



Comprehensive Soldier and Family Fitness

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Senior Leader Spotlight



Lt. Gen. Howard Bromberg,
Deputy Chief of Staff, G-1

Building a ready and resilient force is one of the Army's top priorities. By implementing the Ready and Resilient Campaign Army-wide, we ensure that our Soldiers, their Families and Army Civilians have the skills and tools needed to face challenges and thrive in life. Your role as Master Resilience Trainers, providing on-the-ground Resilience Training, is a major asset to this campaign.

We rolled out the Ready and Resilient Campaign last February and you are the crucial link for executing the training at the company level. Each month, CSF2 trains more MRTs, bringing us closer to the goal of one Soldier MRT per company, one spouse MRT per company-size Family Readiness Group and one Army Civilian MRT per 250 Civilians.

The skills you teach are central to the campaign's "Line of Effort 2", which is to "Build and Maintain Ready and Resilient Soldiers, Soldier Families, and Army Civilians and Ready Units." Each time you conduct training, you are reaching more members of the Total Army. The result is a more ready and resilient force better able to face any challenges that may come our way.

CSF2 keeps innovating, continually refines and improves the MRT course and Resilience Training based on scientific research and your feedback. The MRT course also now provides time for graduating MRTs to work on an implementation plan to roll out when they return to their unit. In addition, CSF2 Headquarters has developed a Training Support Package to put more teaching resources in your hands. There's even an initiative to train Army teens.

I'm proud of the work MRTs do every day. I encourage you to continue demonstrating and living the skills, setting the example for our Army.

Resilience Tips



Physical - Weekly exercise can protect your brain from the aging process and delay the onset of neurodegenerative disease. Hence, not only does exercise improve and maintain your physical health, it can improve and maintain your psychological health!



Emotional - The brain and nervous system respond best when given structure. Creating a routine for an important task can focus the brain and body on the necessary steps to achieving success, while lowering counterproductive levels of stress that inhibit emotional balance.



Family - When they can't solve problems on their own, resilient families reach out for help by turning to extended family, friends, neighbors, community services and/or counseling.



Social - Effective communication with peers and leaders requires effort and practice. Remember to use the IDEAL model when you are faced with a challenge or conflict.



Spiritual - Some would contend that interacting with animals builds the spirit. Research in the human-animal bond support the idea that animals make us more human. Spending time with your pet is probably good for both of you!

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Director's Column CSF2 Had a Great 2013



Col. Kenneth H. Riddle
Director, CSF2

As we look back at 2013, the program's fifth full year in operation, you can take pride in accomplishing some big things. Here are some highlights:

Stood Up Six New Training Centers –The Fort Campbell, Fort Carson, Fort Drum, Fort Riley, Fort Stewart and Schofield Barracks Training Centers all became fully operational in 2013. This increased the number of CSF2 Training Centers, from 10 to 16, bringing resources, expertise and support to more Soldiers, Family members and Army Civilians.

Three CSF2 Training Centers Now Train MRTs Locally, to Include Spouses – Fort Bliss, Fort Bragg and Fort Hood are all now able to run their own MRT Level 1 course. That means less travel for Soldiers and DA Civilians. And because these new MRTs are being trained locally, they are being trained by the same Training Center personnel from whom they will receive refresher training and are able to share lessons learned as they take the skills back to their units.

Certified 7,390 New MRTs – Between the University of Pennsylvania, the National Guard Training Centers at Fort Custer and Fort McCoy, our three fully-operational CSF2 Training Centers, and our Mobile Training Teams, we came very close to our goal of training and certifying 7,700 new MRTs per year in 2013. As more CSF2 Training Centers become fully operational, the numbers will only go up.

Version 3 of MRT Level 1 Curriculum Piloted – Fort Campbell and Fort Riley piloted the updated Level 1 MRT curriculum to good reviews. Version 3 is a refinement of the Level 1 curriculum based on everything we have learned from surveys at the end of the Level 1 course, feedback from Primary Instructors and Assistant Primary Instructors, and evaluations from the Walter Reed Army Institute of Research. Version 3 adds two performance enhancement skills -- Goal Setting and Energy Management, and provides a block of instruction on implementing training in your unit. (You will be able to download the curriculum for these skills and videos of them being taught on the [MRT Resource Center](#). Also, the CSF2 Training Centers are working on plans to teach the skills to current Level 1 MRTs down the road – more news to come).

