



R2 Quarterly Newsletter

Stay Ready. Live Resilient.

October 2014
Volume 1

Senior Leader Spotlight



Lt. Gen. James C. McConville,
Deputy Chief of Staff, G-1

I am excited to join the G-1 team and have the opportunity to make a positive difference in the lives of our people – our Soldiers, their Families and Army Civilians.

In my previous position serving as the 101st Airborne Division Commanding General at Fort Campbell, Kentucky, I observed the amazing work being done by you, our Master Resilience Trainers. The work you do equips members of our Army with the skills they need to not only perform their best at work but to also thrive at home. What you're doing as part of the Comprehensive Soldier and Family Fitness program strengthens the foundation of Army Values, Standards and the Profession of Arms we all live by and encourage others to follow.

As the new Deputy Chief of Staff, G-1, I will continue to pull from the experiences I had at the Division level. The foundation of trust and confidence you all build in your unit will become part of those you train. These Soldiers, their Families and Army Civilians will remember the skills you have taught them as they face potentially challenging times.

The Army is changing. We are drawing down our presence in Afghanistan and we are starting to see a reduction in personnel. We must strengthen the resilience of our people so that they are in a much better position to deal with these stressors when they arise. It is critical that you continue to inform and educate others about the value of being resilient and its impact on performance and readiness. We must all continue to be Army Strong.

Thank you for the work you do to support Soldiers, their Families and Army Civilians. Continue to incorporate the skills into your day-to-day activities and interactions, and demonstrate what it means to stay ready and live resilient. Remember, the Army is People, and People matter!

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Defining Ready and Resilient

How does the Army define ready?

Readiness is the ability to accomplish assigned tasks or missions through resilience, individual and collective team training, and leadership. Readiness is the end result of the collective employment of the Army's resources to prepare, train, support and sustain its Soldiers, Civilians and Families.

How does the Army define resilience?

Resilience is the mental, physical, emotional, spiritual and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks.

If you have feedback on the newsletter,
please visit
<http://csf2.army.mil/contact.html>
for the appropriate address.

CSF2 Director's Column



Col. Kenneth H. Riddle
Director, CSF2

I am excited to share the news that at Headquarters we now have one integrated Army Resiliency Directorate staff.

In October, 2013, the Comprehensive Soldier and Family Fitness program transitioned from G-3/5/7, and officially joined the G-1 Family. This October, we complete that transition as we fully integrate with this recently-established directorate.

The Army Resiliency Directorate (ARD) is responsible for leading the charge to meet the goals outlined in the [Ready and Resilient Campaign Plan](#). The CSF2 staff merger with the rest of the ARD staff (to include those from other personnel programs, such as: Deployment Health Assessment Program, Suicide Prevention Program, and the Army Substance Abuse Program) will reduce stovepipes, redundancy, complexity, and requirements imposed on Commanders -- all areas that are critical to improve if we are to be successful at meeting the goals of the [Ready and Resilient Campaign](#).

As you can see, we've renamed this newsletter to "R2 Quarterly Newsletter" to reflect this integration, and, moving forward, the content will expand across all Ready and Resilient Campaign efforts. You will not only receive updates and news about all the great things happening as part of the CSF2 program, but you will also have the opportunity to get a better understanding of the overall Ready and Resilient initiative, and see how our Army-wide efforts are working towards building a more Ready and Resilient Army.

The Comprehensive Soldier and Family Fitness program is thriving, and will continue to do so. I fully expect that the work our team will do as part of the Army Resiliency Directorate will not only meet, but exceed your expectations, and that you will see positive effects on the ground as a result of that work as you continue to serve Soldiers, their Family members and Army Civilians.

On another note, my tenure as CSF2 Director is coming to an end, as I am retiring after 30 years of service. The timing could not be better. As we transition to one ARD staff, the position of CSF2 Director will cease to exist. Col. Kevin Bigelman is on board now to lead the new Operations and Training Division within the directorate. This Operations and Training Division houses most of the CSF2 staff, and I have no doubt Col. Bigelman will continue to move this program, and all other Ready and Resilient training programs forward.

