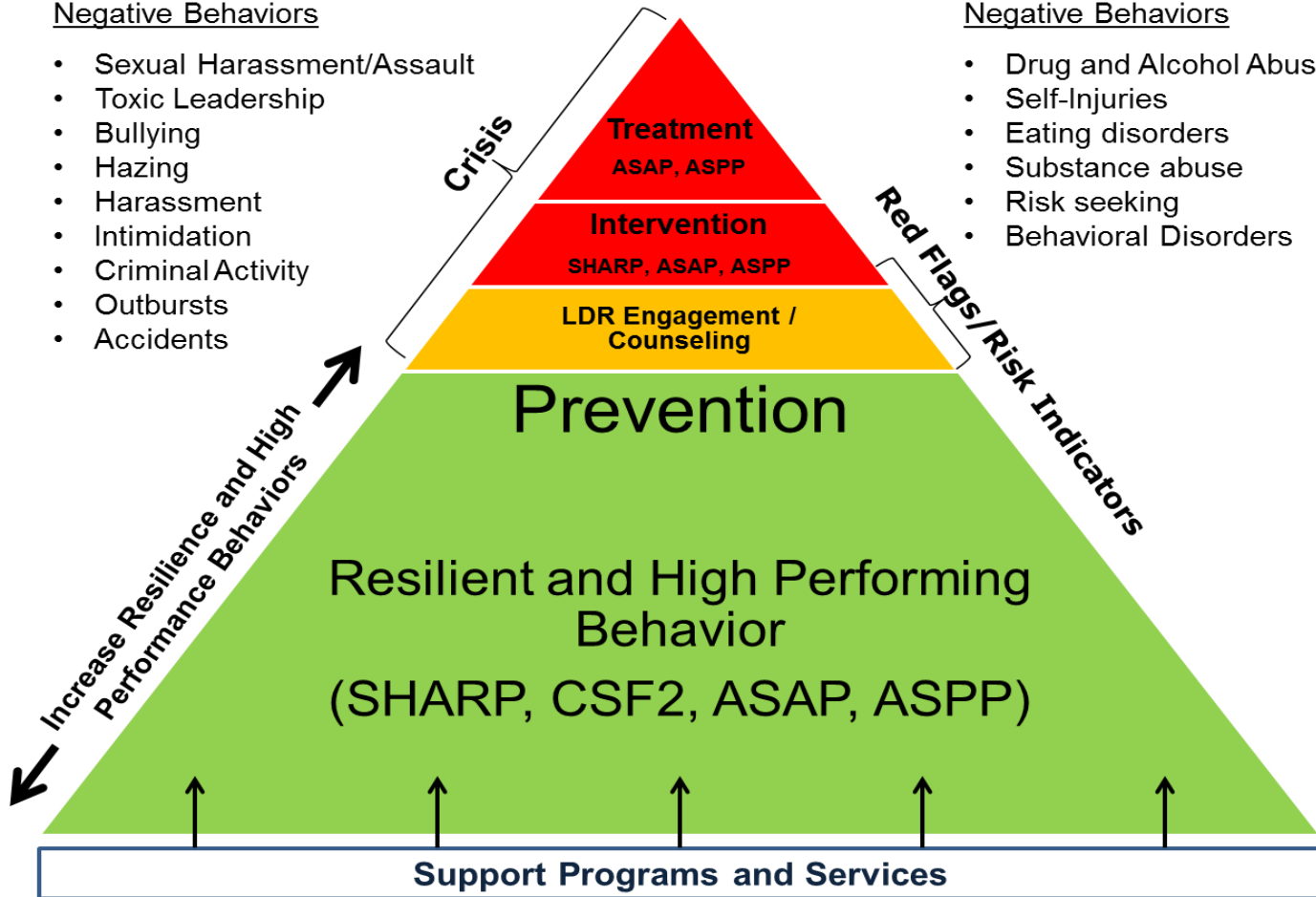


Negative Behaviors

- Sexual Harassment/Assault
- Toxic Leadership
- Bullying
- Hazing
- Harassment
- Intimidation
- Criminal Activity
- Outbursts
- Accidents

