



DPRR

COMMUNITYLINK

THE DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS NEWSLETTER | AUGUST 2024



**SUICIDE PREVENTION MONTH
SPECIAL EDITION**

September is observed as Suicide Prevention Month, when the nation raises awareness and promotes resources to prevent death by suicide. This year's theme, "We Are Stronger Together. Connect to Protect," is based on the Army's approach of encouraging Soldiers to take care of one another and emphasizing the roles that teams, Family members and individuals play in preventing suicides. (U.S. Army photo)

Strength in Unity: Embracing Connection for Suicide Prevention

By Rachel Rachfal, Directorate of Prevention, Resilience and Readiness

As Suicide Prevention Month approaches in September, the Directorate of Prevention, Resilience and Readiness, or DPRR, highlights the theme: "We Are Stronger Together. Connect to Protect." This theme emphasizes the importance of strong communities and healthy relationships in mitigating suicide risk, urging every member of the Army to foster connections and support one another.

The Power of Connection

Strong relationships and community support are crucial in reducing suicide risk. Col. Kevin Goke, Ready and Resilient Integration and Training division chief, emphasizes that suicide prevention requires a comprehensive, community-based approach. Relationships offer psychological and emotional benefits, providing a sense of belonging and reducing feelings of isolation. Goke explains: "We tackle this in training mechanisms and a bunch of different things that we do. The Army suicide prevention training is building these skills ahead of time. We want to stay ahead of it."

"It's crucial to normalize help-seeking behaviors and maximize protective factors within teams. Strong peer-support networks can significantly reduce the stigma around help seeking and support our Soldiers," says Renee Johnson, the Army's Suicide Prevention Program manager. This approach encourages open discussions about life's challenges and reduces the stigma around seeking help.

The importance of connection cannot be overstated. When individuals feel connected to their community, they are more likely to reach out for

help in times of need. The Army community, with its unique structure and values, provides a robust framework for fostering these vital connections.

Living Army Values to Reconnect

Adhering to Army Values—loyalty, duty, respect, selfless service, honor, integrity and personal courage—helps Soldiers recapture a sense of purpose and resilience. These values foster an environment of support and understanding, encouraging Soldiers to look out for one another. "This is really about getting everybody in the population comfortable with reaching out and engaging service members in distress," Goke says.

Practical Steps to Foster Connections

Building and maintaining strong relationships within the Army community can be achieved through:

1. **Reaching out:** Be proactive in connecting with fellow Soldiers, especially newcomers. Goke notes that Soldiers who die by suicide often "have been in the unit less than six months."
2. **Offering support:** Encourage open communication and provide support to those facing challenges. Creating a safe space for discussions about emotional well-being can make a significant difference.
3. **Participating in activities:** Engage in team-building activities and community events, sporting and recreational events, and Unit

See **CONNECTION** on page 13



DIRECTOR'S COLUMN

Team,

In recent months, Sgt. Maj. Ruben Murillo has traveled around the force learning about the needs of our community. He is sharing information about our programs and initiatives and explaining how the Directorate of Prevention, Resilience and Readiness can assist leaders and community members in preventing harmful behaviors and enhancing protective factors. For this month's edition of the "Director's Column," I've asked Sgt. Maj. Murillo to share his thoughts on performance optimization and suicide prevention.

—Dee Geise, DPRR Director

Sgt. Maj. Murillo:

Any athlete will tell you that sports are not only about physical ability; they're just as much about the mental game. The stakes are much higher in the Army, but the principle is the same. We cannot be top performers as Soldiers if we condition our bodies but ignore our minds.

There is no denying that [psychological stress not only affects our personal relationships but also our readiness and performance](#).

This is easy to see when you think about the last time you had a disagreement with your spouse, kids or a colleague. Did you have a hard time concentrating at work or maybe failed the ACFT or got lost during land nav? Similarly, if you've hit a wall trying to improve your ACFT scores, getting the Expert Soldier Badge or in your training for Air Assault or Ranger School, it's time you consider that maybe you're stuck because you're ignoring the mental component. Mental fitness and physical fitness go hand in hand.

The Army recognized the link between mental resilience and performance and readiness [long ago](#) and established Ready and Resilient Performance Centers. These centers, [located on installations Army-wide](#), are staffed by Master Resilience Trainer-Performance Experts, who hold advanced degrees in sports psychology or related fields. Their job is to provide Soldiers and units with training that improves resilience, performance and unit cohesion. R2PCs are a valuable resource for leaders and Soldiers.

See **DIRECTOR'S COLUMN** on page 13

Military Consumer Month and Financial Protection for Army Families

By Kristen Murphy, Directorate of Prevention, Resilience and Readiness

Did you know that, according to the Federal Trade Commission, military Families are 76% more likely than other adults to be victims of banking fraud? Due to the increased threat, July was designated Military Consumer Month to bring awareness to the benefits and protections created to defend the economic well-being of service members and their Families.

The Servicemembers Civil Relief Act is one of the measures designed to protect military Families against financial fraud.

The SCRA provides additional benefits to service members who become victims of legal or financial transactions that adversely affect their rights during military or uniformed service. Benefits of the SCRA include:

- Reduced interest rates.
- Postponed negative actions.
- Termination of contracts or leases.



Military Consumer Month reminds service members and military Families to protect their financial well-being through awareness and education. (Stock photo)

- Protection of service members' life insurance.
- Access to free legal counsel.

To read more about Military Consumer Month, visit the DPRR blog: <https://www.armyresilience.army.mil/ard/blog.html>.

DOD Recognizes Top Suicide Prevention Programs

By Chester Curtis, Directorate of Prevention, Resilience and Readiness

Joint Base Lewis-McChord, Washington, Guam Army National Guard, and U.S. Army Reserve Deployment Support Command, Alabama, suicide prevention programs were recognized for outstanding contributions to their communities from Sept. 1, 2022, through Aug. 31, 2023.

The awards, which will be presented by the Defense Suicide Prevention Office in a Pentagon ceremony in September, highlight the "Connect to Protect: Support is Within Reach" work the organizations accomplished in support of Soldiers, their Families and Army Civilians, while also promoting activities for the 2023 Suicide Prevention Month observance.

Joint Base Lewis-McChord

Jackie Young, Joint Base Lewis-McChord Suicide Prevention Program coordinator, expressed pride in the announcement.

"It's very validating," Young says. "It's very exciting to know that we're recognized for the hard work we've been putting toward this effort. We try to think outside of the box and do things that resonate with Soldiers and have a positive impact."

Their most popular event is called "Feel the Ruck 5K," says Young. This is an annual event where participants travel a route and do different activities. They encounter different stations, where they have the opportunity to communicate, practice self-care and learn about various resources both on and off the installation. These activities are completed in teams with the purpose of enhancing team cohesion.

