National Guard Warrior Care

A History and Way Ahead

Major Paul E. Gonzales

Background

- Military Leaders (Army and Air)
- Conduct Content Analysis of Existing Army & Air Force Leadership and Stress Management Training Programs
- Collaborate with Army & Battlemind Leaders on their course material
- Collaborate with Israel's Military Personnel & Mental Health Experts
- Work with leading researchers in Stress Management field (Dr. Don Meichenbaum)
- American Association of Emergency Psychiatrist
- Walter Reed Institute for Research (LTC Paul Bliese and Mr. Rick Keller)
- National Defense University (COL Paul Bartone)
- Kansas State University, Military Family Institute (Dr. Briana Goff)

Background Con't

- Reviewed existing programs
  - Comprehensive Soldier Fitness
  - Landing Gear
  - Battlemind
  - 9G Force
  - Cross-Fit
  - Holistic Soldier Fitness
  - Many other programs; Red Cross, Israelis' Stress Inoculation, Hardiness

Background Con't

- Best Practices
  - Peer-To-Peer, CA
  - Buddy-To-Buddy, MI
  - Peer-To-Peer Support, NE
  - Peer Assistance, NYPD

Many other Best Practices out there!!

Background Con't

- Flash Forward
- Designed for Leaders
- Rolled out Course in April 2009
- To date _____ Train the Trainers have attended
- ____ States have participated
- Program is completed and turned over to NGB
- This is a "Joint" program
- Interactive lecture, practical exercises, testimonials, self assessment,

Resiliency Training Method

- Educate – Introduction
- Motivate – Discussion, Testimonials, Videos
- Ownership – Knowledge & Demonstrations
- Sustainment – Tools for tool box

- Lecture
- Video's
- Pod Casts
- Other technology tools
- Measurement

Website
Gaming
Exercises
Professionals

Resiliency History

National Guard Resiliency

(2006) Kansas Adjutant General, MG Bunting's vision

(2007) DoD, Task Force Report on Mental Health

(2008) DoD, TFMH recommendations implemented at NGB

(2008) ANG leadership and Congressional support

Collaboration: content analysis, AD military leadership, Israeli military personnel and mental health experts, Researchers and Academia

(2009) Pilot program testing:

"Flash Forward"

7 plug and play modules (8 hrs.)