Executive Resilience and Performance Course Fielded – We all know the importance of leadership buy-in and support for training at the unit level. That's why we developed the Executive Resilience and Performance Course to help make sure your local leaders understand the skills and the value of the what your training does, and we see support increasing every time leaders take the course. The four-hour version is designed for brigade and above leadership; eight-hour version is for battalion-level leadership; and 16-hour version is for company-level leadership, however, this is not prescriptive and CSF2 will provide any course to any leader audience requested. In November, the Vice Chief of Staff of the Army put out a "VCSA Sends" encouraging leaders throughout the Army to take the course, and now we have over 60 requests, which we are busy scheduling.

ArmyFit™ and GAT 2.0 Almost Ready to Launch – Over the course of 2013 we completed development of our new social media platform, ArmyFit™, and upgraded the GAT to include the Physical Dimension of fitness. We plan to launch them both in late January. ArmyFit™ will function as the CSF2 online self-development environment and will be the portal to the GAT 2.0. ArmyFit™ will also house the Comprehensive Resilience/Performance Modules, which are interactive self-development videos. It comes with a lot of exciting social networking features and content that we will describe in more detail as we get set to launch.

Released 10 New Comprehensive Resilience/Performance Modules – You can now access 10 new CRMs that weren't available a year ago. Three of them address the Reserve Component, one is on Post-Traumatic Growth and another is about overcoming stigma and seeking help. Two more are about Brain Power and Feeding the Brain. In early February we will have four more, including Killing in Combat and Moral Injury on the Battlefield.

Learning Enhancement Program – This program is designed to teach Soldiers in military education settings how to hone their studying and test-taking skills by applying evidence-based learning strategies and performance enhancement skills – learning how to learn. It is now available at most CSF2 Training Centers.

Leadership Development Course – This is a one-week long 40-hour course aimed at company commanders and first sergeants that delves into each of the six performance enhancement skills. It begins and ends with an obstacle course that typically features such physical challenges as carrying a large truck tire followed by threading a needle, and mental challenges such as solving a problem or testing your memory. In between, participants learn self-mastery through hands-on application of the six skills. It, too, is now available at most CSF2 Training Centers.

I'm looking forward to a great 2014 for CSF2 in which we build upon all the accomplishments of 2013. And, I want to thank you, the MRTs in the field, for the valuable work you do in taking this training to the unit level. CSF2 HQ will keep adding resources to the MRT Resource Center to help you in this effort.

CSF2 Translates Resilience and Performance Enhancement Training for Teens



Comprehensive Soldier and Family Fitness (CSF2) is pleased to announce the pilot of a new training curriculum, designed for teenagers, that translates the resilience and performance enhancement skills currently taught to Soldiers, their spouses and Army Civilians. During this current school year, four pilots are being implemented at Fort Knox, Ky.; Fort Bliss, Texas; Fort Riley, Kan.; and Schofield Barracks, Hawaii with approximately 350 teens participating.

After providing Soldiers, spouses and Army Civilians with resilience and performance enhancement skills over the past few years, there have been growing requests to offer the same skills to their children.

"Trained Soldiers and spouses provided strong demand signals for the need to train teens," said Lt. Col. Stephen Austin, lead for the teen curriculum development. "The Army wanted to meet this demand by providing a consistent language and skill set that is offered to both teens and their parents in the Army. The goal is that an Army Family will have a tool kit that includes a common language that can be easily used at the dinner table, and throughout all of a family's daily tasks and challenges. This training will serve to strengthen the Army Family."