"By the end of the day, participants just grow together and build that communication, trust and connectivity they should have on a team," explains Young.

Young is supported by Army Substance Abuse Prevention program staff, including Carmen Rivera, ASAP specialist. She says their contributions are crucial to achieving program goals in general and desired Suicide Prevention Month outcomes in particular.

To finish reading this article, visit [army.mil](https://www.army.mil/article/279013): <https://www.army.mil/article/279013>.

"We encourage building conversations and building connections; that's what makes us stand out."

—Carmen Rivera, ASAP specialist



IN THIS ISSUE

07



ARMY KITCHENS GETTING HEALTHY-MENU MAKEOVERS

SPECIAL FEATURE

08-11



SUICIDE PREVENTION MONTH

14



2024 WARRIOR GAMES CELEBRATE COURAGE, POWER OF RESILIENCE



Positive Test Results for Delta-8 THC Found in Popular Gummies, Vapes Now Reported to National Firearm Background Check System

By Antonietta Rico, Directorate of Prevention, Resilience and Readiness

Many Soldiers may not be aware that testing positive for Delta-8 THC, commonly used in gummies, vapes or similar hemp and cannabidiol, or CBD products can result in losing the right to purchase or possess a personal firearm for one year.

The Army now reports positive Delta-8 THC drug test results to the National Instant Criminal Background Check System, known as NICS, according to a memo released in June by the Army's Directorate of Prevention, Resilience and Readiness. NICS was created as a result of the Brady Act of 1993, which requires federal firearm licensees, such as gun retailers, to check NICS to "determine whether a person can legally buy or own a firearm," according to the [FBI website](#).

"The use of hemp, including CBD products, is prohibited by AR 600-85, paragraph 4-2," says Carolyn Massiah, an Army Substance Abuse Program specialist. Delta-8 THC is typically produced from CBD, which comes from hemp and



Delta-8 is commonly used in gummies and vapes. It's strictly prohibited in the U.S. Army and using it can result in losing the right to buy or own a personal firearm for one year. (Photo courtesy of Centers for Disease Control and Prevention)

has similar mind-altering effects as marijuana. Use of hemp and CBD is a violation of UCMJ, Article 92.

"Individuals who test positive for an illicit substance are prohibited from purchasing or possessing personal firearms for at least one year," Massiah says.

Drug edibles, such as gummies, candies or cookies, as well as vapes and other products popular among young adults, can contain Delta-8 THC, and the product packaging may not indicate it contains the substance.

"These products are not regulated by the FDA, and you cannot rely on the labeling, as they are often mislabeled," she says.

Delta-8 THC was added to the Army's drug-testing panel in July 2021. According to the recently published memorandum, the Army is raising awareness that Delta-8 THC positive results are reported to NICS to deter and prevent illicit substance use, promote healthy lifestyles and provide assistance to those affected.

If you are concerned about substance misuse and would like to seek help, you can find resources at <https://www.armyresilience.army.mil/ASAP/pages/resources.html>.

A Beacon of Light: The Role of SHARP Victim Advocates

By Lytaria B. Walker, Directorate of Prevention, Resilience and Readiness

From the SHARP restructure to the establishment of the Integrated Prevention Advisory Group and the creation of the Special Trial Counsel, the Army is on the path to effecting long-term change in the prevention of and response to sexual harassment and sexual assault.

Victim advocates are crucial to this development. Not only do they conduct intake reports and client risk assessments, but they also provide essential support and care, including nonclinical counseling.

VAs are distributed based on the population of each installation, supporting a specific brigade or providing overarching support. They often cover multiple tenant units across an installation.

Matthew Giblin, who has a master's degree in social work, is a VA at the U.S. Military Academy at West Point, New York. He says his top priority is to provide individuals nonjudgmental advocacy that honors their worth and dignity as survivors. He assists victims of sexual harassment and sexual assault in making informed decisions as they progress toward resolution and healing. Some of his clients just want to have a cathartic moment of sharing and venting. Some may want to document their experiences, such as in a report, and that's it. Others may want to receive mental health treatment or use services.

"Victim advocates are beneficial because we are person-centric and victim-centric. We focus specifically on the needs of the individual that comes in to seek our service," says Giblin. VAs give

victims a safe place to breathe, share and feel supported. No matter the circumstances, VAs are here to meet victims wherever they are.

"Coming forward and talking to somebody is an incredibly difficult thing to do when you've had trauma—be it a formal or an informal resource," says Giblin. "When someone comes to us in their worst moment, we treat them with dignity and respect. We don't judge them or their situation. We're present with them with empathy," he expresses. His dedication shows how VAs are there to support victims and to empower them to make their own informed decisions.

It is important for Soldiers to know that they are in good hands when they seek help. VAs provide warm referrals to other support services with care and confidentiality. Internal supports include, but are not limited to, Army Substance Abuse Prevention, Family Advocacy Program, the Office of Special Trial Counsel and the Special Victims' Counsel, where individuals receive assistance from a special victim's liaison to navigate the military justice system. External partnerships extend services to victims of sexual assault that are not physically offered at the installations and include county-specific rape crisis centers, police departments and local hospitals or clinics.

Knowing there is a compassionate person in their corner can help redefine a victim's recovery. Chaylah Francis, a VA at Fort Meade, Maryland, says: "I am the light at the end of the tunnel for victims. I bring stabilization, guidance, resources and information"

She goes on to say that the Army is trying to identify approaches that may not have worked in the past while being proactive about the future.

"We are here for victims 100% wholly and fully in that moment. We are here honoring your personal courage to come forward and share your story with us," Giblin says. He wants anyone who has experienced sexual harassment or sexual assault to know that while you can't reverse what has happened to you, you have the power to decide what you want to do next.



If you're ready to talk, someone is ready to listen.

The DOD Safe Helpline by Telephone: 877-995-5247, Text: 55-247 (inside the U.S.) or 571-470-5546 (outside the U.S.)

Online chat: [SafeHelpline](#)

Peer-to-peer support: Safe HelpRoom

Safe Helpline app: www.safehelpline.org/app, which can be downloaded from the [App Store](#) or [Google Play](#)

Contact the National Sexual Assault Hotline: 800-656-HOPE(4673)



Updates to U.S. Army Basic Combat Training modernize basic education for trainees by transforming the content, format and delivery of annual suicide prevention training. (U.S. Army photo)

Trialing a New Approach to ‘Boost’ Knowledge of Resilience and Suicide Prevention Instruction Among Basic Trainees

Dr. Michelle Luken, John Novosel-Lingat Ph.D., Tony Best, Richard Gonzales, Abigail Strother, Kyle Prescott, Kourtney Sappenfield, Walter Reed Army Institute of Research

Since 2010, many professional military education courses and all initial military training have been required to dedicate time in their programs of instruction to deliver resilience trainings tailored to meet the unique needs of Soldiers in certain IMT and PME courses. More recently, the Walter Reed Army Institute of Research and the U.S. Army Public Health Center have modernized the suicide prevention training for Army Basic Combat Training and transformed the content, format and delivery of annual suicide prevention training for the operational forces to be more modular and customizable by the commander.