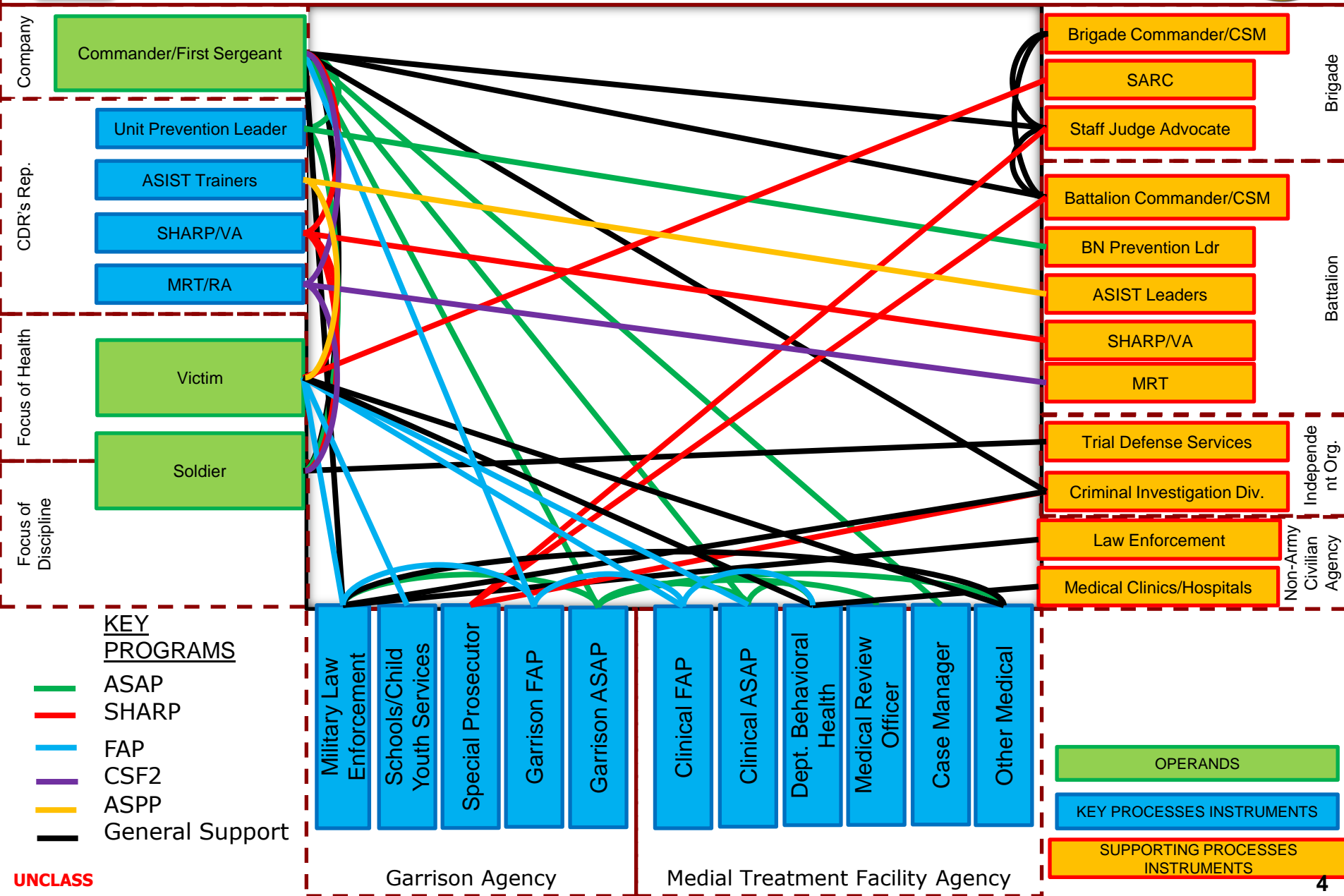
Negative Behaviors

- Drug and Alcohol Abuse
- Self-Injuries
- Eating disorders
- Substance abuse
- Risk seeking
- Behavioral Disorders