The teen curriculum is tailored from the current Master Resilience Trainer (MRT) course, the intensive 10-day course that certifies MRTs to teach others, but is shortened and adapted for a younger audience. The skills included are five performance enhancement skills (Building Confidence, Attention Control, Energy Management, Goal Setting, and Integrating Imagery), and 12 resilience skills (Hunt the Good Stuff, ATC, Avoid Thinking Traps, Detect Icebergs, Problem Solving, Put It In Perspective, Mental Games, Real-Time Resilience, Character Strengths, Assertive Communication, and Effective Praise and Active Constructive Responding).

After a teen night held at Schofield Barracks where some resilience and performance enhancement skills were taught, one of the teens said, "I learned that how you think and how you react to certain things is what determines how your life is going to turn out. It's your thought process that matters the most." So far, the feedback from the teens participating in the pilots has been overwhelmingly positive. The result of these pilots is monitored and evaluated by the Walter Reed Army Institute of Research (WRAIR) in order to evaluate and assess the benefits and effects of offering this teen curriculum Army-wide.

For those interested in learning more, or to request the curriculum (beginning spring 2014), contact CSF2 at usarmy.pentagon.hqda-dcs-g-3-5-7.list.dcs-g357-resilience-trng@mail.mil. Please note, an application is required for its use to ensure that all background and safety procedures are met prior to program delivery.

MRT Spotlight: Clifford Bauman, Chief Warrant Officer 4 Experience helps MRT deliver Resilience Training



I have told my story many times. I was part of a search and rescue mission in the Pentagon right after the plane struck on 9/11. I searched for survivors and found no one alive, and I saw many horrific things. Afterward, I struggled with post-traumatic stress disorder and refused to seek help. I shut down my emotions, closed off the memories and was spiraling downward while my family, friends and coworkers watched. I was drinking a lot and couldn't sleep at night.

Finally, a year after the event, I experienced what I now know was a very big Activating Event. On the first anniversary of 9/11, I read a personal account in a news story given by a son whose mother died in the Pentagon that day. I was the one who found her body while searching through the wreckage. It all came rushing back, and I ended up trying to take my life while visiting my brother in

Missouri over the holidays that year.

Fortunately my brother found me in time, and I was able to seek professional help. I stopped caring about potential stigma and any harm it might do to my Army career, and I opened up to a therapist. I was properly diagnosed with PTSD and received treatment. Over time, the stress and pain flowed out of me. Since then I have been promoted twice and have a rewarding career as a training specialist at Training and Doctrine Command's Initial Military Training Center of Excellence.

I was also able to participate in the Level 1 MRT course in 2011. How I wish I could have had that training before 9/11. Looking back, I know I could have used the skill Detect Icebergs to overcome my attitude that "Seeking counseling shows weakness," and "Real men just keep going" – thoughts that are untrue. I also believe that Resilience Training provides the coping skills needed to help you better process potential traumatic events in real time. Moving forward, this training has better prepared me to deal with the challenges life throws at us.

As an MRT, we can use the training to help Soldiers better handle both minor and major issues in their lives. We know our Soldiers best and we can draw from our own life experiences as we train them, which is what I try to do. I am proud to be an MRT, and part of a program that helps our Soldiers, their Families and Army Civilians.

Please share your experience in the field, best practices or any good ideas you may have with CSF2 HQ. We would like to highlight you in our MRT Spotlight section!

Send us an e-mail at usarmy.pentagon.hqda-dcs-g-3-5-7.list.dcs-g357-csf-pao@mail.mil



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

Ft. Carson Warrior Transition Battalion Utilizes Team Building and Cadre Resilience Training for Unit Cohesiveness

By Alissa Bookwalter, CSF2 Liaison Officer to Warrior Transition Command



Ft. Carson, CO – Soldiers are positively impacted by Resilience and Performance Enhancement Training, but this impact is perhaps best seen in Warrior Transition Units (WTU). It is well known that WTU Cadre and Staff face a mission that presents unique challenges. Part of these unique challenges stem from the mission WTU Cadre and staff undertake: to develop, coordinate, and integrate the Army's Warrior Care and Transition Program (WCPT) for wounded, ill or injured Soldiers, Veterans, and their Families or caregivers to promote success in the Force or civilian life. By utilizing training offered by CSF2, WTU Cadre and staff are able to use resilience and performance enhancement skills to not only enrich their own lives, but to also help WTU Soldiers cope with the stressors associated with

the transition process.