Program evaluations have found an immediate increase in Soldiers’ knowledge (i.e., acquisition) following these trainings. However, less is known about how well Soldiers retain the information over time (retention), especially when experiencing heavy cognitive load, physical exhaustion, limited sleep and stressful conditions.

For example, while policy requires trainees to receive four hours of foundational resilience-related training upon arrival to BCT, there is currently no requirement for follow-up training throughout the remainder of BCT (10 weeks) or in AIT (1–12 months, depending on the MOS).

The next time Soldiers are required to receive follow-up training on these topics is sometime within the first year at their first unit of assignment.

The Directorate of Prevention, Resilience, and Readiness has requested that WRAIR develop, pilot and evaluate brief refresher trainings to “boost” the following initial foundational trainings delivered during the first 72 hours of BCT: resilience, suicide prevention and basic connections (spiritual/social support).

Booster trainings may offer a way to increase knowledge retention over time and help reduce the time between required trainings. In 2023, WRAIR developed two sets of booster trainings on the three foundational training topics stated above. The booster trainings do not include new content but rather provide a review of key concepts covered during each foundational training. Each booster takes about 10 to 15 minutes to train at the platoon level. They can be conducted in any environment, with or without AV equipment. Drill sergeants have the option of leading the training themselves or having trainees review the material on their own, followed by a group knowledge check.

WRAIR is currently piloting these boosters during the BCT portion of one-station unit training with units at the Maneuver Center of Excellence in Fort Moore, Georgia. There are approximately three to four weeks between the required foundational training and each set of boosters. Throughout the pilot program, trainees complete surveys measuring their knowledge, attitudes and beliefs about resilience, suicide prevention and basic connections. They are also asked to provide feedback on training content and delivery. As a basis for comparison, WRAIR is collecting the same data from trainees in units not receiving booster training.

Upon concluding data collection at Fort Moore, WRAIR will begin pilots and data collection at Fort Leonard Wood, Missouri, with plans to disseminate findings to stakeholders by 2025.

The results of this evaluation will inform DPRR on the feasibility and outcomes of conducting booster trainings to improve basic trainees’ knowledge, attitudes, values and beliefs about resilience and suicide prevention. If found to be effective, this approach could be adapted to other training topics, skills and audiences, with potentially broad implications for the Army as a whole.

AROUND THE FORCE

- ▶ SHARP
- ▶ SP2
- ▶ R2
- ▶ ABCP



Army SHARP Academy SARC/VA Career Course Graduation Awardees

FORT LEAVENWORTH, Kansas—On June 7, the Army SHARP Academy graduated 32 students from the SARC/VA career course. Col. Travis Jacobs, SHARP Academy director, personally recognized each award recipient for their exceptional performance. Sgt. 1st Class Jacoby Lewis, MEDCOM, Camp Walker, Korea, took home the Academic Excellence Award, and Staff Sgt. Keith Cooper, TRADOC, Fort Sill, Oklahoma, received the Jay Lee Hoffman Spirit Award. Congratulations and best of luck to all the graduates! Left to right: Master Sgt. Jacob Blackwell, Sgt. 1st Class Jacoby Lewis, Staff Sgt. Keith Cooper, Col. Travis Jacobs. (U.S. Army photo)



Fort Liberty 5K Commemorative Ruck March Honors Fallen PSYOP Hero

FORT LIBERTY, North Carolina—On July 17, members of the U.S. Army Special Operations Psychological Regiment from the 4th, 8th and 9th Psychological Operations Group (Airborne) assembled for a dedication ceremony and memorial ruck march to remember one of the unit's heroes: Staff Sgt. Michael A. Dickinson II, who died in Ramadi, Iraq, in 2006. The memorial event marks the 18th year of his passing. The ruck march symbolizes the burden of loss and overcoming hardship while paying tribute to the deceased. It also honors Dickinson's life and his commitment to physical, spiritual and mental resilience. (Photo courtesy of Lt. Col. Brett M. Butler)



Master Resilience Trainer Sustainment Training Puts Readiness First

GRAFENWÖHR, Germany—The 7th U.S. Army Training Command headquarters and headquarters company hosted its quarterly Master Resilience Trainer Sustainment Training in collaboration with the Ready and Resilient Performance Center. Andrew Kantor and Kaley Eastwood, performance experts at the R2PC, Germany, led a highly interactive four-hour class focused on the skills of problem-solving and real-time resilience. Civilians, Family members, and active-duty and reserve Soldiers learned to boost their resilience factors and increase their MRT proficiency. The class scored a 4.8 out of 5.0 during evaluation. Additional trainings are scheduled for this month and October. (Photo courtesy of R2PC manager Amanda Bielski)



10th Mountain Division Holds Best Soldier and Noncommissioned Officer Competition

FORT DRUM, New York—Spc. Kealiel Collins, an automated logistical specialist assigned to the 10th Mountain Division Sustainment Brigade, who participated in the 10th Mountain Division Soldier and Noncommissioned Officer of the Year Competition, conducted the drag during the sprint-drag-carry exercise for the Army Combat Fitness Test on July 15. The ACFT—which assesses Soldiers' physical strength, mental toughness, coordination and flexibility—is the first of three phases in the competition. (U.S. Army photo by Pfc. Savannah Olvera)



Resilience Training Grows Relationships

HUNTER ARMY AIRFIELD, Georgia—Staff Sgt. Kimberly Glaspie, an information technology specialist with the 3rd Military Police Group, Criminal Investigation Division, shared her Army story during a spiritual resilience training on July 12. Capt. Jason Andrews, the chaplain for 603rd Aviation Support Battalion, 3rd Combat Aviation Brigade, led the event, which focused on relationships and how spirituality affects other areas of life. (U.S. Army photo by Monica K. Guthrie)



21st Theater Sustainment Hosts Senior Leader Resilience Training During Command Sustainment Week

KAISERSLAUTERN, RHEINLAND-PFALZ, Germany—U.S. Army Command Sgt. Maj. Vantha Chhim, senior enlisted adviser, 21st Special Troops Battalion, was among the participants in senior leader resilience training at the Armstrong Club, Vogelweh, on June 25. Designed to equip senior leaders with practical life skills to help them at work and off the job, the training was led by the R2 Performance Center—U.S. Army Europe, Germany. (U.S. Army photo by Spc. Samuel Signor)



Army Kitchens Getting Healthy-Menu Makeovers

By Kim Ferraro, Directorate of Prevention, Resilience and Readiness

It's no secret that you don't join the Army for the mess hall chow. And so when it's time to get those three squares a day, it's no wonder that Soldiers' appetites may not match their level of physical exertion. But fueling up with nutritious fare is one of the essential ingredients for meeting the arduous demands of Army life, and that's why chefs at bases everywhere are striving to come up with the perfect recipe: food that tastes good and is good for you. Here are two installations that are succeeding.