It has been my pleasure and honor to work for a program that is making a huge difference in the lives of Soldiers, their Families and Army Civilians. I am amazed at the talent, drive and compassion that everyone who is part of the CSF2 Family – our staff, our MRTs, our Program Managers, etc. – exhibits on a daily basis. You all exemplify what it means to be resilient, and demonstrate the Army Values, and will continue to do great things as you build that resilience in others. My best to all of you.

Resilience Tips



Physical - It is important to replenish calories lost during exercise with nutritious foods. Try to eat within an hour after exercise. This will assist in recovery as the body is still burning calories at an elevated rate.



Emotional - Take charge of the day by controlling your thoughts. A day is filled with events, so make it a choice to determine how those events will impact the rest of your day. Optimistic thinking allows us to remain realistic, maintain hope, and focus on solutions when change is possible.



Family - Healthy families solve problems with cooperation, creative brainstorming, and openness to others, and place emphasis on the role of social support and connectedness (versus isolation) within the family.



Social - Know how persuasion can help to build confidence in individuals and teams. Effective leaders build confidence in teams through verbal and nonverbal actions. Actions can speak louder than words but effective words can facilitate driving actions.



Spiritual - Connect with others by joining a service organization, a community of faith, or some other group of people with shared values and beliefs where you can become a part of something bigger than yourself.

Warrior Games 2014 Recap



MRT-PE John Evans talks about cues and keywords with the Wheelchair Basketball Team during practice at the U.S. Olympic Training Center, Colorado Springs, CO.

Eight CSF2 MRT-Performance Experts (MRT-PEs) culminated their support to Army Warrior Games athletes during the 2014 Warrior Games in Colorado Springs, Colorado. These MRT-PEs partnered with each team to provide both performance enhancement and resilience skills training to all Army athletes. The skills are intended to help athletes and coaches prepare for competition, as well as their daily lives.

Some MRT-PEs, including Susan Goodman, had the opportunity to work with athletes between the trials and games. Goodman was partnered with the Archery team. "I've been working with them for awhile; they are very adept at their mental skills," Goodman said. "Now it's more about settling them down when there's trash talk," she joked. Referring to the Warrior Games, she remarked, "Overcoming adversity – this is where you see it done."

After falling from his bike during the cycling competition, Spc. Jason Blair told himself, "Get back on your bike and try to catch the people that passed me." He continued, "I put into practice the CSF2 prep. The skills they taught us came in handy," crediting CSF2 trainers who helped prepare him.

Congratulations to all the Army athletes who competed at the 2014 Warrior Games, and thank you to the intrepid MRT-PEs who supported the teams, enabling them to be ready for the games and live more resilient lives.

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|-----------------------|------------------------------|
| Archery | Susan Goodman, Fort Riley |
| Cycling | Graham Block, NCR |
| Field | Petra Kowalski, Fort Carson |
| Shooting | Lisa Hutchison, Fort Benning |
| Sitting Volleyball | Craig Misiewicz, Fort Knox |
| Swimming | Joel Druvenga, Fort Riley |
| Track | Steve Cohen, Fort Campbell |
| Wheelchair Basketball | John Evans, Fort Jackson |

189th Infantry Brigade uses CSF2 techniques to improve communication

Of the dozens of unique unit patches worn by more than roughly 5,500 Reserve, National Guard and active duty Soldiers participating in Warrior Exercise 2014, at Fort Hunter Liggett, California, one stands out – that of the First Army worn by observer, coach and trainers (known as OCs) from 189th Infantry Brigade.

Col. Randall Wickman, brigade commander, 189th Infantry, said he and his Soldiers, predominately seasoned noncommissioned officers from Joint Base Lewis-McChord, Washington, are trying to reverse the notion that OCs are "very egocentric" and have all the answers.

"To remain humble and focused, we have volunteered ourselves to be observed and coached at the same time," he added.