READY AND RESILIENT FUNCTIONAL/NETWORK ARCHITECTURE – COMPLEXITY



UNCLASS



Key Ready and Resilient Themes



□ Strategic Themes:

- Enable engaged and empowered leaders to take action and be responsible and accountable for the care of their Soldiers
- Sort the complexity of R2 requirements, systems, programs, processes, training, analytics and assessments so leaders and Soldiers don't sort them independently across the Army

□ Operational Themes:

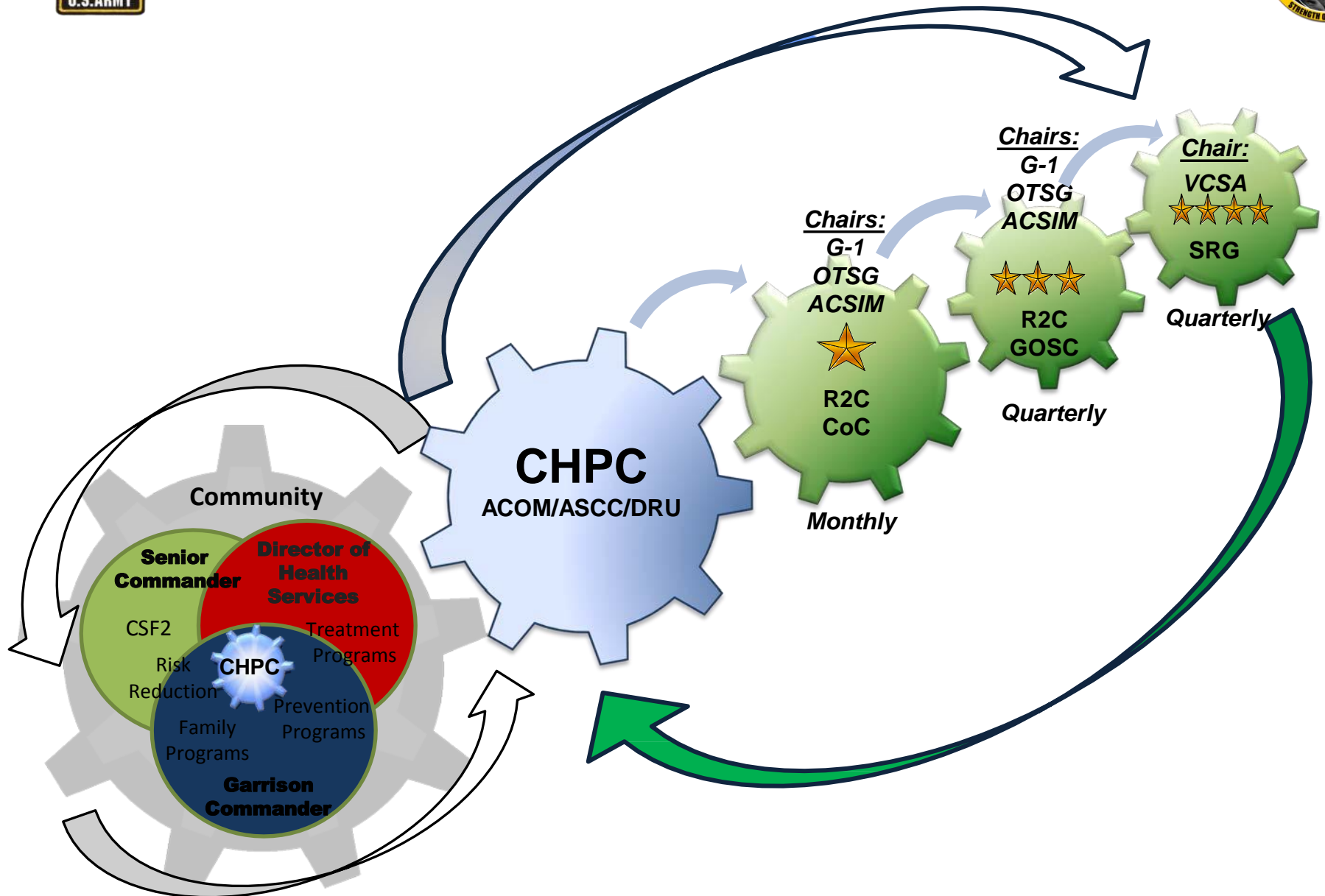
- Promote the Profession of Arms and foster Competence, Character and Commitment
- Promote that all (yourself and others) are treated with dignity and respect and that all exemplify our Army Values, Standards and the Army Profession
- Cultivate an environment where we are accountable to ourselves and for each other's resilience; recognizing warning signs; become interveners instead of bystanders; connecting those at-risk to resources; and promoting that help-seeking behaviors are a sign of strength