Joint Base Meyer-Henderson Hall, Virginia, is home to a new \$21.5 million dining facility, America's Kitchen. Years in the making, the revolutionary eatery had blockbuster-movie-length lines when it opened in June—and demand has remained overwhelming, based on patrons' enthusiastic feedback. According to Rodney Matthews, a management and program analyst and the base's former food program manager, the impetus was the desire to take a healthier, holistic approach to meals, which includes cooking foods fresh on-site, offering Soldiers made-to-order items and, in keeping with today's heart-healthy trend, using air fryers instead of deep fryers. All of these innovations dovetail with the Army's Go for Green program, which focuses on providing troops with high-quality, nutrient-dense options.

The establishment has drawn impressive culinary talent, too, with top-level chefs creating the menu items, which get approved by two registered dietitians from the Joint Culinary Center of Excellence at Fort Gregg-Adams, Virginia. So what's cooking in America's Kitchen? Cuisines as varied as to be found in any cosmopolitan city: Asian, Italian, Tex-Mex and ubiquitous American barbecue. And with multiple made-to-order stations for popular fare like pizza, sandwiches and salads, as well as special menus every day, "service members do not need to eat the same thing twice," Matthews points out.

Sgt. 1st Class Lucie Kamga, the dining facility manager, keeps tabs on which offerings are the biggest hits with the clientele. "The Soldiers love the pizza—it's definitely a favorite, along with our Tex-Mex station. Our breakfast omelet station is also very popular. We use fresh ingredients, and foods are made in house." Kamga says the key to making comfort foods nutritious is adding plenty of veggies and freshly preparing staples like salsa, instead of relying on premade.

The time and attention given to creating a world-class dining experience has led to a feeding frenzy, with numbers of patrons doubling. "Breakfast was serving about 79 people and now serves almost 200," Kamga says. "Lunch and dinner we served about 150 each meal service and now serve over 350 for each. Everyone is enjoying the food and the great atmosphere."

Also feeding Soldiers' appetite for healthier options is the dietary staff of the new Culinary Arts Readiness Training Center at Schofield Barracks, Hawaii, which debuted in March. Chief Warrant Officer 2 Kenroy Anderson, food advisor at the 25th Infantry Division, along with Master Sgt. Andrea Cooper, food advisor, is leading the effort to make nutritious noshing the norm by overseeing classes at the center that teach the Army's future chefs wholesome, modern cooking techniques that emphasize principles like using healthy oils and fats. The course list includes everything from Baking to Fundamentals of Cooking to Fine Dining Table Setup. Vetting the classes are the dietitian from Tripler Army Medical Center and a nutrition consultant from the 18th Medical Command.

The center is also the source of a new program that produces custom meals for Soldiers, ones made with fresh ingredients and no processed food. "Company command teams, nutritionists,



A Soldier with the 25th Infantry Division on Schofield Barracks, Hawaii, prepares a salad at the Sustainment Bistro dining facility. The center is the testbed for a new meal prep program, currently providing 60 Soldiers the opportunity to order and deliver prepared lunch and dinner options for their home or workplace, seven days a week. (U.S. Army photo by Brian Beall)

dietitians and physical therapists refer Soldiers to the digital meal-prep program," Anderson says, ensuring that troops fuel up healthfully, instead of via a vending machine or fast-food fries. After signing up for the program, participants meet with a nutritionist at the culinary center to talk about health goals and create a dietary plan. They can then view menus and place orders using a QR code and have their meals delivered or pick them up. "Feedback has been great," Anderson says, with many happy, repeat customers.

Now that Army food has gone gourmet, could cuture fatigues be the next innovation?



RESILIENCE

Round Up

PODCAST

Episode 21:
Worldwide Workforce: Clarifying SOFA for Military Spouses

Beth Conlin, the chairwoman of the board for the Military Spouse Chamber of Commerce, presents "Worldwide Workforce: Clarifying the Status of Forces Agreement for Military Spouses." Conlin discusses some of the current statistics related to spouse employment, including the unemployment rate, its effect on Soldier retention and the most common overseas locations for assignments. Additionally, she shares updates on the agreement, outlining its scope and any recent developments.

<https://www.armyresilience.army.mil/ard/podcast-gallery.html>

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WE ARE STRONGER TOGETHER

Free Up Mental Space With Zones of Control

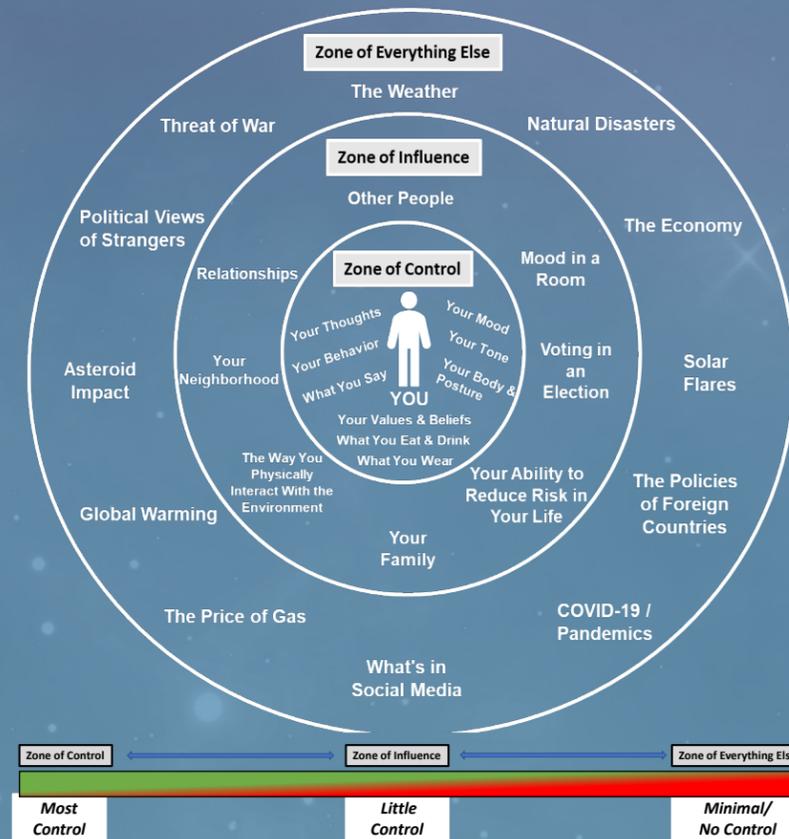
By Marco A. Bongioanni, LMHC

Command and control is a key concept in our nation's warfighting doctrine. Control in the military, however, does not always mean having total rule over every event, action and service member in one's command. There are entire complex command-and-control systems set up because leaders realize direct span of control is limited. Sometimes in life we need to remind ourselves about span of control. What really do we control? Life is challenging when we don't feel in control. We feel vulnerable and maybe even expend lots of mental energy and physical resources to make us feel in control again. If being in control makes us feel so comfortable, how do we create more mental maneuver space by embracing what we really can control? One strategy is to conceptualize control as zones.