The Ft. Carson Warrior Transition Battalion (WTB) is one location where Resilience and Performance Enhancement Training for Cadre and staff is regularly incorporated into the daily battle rhythm. In addition to mandatory quarterly Resilience Training requirements, Ft. Carson WTB Cadre and staff are offered monthly Cadre resilience workshops and Battalion team building workshops conducted in conjunction with the local CSF2 Training Center and the WTB Chaplain.

Lt. Col. Aaron Termain, Ft. Carson WTB Commander, states: "The CSF2 program is a key pillar in our efforts to enhance Soldiers' ability to rehabilitate and integrate back into the Force or back into our communities...the team building classes help us to improve our camaraderie across the battalion, and communicate better with one another, our Soldiers, and their families. CSF2's techniques are also dynamic and engaging, and help to reduce friction points among our Cadre."

CSF2 has staff, Master Resilience Trainer-Performance Experts (MRT-PEs) from the Ft. Carson CSF2 Training Center, embedded within the Ft. Carson WTB who spearhead efforts for resilience, performance enhancement, and mastery training for WTB Soldiers, Cadre, Families, and staff. Their monthly resilience refresher workshops for Cadre and staff have made an impact on the way the Ft. Carson WTB functions as a team by increasing unit cohesiveness.

Capt. Nicholas Kucan, Ft. Carson WTB A Company Commander, is an active participant in these workshops. "The Cadre resilience workshops have been a fountain of youth for our military and civilian staff. The lessons taught within the workshops have been instrumental in bridging the gap between our staff to become a more cohesive family more than ever," Kucan said.

CSF2 Training Centers support every WTU/ community-based WTU within the Warrior Transition Command footprint.

For additional information on Resilience and Performance Enhancement Training for WTU Soldiers, Cadre, Family, and staff, please contact the CSF2 Training Center at your local installation (<http://csf2.army.mil/locations.html>).

If you have feedback on the newsletter or any other aspect of CSF2, please visit <http://csf2.army.mil/contact.html> for the appropriate address.

What's New in the MRT Resource Center?



MRT RESOURCE CENTER

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Updated CSF2 Command Brief Video Given by Col. Riddle

Training Support Package Materials Now Available for Download!

MRTs can download these and MORE on the [MRT Resource Center!](#)

Upcoming Courses

MRT Level 1

Schofield Barracks: 6-17 January
 Fort Campbell: 6-16 January
 Fort Sill: 6-17 January
 Fort Hood: 6-17 January
 LDD (Fort Jackson): 6-17 January
 USASMA: 7-15 January
 Fort Custer: 6-16 January
 Fort McCoy: 21-31 January
 UPENN: 27 January - 7 February
 Fort Benning: 27 January - 7 February
 Fort Bliss: 27 January - 7 February
 Fort Stewart: 27 January - 7 February
 Fort Campbell: 3-14 February
 Fort Custer: 3-14 February
 Fort McCoy: 10-21 February
 USASMA: 19-27 February
 Fort Knox/USAREC: 24 February - 7 March
 Fort Bragg: 24 February - 7 March
 JBLM: 24 February - 7 March
 Fort Custer: 3-14 March

Fort McCoy: 3-14 March
 JBSA: 10-21 March
 Grafenwoehr, Germany: 17-28 March
 Fort Custer: 24 March - 4 April
 UPENN: 31 March - 11 April
 Fort Bliss: 31 March - 11 April
 WTC/MEDCOM (Fort Belvoir): 31 March - 11 April
 Fort Hood: 31 March - 11 April

MRT Level 2

LDD (Fort Jackson): 27-31 January
 LDD (Fort Jackson): 24-28 February
 UPENN: 17-21 March
 LDD (Fort Jackson): 31 March - 4 April

MRT Level 3

UPENN: 6-10 January
 UPENN: 24-28 February