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World Class Care...Anytime, Anywhere



Navy Resilience Initiatives

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Resilience Programs



- **The Navy's concept of care for Resilience programs must meet the needs of diverse Navy and Marine Corps cultures:**
 - Deep ocean ships and subs
 - Littoral forces
 - Marine and Navy Special Warfare land forces
 - Aviation forces
 - Navy healthcare

- **All clinical and health promotion programs must be responsive to**
 - Small tactical units
 - Support peer and unit leader responsibility
 - Be evidenced-based and culturally informed
 - Promote readiness, wellness and retention

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Resilience Programs



- **Assessment and Treatment of Wounded Warrior's Families**
 - Pilot program of a web-based family assessment tool that reveals key elements of family function and provides a baseline profile of each family
 - General workshops that address issues of post-deployment family function
 - Topic specific workshops for families sharing a common vulnerability/problem
 - Individual family sessions for those who express interest or are identified as in need of such services

- **Caregiver OSC**
 - Development of a core body of knowledge in compassion fatigue for personnel who will provide caregiver Operational/Occupational Stress Control (OSC) interventions
 - Implementation of workshop training on stress control for caregivers spread throughout Navy Medicine

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Resilience Programs



▪ **Project FOCUS**

- Development of therapeutic intervention and workshop training program that can be tailored to suit variety of Navy and Marine cultures including combat troops, specialized battalions (i.e. engineering, construction, etc.), and special warfare
- Needs Assessment of high risk populations in relation to service-member and family functioning in environments of increasing op tempos

▪ **USMC Warrior Transition**

- Development of “Warrior Transition I and Warrior Transition II” DVDs based on the (GFM) Warrior Transition I and II Power Point Slide Programs

▪ **Adaptive Disclosure Training**

- Development of a proof of concept of a protocol for a brief, empirically-based, intervention that reduces the risk of chronic PTSD by promoting early disclosure of trauma-related memories through the employment of exposure based therapeutic techniques

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Resilience Programs



- **Combat Stress First Aid (USMC)**
 - Development of a self-guided web-based training for Marines who have experienced loss(es) in combat. The training shall focus on promoting understanding and greater awareness of the effects of loss and grief, and fostering resilience in terms of maintenance of job performance, self-care, behavioral health, spiritual fitness, and quality of life

- **Returning Warrior Workshop for Navy Reservists**
 - Continued provision of weekend workshop training for service members and their families regarding re-integration after deployment
 - Incorporation of workshop into the “Beyond the Yellow Ribbon” initiative
 - After action and workshop evaluation reports following every workshop

- **Combat and Operational Stress First Aid (COSFA)**
 - Pre-deployment primary prevention training focusing on what Sailors and Marines can do to help themselves and each other safely navigate combat as well as day-to-day stressors

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Resilience Programs



■ **NSW Resilience Enterprise**

- Provide baseline functioning assessments which result in interventions according to the need defined
- Provide a family retreat which encompasses workshops to reinforce interventions given
- Provide reporting on psychological profiles and intervention outcomes for each enrolled operator and their family

■ **C/OSC Training**

- Development of C/OSC Training modules at every training level and command with built-in incremental advanced learning in relation to promotional status throughout the Navy and Marine Corps
- Longitudinal efficacy study for Marine Corps in relation to best practices of COSC
- Marketing and media products for dissemination throughout the Navy and Marine Corps

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Navy OSC



- **Comprehensive approach to address psychological health of Sailors and their families**
- **Provide decision making tools for Sailors, leaders and families to:**
 - Build resilience
 - Identify stress responses
 - Mitigate problem stress
- **End state: *Mission-Ready Sailors, Families, and Commands***
- **OSC now viewed as foundation for Navy Suicide Prevention Program**

*Line Owned
and Led...
Medical
Supported*





Stress Continuum Model



READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and focused • Cohesive units & ready families 	<ul style="list-style-type: none"> • Distress or impairment • Mild and temporary • Anxious, irritable, or sad • Physical or behavioral changes 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • May leave lasting memories, reactions, and expectations 	<ul style="list-style-type: none"> • Stress injuries that don't heal without help • Symptoms persist for >60 days, get worse, or initially get better and then return worse



■ Phase I – FY08

- NKO OSC webpage
- OSC Awareness, pre- and post-deployment training
- **>60,000 trained to date**

■ Phase II – FY09

- Roll-out formal training modules
- 100 Learning Objectives
- 13 Modules / 23 Courses of Instruction
- Both instructor led and web-based
- All career milestones captured
 - Recruit, OCS, ROTC, Officer Accessions, Apprentice
 - PO3, PO2, PO1, CPO, Divo, DH
 - SEA, CMDCM, CL
 - Family and CFC

■ Phase III – FY10 and beyond

- Curriculum maintenance




The screenshot shows the NKO Knowledge Online website. At the top, it says "Welcome to NKO ETEC John Walsh" and includes search and login fields. The main navigation bar is divided into five categories: Career Management, Personal Development, Leadership, Learning, and Reference. Below this, there are several content boxes:

- Alerts Community:** Lists "NEW" Career Tools Videos from NPC, how to find DOD Information Assurance Awareness Course, Navy PDS, Individual Ready Reserve (IRR), NKO Administrator Training, NKO 14 Character Passport, and PDI Policy and Training.
- Individual Augmentee:** Features a banner for "Operational Stress Control" with a "Mission ready Sailors, Families & Commands" message. Below it, a "Compensation and Benefits Handbook" is highlighted as a "NEW VERSION".
- What's New on NKO:** Lists updates such as Active Duty Flying Chief Warrant Officer Pilot Program, New Uniform Videos, Navy Working Uniform (NWI) New Service Uniform (SIU), Career Management System/Interactive Detailing (CMS/ID) Total Force Upgrade (Active & Reserve), TroopTube - new video site for military families, Savings Deposit Program, Motorcycle Videos, Travel Risk Planning System (TRIPS), and NFL Players donate SAT & ACT prep kits for service members and their families.
- Public Communities & Learning Center Pages:** Lists "You belong to the following NKO communities or Learning Centers:" including Surface Combat Sys and Operational Stress Control.

At the bottom, it says "U.S. STRATEGIC DEPARTMENT OF VETERANS AFFAIRS".



OSC Program Elements



- **CONOPs and Doctrine**
 - Input from stakeholders across the Enterprise
 - Joint USMC / USN publication (MRCP 6-11c/NTTP 1-15); release date May 2010
- **Assessment and Analysis**
 - Training Surveys, Focus Groups, Behavioral Health Quick Poll, Lightning Poll, Questions for Navy-wide surveys, Policy Review
- **Strategic Communications and Marketing**
 - Posters, flyers, postcards, pocket cards, trifolds, CNO and MCPON videos, “*All Hands*” magazine spread and TV special, Dedicated OSC Website, Social networking (Facebook, Twitter), 10 Infomercials, CNO Announcements



Stress Continuum Model



READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<p><i>The Goal of Navy OSC is to move towards GREEN</i></p>			

Unit Leader Responsibility	Individual, Shipmate, Family Responsibility	Caregiver Responsibility
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Questions or Comments

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