Experts from the JBLM CSF2 Training Center partnered with 189th to develop the brigade's Soldiers as coaches. At Warrior Exercise in July, two MRT-PEs shadowed OCs during their reviews with training units and provided on-site feedback.

By incorporating CSF2 techniques into the exercise, Wickman said he hopes to help "operationalize" a program originally designed to promote personal growth and well-being.

"They focus mostly on individual-person interaction. How do I speak to someone in a learning environment to coach them down the road without being superior?" said Command Sgt. Maj. Thomas Reitmeier, 189th Infantry Brigade.

Adopting the training unit's goals is one method OCs use to bridge the communication gap between the observer and the observed. Openness is a characteristic far from the intimidating image the First Army patch wields, but closer to the perception 189th OCs are trying to create.



MRT-PE Shannon Baird conducts observations with 189th Infantry Brigade's Col. Vest at Fort Hunter-Liggett, California

What's New in the Master Resilience Trainer Course?



Last month, CSF2 released Version 3.1 of the Master Resilience Trainer course (MRT-C) curriculum to training venues and is also available on the MRT Resource Center. The newer version includes minor improvements and "bug fixes" to the Version 3 curriculum that was published earlier this year. Among the updates are trainer note clarifications, updated formatting on slides and participant guides, and improved instructions within the practical exercises.

Ms. Christy Freeman, MRT-C Primary Instructor at Fort Gordon, said, "At the end of an MRT course, it is our goal that new MRTs leave feeling competent, confident, and ready to teach the skills to their units and Family members.

Version 3.1 provides the most up-to-date information with improved trainer instructions, setting our MRTs up for success in the field." Ms. Andrea Ray, MRT-C Primary Instructor at Fort Bragg, concurs: "I've already observed MRTs teach the V3.1 curriculum in their units, and I've seen confidence and quality in action."

CSF2 continues to encourage MRTs who went through previous versions of the MRT-C (Versions 1 and 2) to visit their installation CSF2 Training Center or the MRT Resource Center to view the videos on the two new skills. And rest easy - no additional updates are expected in the near future.

We would like to take this opportunity to acknowledge the contributions made to the V3.0/3.1 curriculum by Dr. Tiz Arnold, Mr. Jon Carter, Dr. Toby Elliman, Dr. Amanda Hare, Ms. Megan Helf, Dr. Kimberly Helms, Maj. Mollie Keith, Dr. Jon Metzler, Dr. Todd Ryska, Dr. Judith Saltzberg, Ms. Maureen Short, and Ms. Elizabeth Van Leer; many of whom are featured in the photograph above. (Photo taken during the Version 3.0 After Action Review, June, 2014)

Resilience Training helps Wounded Warrior Advocates walk with their Soldiers

The Army Wounded Warrior Program, or AW2, 2014 Regional Training event was held at Fort Carson, Colorado, from August 12-15, 2014. More than 50 AW2 advocates from the western region of the United States attended and spent the second day of training building their resilience and improving their performance. Participants spent the first part of the day excitedly sharing their "Good Stuff" with each other.

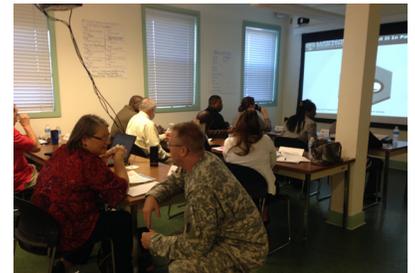
"There is a lot of negativity associated with our work. 'Hunt the Good Stuff' helps us overcome that negativity," said Annette Brown, an AW2 advocate at Fort Carson, referring to the multitude of challenges AW2 Soldiers and advocates face.

"In our high-stress job, resilience training is wanted, needed, and appreciated," said Tiffany Watkins, an AW2 advocate at Fort Carson.

AW2 advocates at Fort Carson train quarterly on resilience and performance skills, helping them in their personal and professional lives.

