



R2 QUARTERLY NEWSLETTER

Achieving Personal Readiness. Optimizing Performance.

Director's Column



Ms. Sharyn Saunders,
Director,
Army Resiliency Directorate

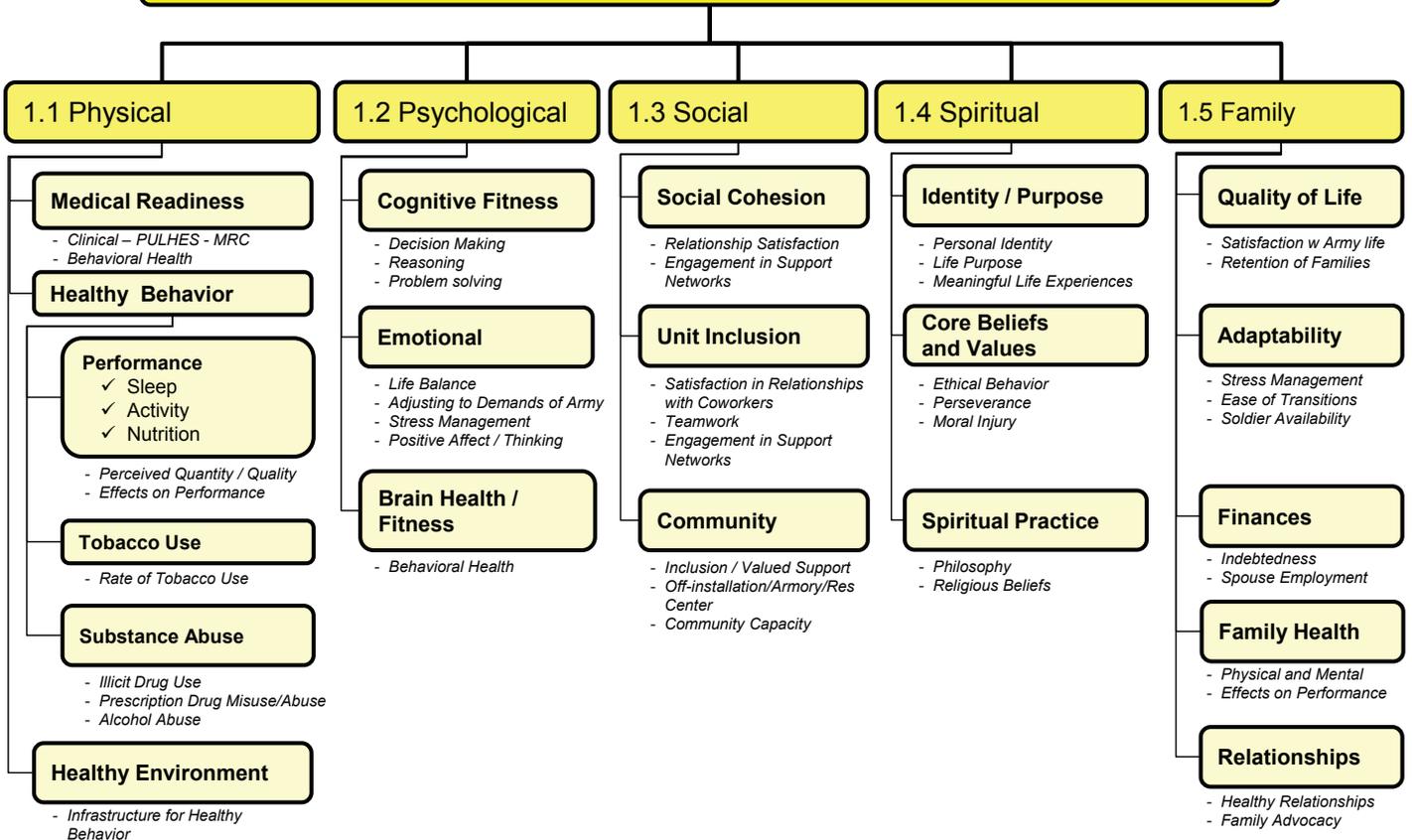
In previous columns, I've provided some insight into the subtle shifts we are making to move our Ready and Resilient strategy to one that better empowers Army Commanders and Leaders to know their Soldiers. To do this, we are taking a holistic look at counterproductive behaviors to see how we can modify risk factors and enhance protective factors. We are also looking across our systems and capabilities so that we can reduce redundancy and requirements and ensure our leaders have easy access to information so they can prioritize and focus efforts according to their mission.