Zone of control: I sometimes like to mentally draw a circle around my feet to remind myself exactly how much I can directly control in life and tell myself "I cannot control all events outside of myself, but I do have some control over what happens to me and my reactions to events." There are many schools of thought, philosophies and explanations about what humans really can control in life, but when you boil them down, they often fit into three categories: what we think, what we say and how we behave. With this knowledge, life's zone of control at its simplest is essentially just you.

Zone of influence: This is the second circle we can draw. Most things in the zone of influence we can, at best, only monitor and potentially encourage or discourage, but not fully control. I often remind myself, "I do not have total control over other people or events at all times. However, I am not powerless to influence the behavior of others or the outcome of some events." Certain things that are in the zone of influence we sometimes have to learn to accept. Acceptance is not changing one's mind or beliefs; rather, it is about being willing to sometimes experience difficult emotions and trying to be psychologically as flexible as possible in understanding that we can't control every aspect of life.

Zone of everything else: Within this third circle are things that we have minimal to no control over. Why is it that some of the things in this zone seem to control us? Just go on social media or turn on the news and you will likely experience this. While we certainly have the right to be concerned with things in this zone, we can do little to change them. And when we let these things affect how we think, what we say or how we behave, we are giving them control. Something or someone else is now in charge when we let this happen continually, we also potentially surrender space in our mind to maneuver. Most of us can agree that it feels better to be in control than to have something or someone else in that position. In the



military, the concept of control highlights how commanders monitor and influence the actions they ordered. In life, we can similarly implement such a model by embracing the things we have most control over, accepting that we can influence only the things that we have little control over and minimizing or even eliminating in our life the effect of things that we have no control over. Reminding ourselves to focus and prioritize things in our zone of control helps us to create more maneuver space in our minds and, potentially, an improved quality of life.

About the author: Marco A. Bongioanni is a licensed mental health counselor who also works for the Department of Veterans Affairs. He is a senior leader in the U.S. Army Reserve. His professional interests include human behavior, applied psychology and military cultural competence. The views expressed are those of the author and do not necessarily reflect the official policy or position of the Department of Veterans Affairs, the Department of Defense or the federal government.

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CONNECT TO PROTECT

ROTC Cadets Embrace Gratitude, Learn to Cope With Adversity

By Erik Moshe, Ready and Resilient



Master Resilience Trainer—Performance Expert Anya Salzgeber from the Fort Moore, Georgia, Ready and Resilient Performance Center provided lessons on resilience to Auburn University Reserve Officers' Training Corps cadets. Lt. Col. Laura Fryar requested the support of MRT-PEs to provide resilience skills to senior cadets (Military Science Level Four). The combination of high stress, anxiety and inadequate coping skills is cited as a major contributing factor to low morale, a lack of internalization of Army Values and high turnover rates within the ROTC program.

Salzgeber led the training with a discussion on resilience and behaviors of resilient individuals. MS4s identified current challenges and adversities such as ROTC standards, physical training, academic workload, uncertainty about the next year and college life. They learned about deliberate breathing and how to regulate thoughts, emotions and physiology through breathwork, as well as the importance of adopting a mindset of gratitude. At the end of the lesson, MRT-PEs discussed ways to integrate the skills and concepts into daily life.

"I think part of what will help cadets deal with challenges and adversities is having a better

understanding of what resilience really is and also what resilience is not," Salzgeber says.

"The skill of deliberate breathing can help manage their physiology in moments of stress or pressure to better handle whatever challenge they are facing. These MS4s can make better decisions and think more critically by being more in control of their thoughts, energy and emotions. Many of the MS4s already knew deliberate breathing from their time at Cadet Summer Training, so it was good to see them recall it and discuss how they have used it since learning."

Salzgeber also emphasized that the skill of gratitude helps mitigate burnout, increases happiness and life satisfaction and improves sleep quality, all of which can really help these students continue to put in the work. Expressing gratitude to others helps to build connection and strong relationships—a key piece of resilience. Having a network for advice, support or comfort can help MS4s in navigating an uncertain future and making tough decisions.

"MS4s are leaders in ROTC, trying to focus on schoolwork to ensure they graduate in the spring, experiencing uncertainty in their Army career, as well as trying to have a social life on top of any

other extracurriculars. That's a lot! The practice of gratitude can help them be more intentional about noticing the good things in their life to balance out the stressors," Salzgeber says.

A key takeaway was ROTC participants may still have many questions about resilience in their daily lives. However, addressing misconceptions about the topic can help build more resilient future Army leaders.

Many cadets walked away from the training equipped with skills they were ready to use. Afterwards, a cadet commented, "This is a really useful course. I think this is going to benefit the Army substantially." Another cadet noted that the training was helpful in "showing the impact that gratitude can have on ourselves and those important to us." Additionally, other cadets reflected, "I enjoyed learning what resilience is all about because I was wrong about it," and "The breathing exercise is something I'll take with me every day."

Contact your nearest R2 Performance Center to schedule training to increase your team's resilience. Visit <https://www.armyresilience.army.mil/ard/R2/I-Want-to-Schedule-Training.html>.



Lethal Means Safety: Creating a Protective Environment

Lethal means safety is about creating a safe environment for Soldiers and their Families by encouraging secure storage of items such as firearms and medications to reduce the risk of intentional self-harm. A securely stored potentially lethal object can mean the difference between a life lost and a life saved.

By checking in with someone who is in distress, you support a protective Army environment, strengthen social supports for those in need and reduce the stigma around seeking help.

You do not need to be a behavioral health professional to make an impact. Start by expressing your concerns about the individual's well-being and your wish to keep them safe. Good conversation openers include:

- "I know you've been going through a tough time. How are you doing?"
- "I wanted to check in with you because you haven't seemed like yourself lately."
- "I was thinking about you and wanted to reach out."

To learn more, check out the [Lethal Means Safety Toolkit](#).