□ Tactical Themes:

- Implement integrated, comprehensive fitness skills and techniques to build resilience, enhance performance and increase individual, unit and Total Army readiness
- Improve transitions across the Soldier and Civilian lifecycle resulting in increased readiness
- Proactively combat the attributes of personal turmoil prior to the display of risky behaviors instead of focusing on the host of various risky behaviors (symptoms)
- Communicate the value of building resilience and its impact on performance and readiness



Army Resiliency Governance Structure



Battle Rhythm



Ready & Resilient Team



Ready & Resilient
Council of Colonels

R2C COC

R2C Chairs

Representatives of the R2C Triad
(G-1, OTSG, ACSIM)

Purpose

1. Plan, coordinate, and monitor the execution of the Army's R2C programs to sustain the Total Army
2. Develop, package, and propose issues for 3-Star R2C GOSC consideration
3. Develop and package assessments/metrics for R2C programs
4. Implement R2C driven guidance, directives
5. Govern issue-specific Working Groups

Monthly

Ready & Resilient
General Officer's
Steering Committee

R2C GOSC

R2C GOSC Chairs

R2C Triad (G-1, OTSG, ACSIM)

Purpose

1. Direct /oversee the execution the Army's R2C programs to sustain the R2 Campaign
2. Develop, package, and propose issues for VCSA consideration (R2C SRG)
3. Monitor assessments/metrics for R2C programs
4. Implement R2C-driven guidance, directives

Quarterly

Ready & Resilient
Senior Review Group

R2C SRG

R2C SRG Chairs

USA, VCSA

Purpose

1. Executive oversight of the Army's programs to sustain the Ready and Resilience of the Force
2. Develop, package, and propose issues for SA/CSA consideration
3. Monitor Assessments and Metrics for R2C programs
4. Implement Ready and Resilience driven guidance, directives

Quarterly

*Include Secretariat and
other
Stakeholders

R2C Small Group
(as required)