This quarter I'd like to drill down a bit into the first of our four strategic objectives as part of this strategy, which is to have "Sustained Personal Readiness to Meet Operational Requirements."

This objective is all about the individual being able to achieve and maintain their personal readiness. Personal readiness is more than just physical readiness, it is also the psychological, social, spiritual and family fitness one requires to be able to achieve and sustain optimal performance to support the Army mission. It is the responsibility of all leaders to ensure the maximum level of personal readiness is achieved by the individuals from their formation to their squads.

(cont'd on next page)

1.0 Sustained Personal Readiness to Meet Operational Requirements



Individuals who enter into the Army already have some established level of personal readiness and resilience, but both can be strengthened. Our Master Resilience Trainers must find the opportunity to incorporate resilience and performance skills into their unit's daily mission so Soldiers are able to develop and benefit from the skills. We must also foster a climate where individuals are accountable for themselves and the actions of others. We must recognize that, as Army Professionals we do not have a choice to intervene, rather it is our duty to intervene and ensure our standards are being met. It is these actions that characterize Ready and Resilient individuals, who then make up Ready and Resilient units and teams.

We are working closely with our Ready and Resilient partners to ensure the ability to sustain personal readiness is understood, actionable, visible and assessed so that leaders can begin working toward this goal. Our new Ready and Resilient Operations Order (OPORD), to be released this fall, outlines how the updated policy supports all leaders down to the unit level. We hope this will better enable leaders to know and care for Soldiers.

I'm excited about the direction we are going. We are integrating capabilities, and identifying and closing gaps, and most importantly we are developing policy and integrated training that will help Soldiers, Army Civilians and the Family Members who support them build trust, respect, cohesion, motivation, adaptability, self-awareness, self-development and self-discipline, all of which are qualities those who make up the Total Army must have to remain trusted Army Professionals. I am proud to have all of you working toward this vision with me.

Live resilient, stay ready, and take action!



Decisive Operation

Sustained personal readiness to meet operational requirements

Click on an icon to go directly to that section



News



Training



People



Best Practices

If you have feedback on the newsletter or you would like to contribute, please contact Ms. Stefanie Pidgeon (stefanie.l.pidgeon.ctr@mail.mil).

MRT Discussion Forum is now available!

The MRT Discussion Forum is now available in the MRT Resource Center (log-in to ArmyFit™ required.) This forum provides an informal platform for all levels of Master Resilience Trainers to share best practices and lessons learned, as well as ask questions of one another.

The MRT Discussion Forum icon can be found at the bottom of the MRT Resource Center's main page.



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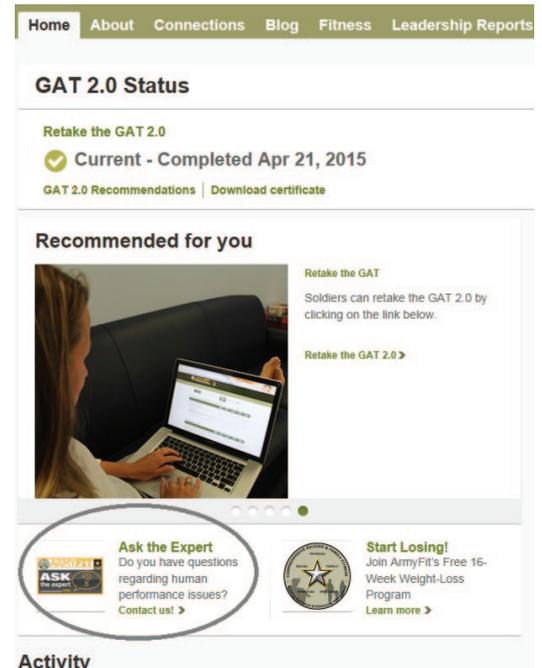
MRT Discussion Forum

Ask the Experts!

ArmyFit™, the Ready and Resilient online self-development platform, has a new feature called "Ask the Experts". The Human Performance Resource Center, which is the educational arm of the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences (USUHS), has access to a wealth of information and is standing by to take your questions.

To access Ask the Experts, log-in to ArmyFit™ at <https://armyfit.army.mil>. On the homepage, under the rotating spotlight carousel is the Ask the Experts feature option. Clicking that link will take you to a page where you will provide some general information about yourself, then the topic, subject, and question. Questions can range from physical fitness and nutrition to mind tactics, family and relationships or sports medicine.

Please do not send any personal information (other than your own). All information is treated as confidential. Also, it usually takes three to seven days or more to prepare an answer to each question, so this is not a suitable means to address urgent questions that require an immediate response.