Ask, Care, Escort Leverages Army Community in Suicide Prevention

By Mia Holloman, Directorate of Prevention, Resilience and Readiness

If someone reached out to you because they were contemplating suicide, would you know what to do? Asking someone to talk about complex emotions or suicidal thoughts may not seem simple or easy. That is why this year's Suicide Prevention Month theme emphasizes connection and trust as protective factors, paving the way for these tough conversations.

Every member of the Army community, including Soldiers, Army Civilians and Family members, can play a role in suicide prevention. This involves recognizing signs of at-risk behavior and connecting individuals to appropriate resources. Col. Kevin Goke, Ready and Resilient, Training and Integration division chief, "Suicide prevention has become a conversation that service members were afraid to engage in; now they are able to have conversations with fellow service members. We have shifted to a community-based approach that isn't focused on the time frame if someone is (thinking about suicide). We want to reach our service members before it gets to that point."

The Army Suicide Prevention Program has evolved to include annual suicide prevention trainings that promote the Ask, Care, Escort

model. Ask, Care, Escort—Suicide Intervention trains Soldiers and leaders in early-intervention tactics. ACE-SI empowers service members by providing comprehensive instruction on how to recognize and assist at-risk individuals who are dealing with challenges. Receiving training in these three simple actions can save countless lives and build stronger bonds across units.

"Soldiers serving together often bond through shared experiences. Often, teammates are the first to know when someone is struggling. Strong peer support relationships can help Soldiers. One of our goals in this training is to build the skill of recognizing when a fellow Soldier is struggling or in crisis, and respond effectively," says Renee Johnson, the Army's Suicide Prevention Program manager.

Johnson says the Department of Defense Suicide Prevention Independent Review Committee conducted reviews across the DOD and recommended the Army improve leadership training, increase effectiveness, and move away from training through slide presentations. According to Goke, the suicide prevention program has transitioned from an instructional model to a coaching model centered on transformative leadership.

Transformational leaders inspire growth, promote loyalty and instill confidence in group members. New ACE-SI training modules—including active listening, fighting stigma and practicing ACE—can help leaders reinforce the Army Values that strengthen communication and prevent suicide.

The program also encourages buddy systems and team-building exercises to create a supportive environment where open communication, active listening and empathy are practiced. We want to build resilient Soldiers who have a healthy view of themselves. "We want Soldiers to know they belong," says Johnson.

The program continues to improve readiness through the development and enhancement of training, policies and resources aimed at preventing suicide. By implementing ACE-SI, the Army community can continue to build relationships through connection, thereby enhancing the resilience and well-being of all who serve.

To learn more about training, read the [ACE-SI fact sheet](#). For more information, including current initiatives and resources, visit <https://www.armyresilience.army.mil/suicide-prevention/index.html>.

Free, Confidential Support 24/7 Contact the 988 Suicide & Crisis Lifeline

- **CONUS:** 988, then press 1
- **OCONUS (on base):** DSN 988
- **Europe:** 844-702-5495
- **Pacific:** 844-702-5493
- **Southwest Asia:** 855-422-7719

Text/Chat:

- 838255
- 988lifeline.org/chat

VISIT OUR WEBSITE

This year's Suicide Prevention Month awareness materials are now available. Visit our microsite for posters, fact sheets and social media posts. armyresilience.army.mil/SPM-2024/index.html



CONNECT TO PROTECT





R2 Training Helps Soldiers Enhance Leadership, Trust, Cohesion

By Erik Moshe, Ready and Resilient

Soldiers from the 51st Expeditionary Signal Battalion participated in team-building training to improve their overall leadership, trust and communication within the company. Company leadership requested R2 services to enable the leadership team to conduct workshops in small groups for leaders, for a portion of the training.

Master Resilience Trainer-Performance Experts Kate Lorey, Marty Raymond and Zach Willis from the Joint Base Lewis-McChord, Washington, Ready and Resilient Performance Center conducted lessons to develop the strengths of each team at the squad level. Soldiers drafted action-based statements to guide their activities, focusing on building cohesion, trust and leadership within the company. Soldiers then discussed the effectiveness of their action-based statements and how to implement changes going forward.

"Many people strive to be the best leader they can be, and part of being a good leader is continuing to hone our leadership skills," Lorey says.

"We know, though, when talking about behavior change, we don't always develop a specific plan as to how to make or implement those changes. By



Soldiers draft action-based statements to guide their activities to encourage togetherness, trust and leadership within the company. (U.S. Army photo)

taking the time to develop action statements, we are much more likely to implement the changes we'd like to make. Part of being a great leader and fostering cohesion and trust is continually working on improving ourselves and the way we lead and support others."

To provide leaders with an opportunity to observe the junior Soldiers collaborating on various tasks, the MRT-PEs separated them during the training. "It was a great opportunity for leaders to see how the Soldiers interacted and to intentionally look for

what they were doing well and to offer effective praise," Lorey says.

"Effective praise is just as important of a learning tool as effective criticism. When someone understands the specific strategy or skill that led to their success, they are clear on what behavior they can continue to practice and implement. If the only praise we ever offer is 'good job,' we're missing a coaching opportunity that will help someone enhance their performance in the future. Effective praise helps us convey our care as a leader by showing someone we're really paying attention to them and their performance, and also gives information to someone that will allow them to continue honing their skills."

After the training, the company first sergeant stated, "I realize I need to use effective praise more. A lot of good things are happening in the unit, but I do not always point them out."

Contact your nearest R2 Performance Center to schedule training to increase your team's performance and cohesion. Visit <https://www.armyresilience.army.mil/ard/R2/I-Want-to-Schedule-Training.html>.

Balanced Cube Activity Helps Soldiers Shape Team Spirit

By Erik Moshe, Ready and Resilient

The U.S. Army Correctional Activity-Korea reached out to the Camp Humphreys Ready and Resilient Performance Center to request a team-building lesson using a competitive scenario in support of one of the unit's larger events. Security force platoon Soldiers represented their squads by competing in the 4th-quarter fiscal year 2023 Trial of the Guardians Amazing Race Edition. For each completed challenge, Soldiers got their next clue location somewhere on the grounds of Camp Humphreys.

Master Resilience Trainer-Performance Experts Dustin Morici and Douglas Crowell guided teams of five Soldiers as they competed to finish a balanced cube activity and pass a knowledge check of the five dysfunctions of a team model.

"The balanced cube is made up of different dimensions, so that one Soldier cannot easily navigate through it," Morici says. "The cube is too tall to step through without help and too short to step through without bending over. This forces teams to aid each team member through the cube. Additionally, Soldiers perform movements with (impediments) such as no vision, no verbal communication or both. The (obstacles) add another layer of difficulty."