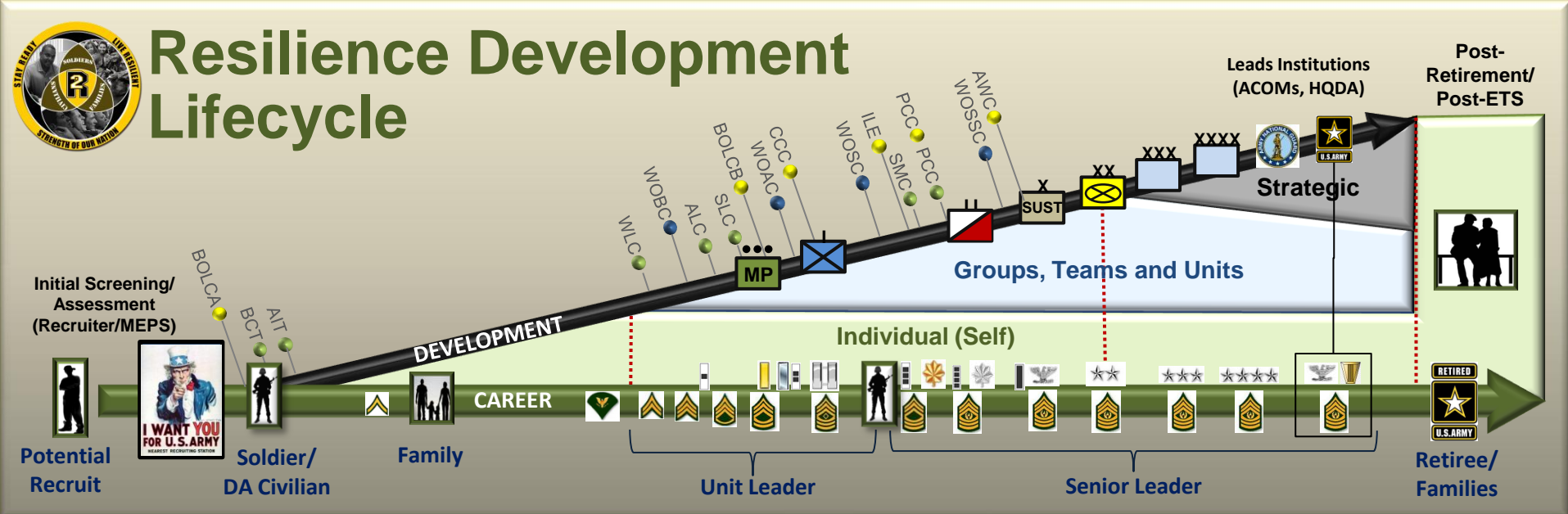
Decide

Deliver

Decide

Deliver

Coordination/Information



Current and Developing ARD Curricula

Targeting the Individual, the Unit Program Manager and Strategic Level Program Manager

Individuals (Self)

ARD Existing Curricula:

- ✓ Ask, Care, Escort (ACE)
- ✓ Prime For Life (mandated for "screened, not enrolled" in ASAP)
- ✓ Sexual Harassment/Assault Response Prevention Program (SHARP)
- ✓ 12-Resilience Skills (AR 350-53)
- ✓ Teen Curriculum
- ✓ Performance Enhancement Training
- ✓ Learning Enhancement Training
- ✓ Employee Assistance Program (EAP)

ARD Surveys:

- ✓ Defense Health Assessment Program (DHAP)
- ✓ Global Assessment Tool (GAT)
- ✓ Unit Risk Inventory

ARD Future Curricula:

- MRT Refresher Training
- Mindfulness Training

Groups, Teams and Units

**Train the Trainer*

ARD Existing Curricula:

- ✓ Master Resilience Training Course*
 - Level-1, ASI:8R
- ✓ Performance Enhancement Training*
 - Team Building
- ✓ ACE-SI*
- ✓ Alcohol & Drug Abuse Awareness Trng
- ✓ Strong Choices
- ✓ Applied Suicide Intervention Skills Training (ASIST)
- ✓ SHARP/SARC Training

ARD Potential Future Curricula:

- Squad & Battalion Resilience Training
 - Peer Support
 - Social Fitness/ Team Cohesion
 - High Performing Team Behaviors
 - Conflict Management
- Resilience for Groups of Teens
 - Student 2 Student Partnership

Strategic

- ✓ Master Resilience Training Courses:
 - Level-2, ASI:8J (MRT Facilitator)
 - Level-3, ASI:8K (MRT Asst. Primary Instructor)
 - Level-4, ASI:8L (MRT Primary Instructor)

✓ CSF2 Executive Courses

ARD Potential Future Curricula:

- Building, Maintaining, and Measuring Organizational Resilience
- Leveraging Resilience to Increase Organizational Adaptability to Change

Risk Reduction Program (RRP)

- Suicide Prevention Program Managers
- Prevention Coordinators



Questions