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GAT 2.0 Status

Retake the GAT 2.0

✓ **Current - Completed Apr 21, 2015**

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Recommended for you

Retake the GAT

Soldiers can retake the GAT 2.0 by clicking on the link below.

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Activity

ARDEC first in line for Army Materiel Command Master Resiliency Training

The U.S. Army Armament Research, Development and Engineering Center (ARDEC) was the first organization in the U.S. Army Materiel Command's chain of command to host the Master Resilience Trainer Course. Thirty-six students (25 civilians, 10 military, and one spouse) attended the two-week training session.

Capt. Kristie Stuckenschneider, a contract specialist with the Army Contracting Command, New Jersey, said: "This has been a course I thought I needed to take for years now. I feel to be a good leader, I needed to really focus in on my thinking and my reactions to situations."

"Being in the Army has been an amazing experience, but since it is so fast paced and I move often, I may have lost touch with my own emotions. Going into the course I hoped to learn skills to manage difficult situations within the work place," Stuckenschneider said.

Matthew Stracco, one of the ARDEC Master Resilience Trainers, was designated as the MRT program manager. "As the Resilience Task Owner, I envisioned the best way of achieving the desired end state was with senior leader buy-in," Stracco said."

Read more at: <http://www.army.mil/article/150388/>



Attention Moviegoers:



Operation Live Well (OLW), the Department of Defense's (DoD) long-term healthy living initiative, has provided two Public Service Announcements (PSAs) to more than 100 installation movie theatres around the world. These PSAs, produced by the Centers for Disease Control and Prevention, warn about the dangers of unhealthy foods and beverages and feature the OLW logo and Facebook page URL.

The PSAs, FatSmack [<https://youtu.be/jwmz1g8JRd8>] and Drinking Calories [<https://youtu.be/UE2N2UIx3LY>], have been shared with 66 domestic and 47 international DoD installation movie theaters. Hope to see you at the movies!

Fort Irwin's New Resiliency Center

Fort Irwin's new Resiliency Center (Bldg. 127, former Fitness Center) on the corner of Inner Loop Road and 1st Street had its grand opening on Monday, June 15. The main focus of the ribbon cutting and open house was to introduce the Fort Irwin community to the new fitness center portion, "The Box" and Fit Foods. "The Box" fitness program offers functional fitness classes for every fitness level, Yoga classes, massage therapy, and an awesome meal plan service called Fit Foods. Other portions of the Resiliency Center building are being renovated for opening later this year, including a fitness assessment center to be staffed by Fort Irwin Community Hospital staff, chiropractic and massage treatment rooms, sauna and hydro therapy room featuring hot and ice bath.

Video: <https://youtu.be/-eG2rGomoNY>





Command/Unit Updates

THE SPOTLIGHT



1st MSC Family Programs Teen Council hosted a CYSS Resilience Training for youth 14-17, on June 20, 2015 at Fort Buchanan. This is a special training designed to develop resiliency and money management skills in teens.

The skills being taught in the teen program are the same ones that are taught in the resilience training for adults, but modified to be relevant to the younger audience.

The training was focused on building positive skills to strengthen teens and give them the tools to handle challenges when they do arise.

The resilience trainers focus on a host of skills in the courses, including how to put issues in perspective, problem solving, reducing anxiety, controlling emotions, managing energy to respond effectively under challenging situations, turning around counterproductive thinking and seeking out the positive in life, instead of focusing on the negative.

Money management, budget, priorities, life goals were some additional topics presented during training.

This information has been provided by Army Reserve Child, Youth & School Services. For more information on resources and programs, please visit:

www.ARF.org/CYSS

Fort Family Outreach & Support Center assistance is available 24/7



79th Sustainment Support Command

AMERICA'S ARMY:

SERVICE TO THE NATION,
STRENGTH FOR THE FUTURE

79th Sustainment Support Command



Event:

From 1-5 June, HHD 79th SSC conducted Performance Enhancement Training during the unit's annual training in Los Alamitos, CA. The intent of the training is to provide Soldiers with skills to manage stress and improve performance.