"The Soldiers in this unit are prison guards," Crowell says. "The unit's goal was to give them a unique challenge, build teamwork and shake

them out of their daily routines. The challenges they face likely relate to monotony and resisting the mindset that can occur in a prisoner-guard relationship."

For example, while there are some close bonds between individuals, there is a lack of a strong bonds within the unit. Resilience training helps teams identify common problems and how to solve them.

According to Morici, performance experts are responsible for creating a learning environment that is as engaging as possible.

"Often, performance experts are asked to create a fun event for Soldiers," Morici says. He says several sites and individual performance experts struggle to balance learning with "fun" engagement.

"If you make an event too 'fun,' you have turned into a gym teacher, and although the unit had a positive experience, you have neglected meaningful learning. If we make a lesson too academic, units find it hard to be invested in the learning, fail to pay attention and often fail to reach back again."

The training created an engaging learning environment while integrating a knowledge-based approach to assess and ensure understanding. Crowell notes that the R2



Resilience training activities, such as the balanced cube, help teams identify common challenges and improve teamwork skills. (U.S. Army photo)

Performance Center has an ongoing relationship with this unit and has worked with several leaders to create a culture of trust and a values-driven organization.

After the training, the U.S. Army Correctional Activity-Korea posted on social media that "the USAG Humphreys R2 team tested Soldiers' MRT knowledge with a series of questions and a very challenging team-building exercise, having to move through a balanced cube in various ways and angles."

Reach out to your nearest R2 Performance Center to schedule training to boost your team's cohesion. Visit <https://www.armyresilience.army.mil/ard/R2/I-Want-to-Schedule-Training.html>.



Building Resilience, Strong Relationships *CONNECTION* Continued from page 1

Ministry Team activities. These activities are designed to bring people together, offering opportunities to build new friendships and strengthen existing ones.

Stories of Resilience and Hope

These approaches are not just theoretical; real-life stories from Soldiers who have overcome significant challenges through the support of their community serve as powerful examples of the importance of connection and communication.

First Sgt. Larry Floresberrier, Headquarters and Headquarters Company, 1st Battalion, 3rd Security Force Assistance Brigade, shares: "I had a buddy of mine in my squad who passed away from an IED attack. During that event, we were injured, resulting in multiple burn injuries. We were all sent home from this one event. When we were healing in the burn ward of the San Antonio Medical Center, it took us about three months to recover. Every day without fail, the medical personnel would ensure that we were seen by a counselor. Initially, we lied about how we were really feeling because we were strangers to

significantly improve your well-being. You don't have to internalize it; reaching out is a strength, not a weakness. The more you do, the better you'll feel," he says.

The Army's teaching kitchens are hands-on learning spaces where Soldiers and their Families receive practical guidance on nutrition, cooking skills and healthy eating habits. Sgt. Maj. Kelvin Windham, Army Materiel Command Headquarters G-4 senior enlisted advisor, provides insight into how gathering for meals can help Soldiers connect and improve relations. "Building cohesive teams often starts over a meal, breaking barriers and fostering conversation. Our teaching kitchens for Soldiers and spouses highlight the challenges young Families face, such as budgeting for groceries, which directly impacts readiness. Many Soldiers come from food deserts and lack the experience of sitting down together as a Family for meals," Windham reflects.

Everyday activities, like cooking together or sharing a meal, are instrumental in building the strong bonds that contribute to overall readiness and resilience. "As advocates for Soldiers and their Families, it's our duty to be their voice and support their needs, ensuring they are prepared both at home and in the field," explains Windham.

Soldiers can also participate in community programs to help build their support systems and strengthen their resilience. Staff Sgt. Cody Mackall, Department of Army Better Opportunities for Single Soldiers representative says Morale, Welfare and Recreation, and BOSS programs saved his life and empowered him to work in the field. "The camaraderie, engaging activities and people who genuinely cared reignited my desire to live," he shares.

A friend Mackall met while participating in BOSS activities would go on to consistently check-in with him. The regular contact pulled him out of a dark place. "Finding the right person to be your 2:00 a.m. call can be the hardest part, but it's crucial for Soldiers to have that lifeline. Sharing our stories can help others see they are not alone and that there is always hope," he says.

Joseph Byrne, U.S. Army Europe and Africa Ready and Resilient chief, believes that when you are met

with hardships, it is always good to have Family in your corner. "While battle buddy connections are crucial, Families and spouses are integral to building healthy communities. Every step of the way, these connections have been vital, and we must never take them for granted," he explains.

Byrne thought his dreams of becoming a sergeant major were shattered when he was diagnosed with kidney failure in 1998. Now, as the R2 branch chief, Byrne has more insight and lived experience in staying resilient during tough times. "Facing the end of my Army career while having a Family to support was devastating. However, my wife was my rock, providing comfort and strength through prayer and support. This experience taught me the importance of connections with people who stand by you no matter what," Byrne says.

These stories remind us of the resilience that can be built through strong relationships. By fostering a culture of openness and support, we can create an environment where everyone can seek help and offer it in return.

Resources and Support

DPRR equips the Army community with the knowledge and tools to foster meaningful connections, strengthening collective resilience against the risk of suicide.

- **Non-medical counseling services:** Support resources include [Military One Source](#) and the 24/7 free and confidential 988 Suicide & Crisis Lifeline.
- **Upcoming events:** Participate in upcoming events and initiatives for [Suicide Prevention Month](#). These events provide opportunities to connect with others, learn new skills and access valuable resources.
- **Firearm safety:** Safe storage practices can be a critical factor in preventing suicide. [Learn about reducing access to lethal means.](#)

Let's work together to make a difference—because together, we are stronger.

Learn more about the [Suicide Prevention Program, R2I&T](#) and [SPM 2024](#).

"Suicide prevention requires a community-based approach. There is no single silver bullet that gets after these sorts of things."

—Col. Kevin Goke, R2I&T Division Chief

these people. But we talked among our squad. Me and my other surviving squad members all struggled with nightmares and depression but initially refused help. It wasn't until fellow squad members broke down and started talking to counselors that I realized the importance of opening up. Finally confiding in someone helped me cope."