the genesis for National Guard "Summit" Partners

National Guard Resiliency

Resiliency Future Training Model

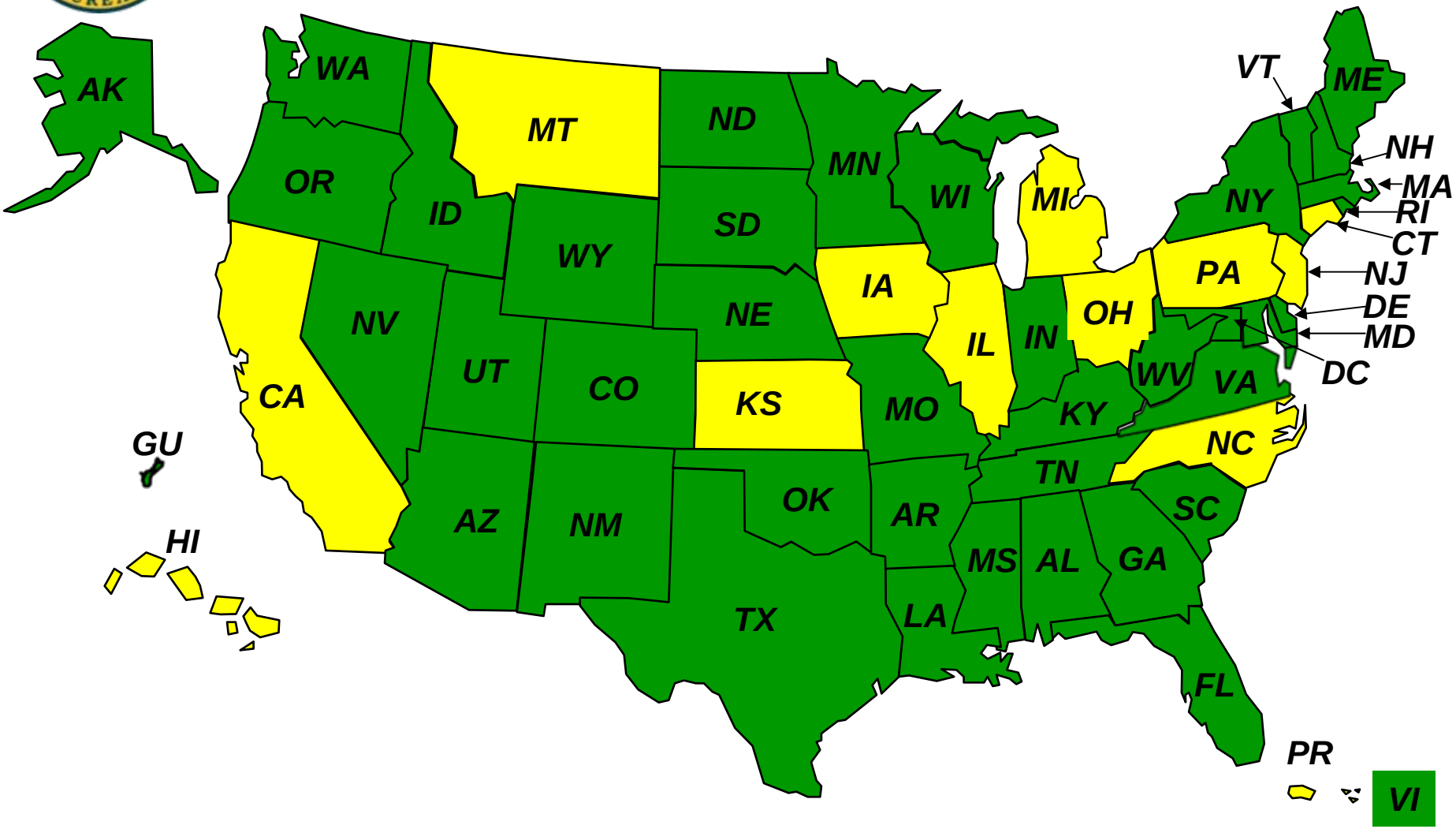
Bi-Lateral Training

- Meeting practice platform engagement
- Gaming teaching module (systems approach)
- Begin – Prepare – Engage – Analyze
- Capability for On Line support
- Components & Tools:
  - Visualization
  - Animation
  - Character management
  - Experience manager
  - Coach & tutor
  - Authoring tools

Young Soldiers & Airmen Learn by Games

MEETING PARTNER
Farid
TRUST 14
OBJECTIVE
Learn why market is not being used
Get Police Cooperation
PREPARATION
OBJECTIVE REVIEW
MEETING PARTNER
INTENDED OUTCOME
RESEARCH
PREP SHEET
REQUISITIONS
REHEARSAL
REHEARSAL
MEETING
MEETING
NEGOTIATION
AAR
AAR
FOLLOW -UP
Help
Options
Info
TIME
3 D 13:20
Plan
Action
What can you tell me about the lost power?
What's this about doctors refusing to treat policemen?
When I've resolved the trouble with the market, perhaps we can speak more about this.
What can you do? There's trouble everywhere, right?
Challenge
Say
Ask
Do
Give
Keyword Search
Negotiation
Leave meeting
P.O.: Try making some offers and requests.
[Compliment Farid on his integrity]
Farid: I love my city. I am giving to the people what they deserve.
Farid: You have been very helpful to this point. You should plan to visit Hassan next. He's a local businessman that has more knowledge of these affairs.
Farid: There are many problems around the town, too many for any one person to solve by themselves, but our progress is good. I have other matters to attend to. I have people yelling about the lost power, and doctors threatening to not treat policemen.