Activities:

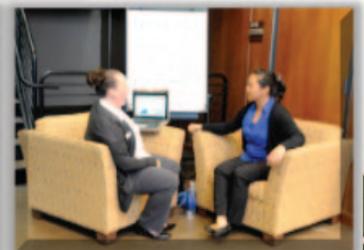
- Performance Enhancement Class: Mental Skills Foundation, Attention Control, Imagery, Energy Management, Goal Setting, Building Confidence, Mental Fitness Obstacle Course, Capstone, 3 x 3 (focus and energy level control)
- Each Soldier becomes a sensor to behavioral indicators that can inform the command or encourage individuals to seek help

Communications Objective:

Positive outcomes have resulted from leaders talking about resilience skills during formations, and by integrating resilience and performance enhancement skills into physical training.

Event Outputs:

- www.facebook.com/79ssc



Hunt The Good Stuff!

Join CSF2 for "Hunt the Good Stuff Thursday" on Facebook and Twitter.

www.Facebook.com/ArmyCSF2



Use hashtag #HTGS and tag us @ArmyCSF2

2015 DoD Warrior Games Support



Fort Bliss MRT-PE Adam Skoranski talks to Army Spc. Anthony Ateomon about how he was managing his energy following cycling practice.

The 2015 DoD Warrior Games demonstrated the strength, resilience, and team spirit of wounded, ill, and injured service members and veterans from all branches of the United States Armed Forces and their British counterparts. The U.S. Army Team was successful, not only in showcasing what one can do beyond injury, but also in recapturing the Chairman's Cup, awarded to the branch of service that cumulatively earns the most medals throughout the games.

In support of all these tremendous athletes were Master Resilience Trainer-Performance Experts (MRT-PEs) from Comprehensive Soldier and Family Fitness. MRT-PEs all have advanced degrees in sport and performance psychology and related fields, in addition to being certified Master Resilience Trainers. This skill set is a powerful combination that each MRT-PE brought to each of the eight sports teams competing during the Warrior Games- archery,

cycling, field, shooting, sitting volleyball, swimming, track, and wheelchair basketball. One MRT-PE supported each sport, from the Army Trials in Fort Bliss, Texas, all the way through the very last competition at the Warrior Games at Marine Corps Base Quantico, Virginia.

MRT-PEs teach mental skills to enhance the performance of the athletes. For the field team, MRT-PE Fernando Lopez taught techniques such as creating a routine in order to use proper form for each throw, and developing personal cue words and phrases that help your mind and body achieve proper technique each time. Athletes can also use these routines and cues off the field, in order to mentally rehearse between practices, without fatiguing their bodies. Field coach Scott Danberg took to heart the skills and lessons Fernando Lopez provided. "Once you're open to it, it really is a difference maker. Having Fernando here and listening to his lessons, I implement whatever Fernando is teaching that day to a further extent during practice."

Army veteran Scotty Hastings, who participated in the Army Trials but could not compete in the Warrior Games due his involvement with the United States Paralympic Team, uses skills from his MRT-PEs in daily life. When it comes to imagery he explains, "Every day I use imagery to see what I want to achieve and what I know I can achieve." He also talks about the importance of goals. "Goal Setting is huge. In order to transition (from the Army) you need to have a goal, where you want to go, where you want to be. So anything from moving to what you want to do with your life when you get out, your career, or something small like how you're going to get from here to there, Goal Setting is huge for transition."



Fort Gordon MRT-PE Greg Reznich speaks about activating the right amount of energy for competition with the archery team.

While the competition is what brings these athletes together, the DoD Warrior Games provide the opportunity for athletes to learn new skills that apply to sport and in their lives. It also provides a venue to build important relationships and social ties so the service members and veterans know they always have support and family in each other.

MRT-PE Jenna Weinstein, who supported the sitting volleyball team, sums it up as, "You still have a family. This is one way that reassures those men and women that you don't have to be scared of transitioning out because you can still be involved."

For a full recap of the 2015 DoD Warrior Games, visit http://www.defense.gov/home/features/2015/0615_warriorgames/



Army Capt. Joe Colon Jr. has his discus cues "SPEED = POWER" and "STRETCH REFLEX" on his chair during field practice.


People

Walter Reed Army Institute of Research (WRAIR) Research Transition Office (RTO)

The Research Transition Office (RTO) of Walter Reed Army Institute of Research (WRAIR) would like to introduce three new staff members.

Ms. Yvonne Allard is a recent graduate of Drexel University. She received her Master of Public Health degree with a concentration in environmental and occupational health. She worked in the department of Behavioral Biology at the WRAIR for more than five years prior to joining the RTO research team.