"Goals are important. Not just having them, but writing them down and being realistic about them," said Jason Wilcox, another AW2 advocate. Goal Setting is a favorite among AW2 advocates, especially the component called "What's Important Now." This skill helps AW2 advocates prioritize the myriad tasks they encounter each day, which is critical when managing several unique cases at a time.

Refresher training is also vital to inculcating the skills, and AW2 recognizes this. "We learn something new every time, and the skills become a habit the more we do them," explained Watkins. As Brown put it, "We can walk with them, not totally in their shoes, but beside them."



Fort Carson CSF2 Program Manager, Sgt. 1st Class Sean Heath, helps facilitate the 'Hunt the Good Stuff' discussion.



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

Introducing Lt. Cmdr. Robin Toblin, the new branch chief of WRAIR RTO



As of September 2, 2014 Lt. Cmdr. Robin Toblin, Ph.D., MPH is the new branch chief of the Walter Reed Army Institute of Research (WRAIR) Research Transition Office (RTO). She is a clinical psychologist in the U.S. Public Health Service and was assigned to WRAIR Military Psychiatry branch for the past four years under the DoD-Public Health Service (PHS) Mental Health Memorandum of Agreement (MOA).

Concurrently, she worked at a psychiatry clinic at Walter Reed National Military Medical Center (WRNMMC) one day a week seeing service members with severe combat-related Post-traumatic Stress Disorder. At Military Psychiatry, she performed work in epidemiology, examining grief and physical health, energy drinks and sleep, tobacco and peer influence, and chronic pain and opioid use.

She was also the lead training developer and lead trainer (providing training to Soldiers and train-the-trainer trainings) for three efficacy studies on post-deployment transitions, social fitness, and sleep leadership. She is also a Master Resilience Trainer (MRT) and teaches resilience skills weekly in a resilience group at WRNMMC.

U.S. Army launches America's Army – Our Profession 'Living the Army Ethic' theme

The Army launched the newest "America's Army – Our Profession" theme on October 1, "Living the Army Ethic: Why and How We Serve."

The Chief of Staff of the Army, Gen. Raymond T. Odierno, approved the theme, which will run through fiscal years 2015 and 2016, to continue the momentum gained through 2013 "Stand Strong" themes, "Trust" and "Honorable Service and Stewardship."

The Army's goal for the FY 15-16 theme is to reinforce trust; inspire honorable service; strengthen our commitment to ethical, effective, and efficient stewardship of the Army Profession; and enhance our esprit de corps.

For more information, visit the Center for the Army Profession and Ethic (CAPE) website: cape.army.mil.



The Performance Triad supports Soldiers deploying to West Africa



Performance Triad

Sleep | Activity | Nutrition

The Army Surgeon General's Performance Triad team has produced a tool kit for Soldiers deploying to West Africa. Recently approved by the Vice Chief of Staff of the Army, Gen. Allyn, the kit provides actionable information on sleep, activity, and nutrition; and encourages healthy behaviors through "PERFORM". In support of Force Protection, the goal of PERFORM is to optimize performance and support the physical, emotional, and mental health of the deploying Soldiers. Multiple apps are recommended for use, including Performance Triad, Breathe2Relax, Tactical Breather, Battle Buddy, CBT-i Coach, and T2 Mood Tracker. PERFORM stands for: P = Protect & Hydrate, E = Exercise, R = Rest, F = Food and Re-fuel, O = Observe, R = Recover, M = Mental Edge.

By increasing awareness in these three key areas – sleep, activity, and nutrition – it is expected that performance and resilience will improve, thus Soldiers and units will maintain good health during deployment. The toolkit can be used in any training environment.

The Performance Triad is nested within the Ready and Resilient Campaign, which promotes healthy lifestyles and choices through three key components of sleep, activity, and nutrition. While each component is independently important, optimal performance is achieved when all three areas are addressed simultaneously. When Soldiers, Family members, and DA Civilians regularly apply the recommended Performance Triad behaviors, they will most assuredly feel the positive impacts on their overall health and wellbeing.