

**DEPARTMENT OF THE ARMY**  
WASHINGTON, DC

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INFORMATION FOR MEMBERS OF CONGRESS

**SUBJECT:** Army Releases Generating Health and Discipline in the Force Ahead of Strategic Reset Report

The Army today released the *Army 2020 Generating Health and Discipline in the Force Ahead of the Strategic Reset, Report 2012*, referred to as the *Army Gold Book*. The report serves as an update to the *Army Red Book* published in 2010; it summarizes the progress made in enhancing the health, discipline and readiness of the force. It represents the next phase in the Army's ongoing campaign to counter the stress associated with more than a decade of war.

The *Gold Book* candidly addresses the challenges that Soldiers and Families currently face, while providing a thorough assessment of what the Army has learned with respect to physical and behavioral health conditions, disciplinary problems, and the remaining gaps in Army policy. The report will serve as an invaluable resource for leaders, policy makers, commanders, and service providers, as they work together to address the unique and difficult challenges that lie ahead.

"While we have made tremendous strides over the past decade, there is still much work to be done," said Vice Chief of Staff Gen. Peter Chiarelli. "This war, as we often hear it described, is a marathon, not a sprint. And, as mentioned, many of our biggest challenges lie ahead after our Soldiers return home and begin the process of reintegrating back into their units, Families and communities."

Recommendations implemented since the publication of the *Red Book* have already had a significant, measureable impact on the health and discipline of the force. Examples include improved mTBI screening, diagnosis and treatment; increases in outpatient behavioral health access and delivery; decreased incidents of Soldier drug and alcohol abuse; reduced accession waivers; and expanded pain-management care. The *Gold Book* represents the next phase of this ongoing campaign.

Secretary John M. McHugh has directed that leaders at all levels become familiar with the report. Chief of Staff of the Army, General Raymond T. Odierno has also endorsed *The Gold Book*, emphasizing that Leaders understanding and effectively addressing the challenges that Soldiers and families face is absolutely essential to our

success in these and all endeavors. “Trust is the bedrock of our honored profession – trust between each other, trust between Soldiers and leaders, trust between Soldiers and their Families and the Army, and trust with the American people,” said General Odierno.

The lessons learned and recommendations provided in the *Gold Book* are meant to ensure the Army continues to best support the health, well-being and discipline of Soldiers—and their Family members—while ensuring a fighting force able and ready to stand strong in defense of our Nation.

The full report is located at [www.army.mil](http://www.army.mil).

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