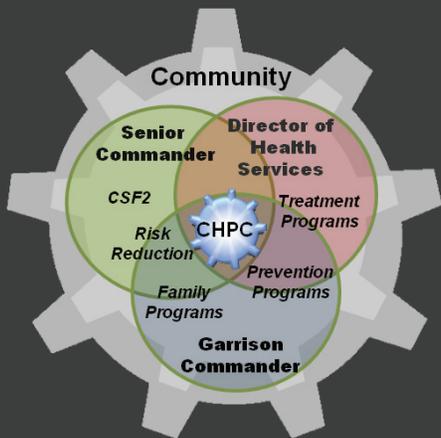


R2 IN THE FIELD

The local commander has a number of Ready and Resilient capabilities at his/her installation.

The Senior Commander chairs the Community Health Promotion Council (CHPC), which is a community-level governing body that provides a comprehensive approach to health promotion.

The CHPC, which is part of the R2 governance process, takes a comprehensive look at information, programs and processes to be able to oversee, identify and critically assess the personal readiness of the Soldiers, Army Civilians and Family Members that make up the community.



The Community Health Promotion Council provides the opportunity to:

- Identify and elevate issues
- Synchronize and improve efficiencies
- Allocate resources
- Facilitate communication
- Identify gaps and overlaps in services
- Develop solutions

in concert with the R2 strategy.

August 2015



HOTLINES

Military Crisis Line (U.S.)
800-273-8255 or DSN 111
PRESS 1
Text: 838255

Military Crisis Line (Europe)*
00800-1273-8255 or DSN 118

Military Crisis Line (Korea)
0808-555-118 or DSN 118

Military Crisis Line (Afghanistan)
Use U.S. number

**Safe Helpline - Sexual Assault Support
for the DoD Community**
877-995-5247
Text: 55-247 (inside the U.S.)
Text: 202-470-5546 (outside the U.S.)

**Defense Centers of Excellence for
Psychological Health and Traumatic Brain
Injury (DCoE)**
866-966-1020 - 24/7 Outreach

Military OneSource 24/7 Support
800-342-9647

* In Europe, toll-free service may not be available through all carriers or in all countries



READY AND RESILIENT

Achieving Personal Readiness. Optimizing Performance.



For more information, visit:
www.army.mil/readyandresilient

R2 MISSION

The Army provides Ready and Resilient (R2) capabilities to Commanders and Leaders to enable them to achieve and sustain personal readiness, foster an environment of trust, and optimize human performance in environments of uncertainty and persistent danger.

R2 VISION

The Army of 2020 is comprised of adaptive leaders of character who develop cohesive teams of resilient individuals committed to the Army Profession and capable of accomplishing a range of operations in environments of uncertainty and persistent danger.

“All Army leaders are responsible to set conditions for a culture encouraging help-seeking behaviors.”

*GEN Daniel Allyn,
Vice Chief of Staff of the Army*



PERSONAL READINESS

An individual's physical, psychological, social, and spiritual preparedness to achieve and sustain optimal performance in supporting the Army mission in environments of uncertainty and persistent danger.



Training Centers are located across the Army. These Training Centers provide Resilience and Performance Training tailored to the needs of the command and local community. Learn more by visiting:

<http://csf2.army.mil/training-centers.html>

“Develop resilient Soldiers, adaptive leaders and cohesive teams committed to the Army professional ethic that are capable of accomplishing the mission in environments of uncertainty and persistent danger.”

Page 32, TRADOC Pamphlet 525-3-1
The Army Operating Concept, 31 October 2014

Want to know your level of resilience?

The Global Assessment Tool (GAT) is a confidential, online self-assessment that tells you how to improve your overall health and resilience. By knowing yourself, you can stay emotionally and psychologically strong for yourself and your family.

Once you complete the Global Assessment Tool on ArmyFit™, you'll have full access to all of the self-development resources, including tailored videos, information, and people/organizations to follow—all based on your GAT results.

RESILIENCE

The ability to withstand, recover, and grow in the face of stressors and changing demands.

“Our collective strength depends on our people – their mental and physical resilience is at our core.”

*Gen Mark A. Milley,
Chief of Staff of the Army, in his first
message to the Army*



ARMYFIT™
COMPREHENSIVE SOLDIER AND FAMILY FITNESS

<https://armyfit.army.mil>