Spring 2009 Summit Partners



The Way Ahead

Warrior Care

National Guard Integrated Service Delivery Model

National Guard Infrastructure Support

National Guard Best Practices

Combat Operational Stress Continuum Decision Matrix

READY	REACTING	INJURED	ILL
DEFINITION • Good to Go • Well-Trained • Fit and Tough • Adaptive Coping SIGNS • Effective Functioning • Calm and Steady • In Control • Getting the Job Done ACTION • Monitor for signs of distress or stress reactions in future if concern arises	DEFINITION • Some impairment in job functions or relationships • Mild transient distress SIGNS • Some anxiety or irritability • Poor sleep; poor mental focus • Nightmares; easily startled • Loss of social interest • Some change from normal behavior ACTION • Ensure adequate sleep/restoration • Refer to Chaplain or Medical if there is no improvement • After Action Reviews	DEFINITION • More severe or persistent distress or impairment • More lasting scars on behavior or personality SIGNS • Lost emotional control at some point • Can't sleep • Disruptive nightmares or memories/flashbacks • Social withdrawal • Panic/rage episodes • Loss of concern for usual beliefs/values ACTION • Enforce rest and recuperation (24-72 hours) • Refer to Medical if no improvement	DEFINITION • Stress injuries that won't heal without medical intervention • Diagnosable illnesses (Such as: PTSD; depression; anxiety; substance abuse) SIGNS • Stress problems that last more than 60 days post-deployment • Not getting better or getting worse • Impacting work or relationships ACTION • Refer to Medical • Reintegrate back with unit if possible • Mentor back to full duty

Leader Responsibility ← Individual Responsibility → Chaplain &Medical Responsibility

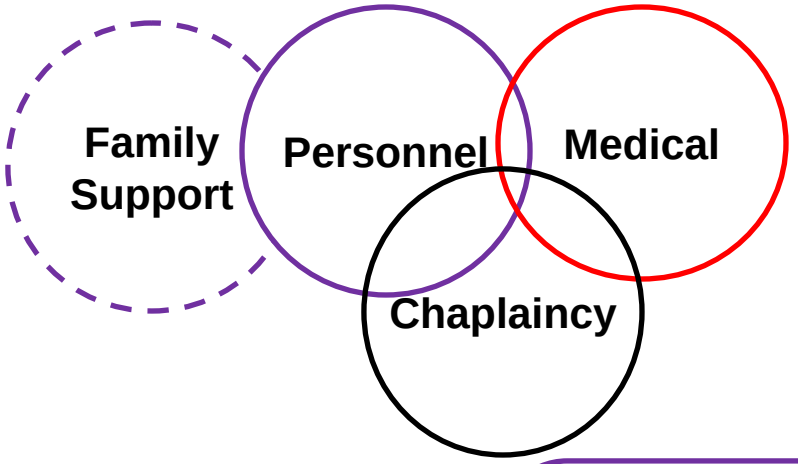
Model for a Way Forward

COMPREHENSIVE SOLDIER FITNESS: STRONG MINDS, STRONG BODIES

Warrior Care Teams

Social	Emotional	Physical	Spiritual	Family
Community Resources *Trusted Relationships* *Friendships* *Communication*	*Resiliency* *Life Choices* *Stamina* *Self Control* *Perspective*	*Physical activity* *Fitness* *Endurance* *Healthy Body* *Nutrition*	*Beliefs* *Values* *Societal* *Life Principles* *Sources of Strength*	*Advocacy* *Safety* *Secure Environment* *Supportive*
		Intertwined		
J-1/DPH	*J-1/DPH*	*Surgeons*	*Chaplains*	*J-1/DPH*