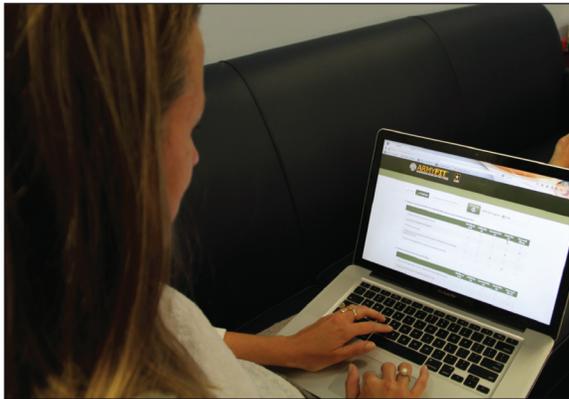
Dr. Peter Bachrach has a BA from UCLA, an MA from Wake Forest University, and a PhD from Brandeis University, and has postdoctoral training from the National Center for PTSD. Dr. Bachrach is a research psychologist with expertise in trauma research and occupational resilience. Before coming to the WRAIR, Dr. Bachrach was a faculty member at the David Geffen School of Medicine at UCLA, Division of Geriatrics and a Special Assistant for Program Evaluation to the Associate Dean of Education at the University of Southern California. Presently, Dr. Bachrach is the principal investigator for MRT-Teen, MRT-Medical, RESET, and Social Fitness.

Ms. Raina Sharma joins us as research associate at the RTO, Prior to coming to WRAIR she worked as a Field Epidemiologist for the Behavioral and Social Health Outcomes Program, Epidemiology and Disease Surveillance at USAPHC (US Army Public Health Command) at APG, MD. Raina received her MPH in Epidemiology and Global Health from the Mailman School of Public Health, Columbia University.

We would also like to welcome back Ms. Juinell Williams, who was previously an intern with RTO. She is now working full-time as a research assistant for RTO.



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Best Practice

Spouse Resiliency Week

Submitted by Luci Buch, Army Community Services Master Resilience Trainer



Ten spouses arrived bright and early on Monday, June 22 at the Family Readiness Center, Fort Polk, Louisiana to participate in the first ever Spouse Resiliency Week.

Army Community Service (ACS), the Fort Polk Comprehensive Soldier and Family Fitness (CSF2) Training Center and the Applied Suicide Intervention Skills Training (ASIST) team worked together to host the week-long event. The week began with three days of Resilience Training in which all fourteen skills were taught, followed by two days of ASIST.

The training coincided with the Joint Readiness Training Center's rotation of 3rd Brigade, 10th Mountain Division. While the Soldiers were in the field, their spouses were able to focus entirely on strengthening their overall resilience, which is especially critical during the time when their Soldiers would be deployed. The ASIST also arms them with effective suicide intervention skills, should they or someone they know ever be faced with that issue.

Prior to this week, Jennifer Andreas, an Army spouse and Family Readiness Group (FRG) Leader, was aware of Resilience Training offered by the Army through a briefing she received at an FRG meeting, as well as from what her husband shared with her at home. The Spouse Resiliency Week, however, exceeded her expectations.

"I learned a lot about myself," Andreas said. "The subject matter is very versatile and can be applied to many areas of life." As to how she plans to use the skills going forward, she noted that she personally benefitted most from the skills of Put It In Perspective and Assertive Communication.

Put It In Perspective helps you to stop catastrophic thinking, reduce anxiety, and improve problem solving, while Assertive Communication helps you to communicate in a confident, clear and controlled manner.

"Those skills really resonated deeply because they make you more aware of the traps you tend to fall into and they will help you to learn how to change and make your life and relationships better," She said.

Britetta Lowman, another Army spouse and FRG Leader, had not received or heard about Resilience Training before, but registered because she felt, as a Military spouse, it is important to have skills to help you deal with situations that are not so common in the outside world. She further commented it was important to "recognize that everyone has similar obstacles or problems but resilience training can give anyone the tools to learn how to handle and solve their problems."

Both spouses were very enthusiastic in encouraging other spouses to take the training and learn these important skills for themselves. "It is important for every Military Spouse to be resilient and to make what can be an already difficult lifestyle easier, especially when TDY and deployments come up," Andreas said. "And it is important to pass those skills and knowledge on to other spouses too."

ASIST is extremely valuable subject matter, often not talked about because of the topic's sensitivity, although much of the training content relates to everyday life. Receiving Resilience Training and ASIST in the same week expands your knowledge base and helps you see things from different perspectives.



"The Resilience Training and ASIST definitely work together when dealing with a suicidal situation. Resilience skills enable you to calm down and put you in the proper frame of mind to evaluate and provide the right assistance to the individual in crisis," Lowman concluded.