Proposed Way Forward for National Program



Service Member & Family Support

Family Programs

ESGR

Yellow Ribbon

Financial Management

Well Being & Resiliency

Psych Health

SAPR

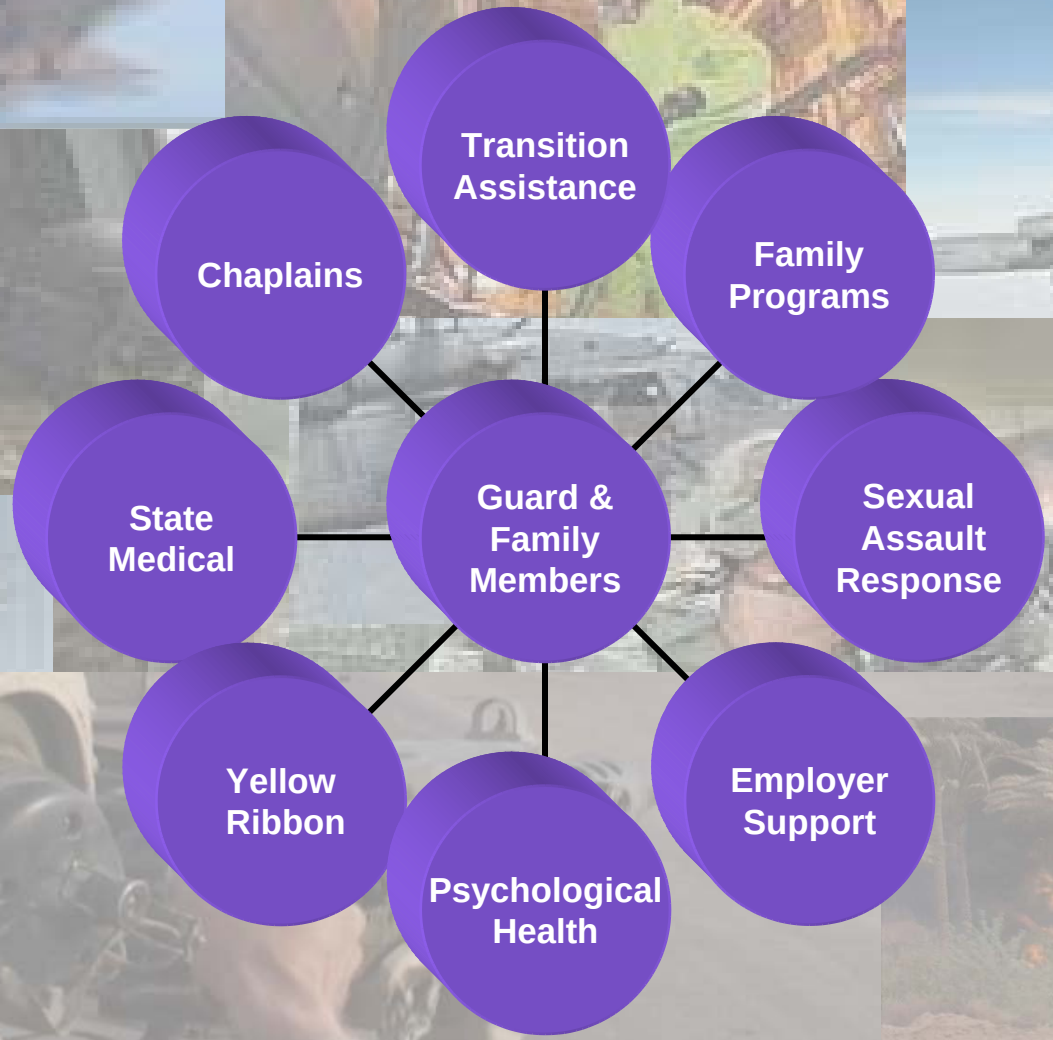
Warrior Transition

Domestic Violence

Suicide Prevention

Substance Abuse

Joint Services Support



Issues

- Help with Train-the-Trainer Courses
- Certification of the Program
- Where the program resides, J-1 working
- Measurement
- Future Funding
- System does not have capacity if all Soldiers and Airmen would seek assistance

Kansas Milestones

- Nov Flash Forward Completed
- Dec Four working groups product presentations
- Jan Family Focus Group conducted
- Feb ICT delivers first BiLat module
- Mar Family & Physical prototypes completed
- Apr One hour video on Resiliency completed
- May Family program version one completed
- Jun Trauma course prototype completed
- Jul Family course completed
- Aug ICT delivers all six modules completed
  - » Leadership, Assessment, Bolstering Strength, Family, Spiritual, Putting it all together

National Guard Future

A CULTURAL AWARENESS and Long term COMMITMENT

- Continue to capitalize on National Guard infrastructure/assets *via integrated service delivery models*
- Identify and address concerns of National Guard *"special populations";* i.e. UAV/Predator mission, Medics, Chaplains, Senior Enlisted Leadership etc.
- Telehealth and Technology (T2)
- Think Practically: 10 days AC training = 5 months for the Reserve Component
- Continued relationship building with local and community assets
- Make available technology available for us to adapt

"We're Different, but not Difficult…"

-Major General Tod Bunting, Kansas Adjutant General

Questions

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