Floresberrier's reflection illustrates the crucial role of open communication and trust in overcoming adversity. He explains the most important lesson he learned is that talking about what you're going through is okay. "Sharing your feelings can

Exercising the Mind-Body Connection *DIRECTOR'S COLUMN* Continued from page 2

Army Field Manual 7-22, Holistic Health and Fitness, states that "all leaders are trainers." Company commanders, first sergeants and first-line supervisors are the linchpins for how their Soldiers are trained. Are you ensuring your Soldiers are both physically and mentally prepared for the job? I challenge all first-line supervisors to start incorporating mental resilience into their unit physical fitness and training strategy immediately. This initiative costs nothing for your unit and will not require additional time, as MRT-PEs can travel

to your unit location and integrate resilience and performance skills into your already planned ACFT training or unit training events. [Contact the R2PC at your installation today.](#)

The performance and resilience skills taught by MRT-PEs—from attention and focus to how to approach tough conversations to emotional self-regulation—are just as valuable for unit cohesion as they are when Soldiers face personal challenges at home. September is Suicide Prevention Month,

and among the many factors that can help reduce suicide risk—such as [supportive relationships](#), [lethal means safety](#) and [financial readiness](#)—having access to physical health and mental health resources and care is crucial. As leaders, we have a responsibility to ensure our Soldiers are using the resources and benefits the Army provides to improve both their physical and mental well-being.

—Sgt. Maj. Ruben Murillo Jr.
DPRR, Senior Enlisted Advisor



2024 Warrior Games Celebrate Courage, Power of Resilience

By Mavia Hanson, Directorate of Prevention, Resilience and Readiness

The annual Department of Defense Warrior Games serves as a reminder that resilience isn't just about toughness, but also about flexibility and growth.

Ten adaptive sports events provide hundreds of wounded, ill and injured active-duty and veteran military members with opportunities to compete as part of their recovery journeys. Adaptive sports are modified sports that enable people with physical disabilities to participate. Through modified equipment and additional classification systems, every athlete can compete, regardless of their injury or illness. The program aims to inspire recovery and physical fitness and encourage new opportunities for growth and achievement.

The games took place from June 21 to June 30 at the ESPN Wide World of Sports Complex at Walt Disney World Resort near Orlando, Florida. Throughout the competition, athletes received on-the-spot training from Master Resilience Trainer-Performance Experts, to keep them motivated and ready to perform.

"We really get an opportunity to help them in the moment. Some of the returning competitors may only need small cues, but for the new athletes, they're combating new fears," says Brice Holiday, an MRT-PE out of Joint Base Lewis-McChord, Washington.

"One cyclist I worked with this year was a new competitor. About 30 minutes before the match, they started having a panic attack—a lot of self-doubt creeping in. In that scenario, I did an in-the-moment intervention coaching the benefits of maintaining perspective. The fact that the athletes trust us to guide them in the moment is huge. The cyclist went on to not only compete to the best of their ability, but they took first place," says Holiday.

The athletes use many other resilience skills to shift their perspective, improve confidence and optimism and cultivate patience during the games to optimize their performance.



U.S. Army Lt. Col. Leon Satchell, left, and Command Sgt. Maj. Robert Hoffenbacker, right, the commander and sergeant major of the Fort Carson Soldier Recovery Unit, pose for a photo with Sgt. Noah Rydesky at the field event during the 2024 Department of Defense Warrior Games. (U.S. Army photo by Spc. Wesley Akers)

"Mental toughness is needed most. Staying in the moment and letting go of fear of failing and worry about what's next, because that causes anxiety. We encourage them to 'stay where their feet are,' trust the process and stay confident," said Holiday. "Each athlete is facing their own mental battle. Some are competing after learning how to walk again or with life-changing injuries."

The Warrior Games provides a platform that benefits not only military members but also those watching around the world.

"It is important for communities to witness the performances of the athletes. Stories unfold that speak to the ability of the human spirit to thrive in the face of adversity or setback and reinvent, renew, reestablish a new normal—another way to 'be.' This is a human factor principle we all can

benefit from," says Richard Harris Jr. an MRT-PE and Certified Mental Performance Consultant, based out of Fort Eisenhower, Georgia. This year Harris had the opportunity to serve as a support coach for the U.S. Army team.

The MRT-PEs encourage anyone interested in participating in the games to give it a try themselves. They say it might not seem like something you want to do at first, but confidence grows from day one until competition time. "You won't know if you don't try. Different people have different reasons why they compete, but it's life changing for them all," says Holiday.

Harris adds, "If you can compete at the Warrior Games, you have earned your gold medal in life. The medals received in competitions are the icing on the cake."

PERSONAL READINESS: SOCIAL DIMENSION

Our connection to Family, friends and colleagues is a critical component of remaining resilient. You are more likely to overcome challenges and setbacks if you have just a few close relationships than if you have to navigate tough times on your own. Building close bonds can:

- Boost a person's sense of belonging.
- Strengthen their sense of purpose.
- Increase their sense of community.
- Enhance their opportunities to access support services.



To learn more about the five dimensions of personal readiness and resilience, visit: <https://www.armyresilience.army.mil/ard/R2/Five-Dimensions-of-Personal-Readiness.html>.



DPRR

DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS

AUGUST 2024

HAIL AND FAREWELL

We invite the DPRR community to join us in welcoming new members and extending a fond farewell to outgoing members.

Hail

- Shikha Dave, Integrated Prevention Division
- Donna Garfield, Child, Youth and School Services
- Col. Kevin Goke, R2I&T Division
- Dr. Ivy Mushamiri, Integrated Prevention Division
- Kristen Murphy, Communications & Outreach Division
- Lt. Col. Jennifer Powers, Plans and Operations
- Gina Rhodes, Sexual Harassment/Assault Response and Prevention
- Antonieta Rico, Communications & Outreach Division
- Dr. Cheri Roseberry, Plans and Operations
- Dr. Michael Thompson, Integrated Prevention Division

Farewell

- Marcine Best, Exceptional Family Member Program
- Mark Dojczak, Operations
- Maj. James Lunders, Sexual Harassment/Assault Response and Prevention
- Sally Pendergrass, Resources Management Division



UPCOMING EVENTS

SEPTEMBER

National Discussion on Sexual Assault and Sexual Harassment at America's Colleges, Universities and Military Service Academies

Sept. 10–14: Experts and leaders from the military services, academia and the private sector will gather to share and discover evidence-based sexual harassment and sexual assault prevention strategies.

Location: U.S. Air Force Academy, Colorado **Learn more:** <https://www.usafa.edu/nd24/>.

National Conference on Domestic Violence

Sept. 15–17: More than 700 people from around the world will gather for three days of discussion, presentations and training on how to de-stigmatize intimate partner violence and relationship abuse.

Location: Chicago, Illinois **Learn more:** <https://www.thehotline.org/2024-national-conference-on-domestic-violence/>.

OCTOBER

40th Annual Army Ten-Miler

Oct. 13: October is Domestic Violence Awareness Month. Show your support by joining the HQDA Family Advocacy Program at the Army's world class race. After the run, stop by the FAP table in the Hooah Tent Zone in the Pentagon North parking lot.

Location: Washington, D.C. **Learn more:** <https://www.armytenmiler.com>.

AUSA Annual Meeting and Exposition

Oct. 14–16: As the largest land power exposition and professional development forum in North America, AUSA highlights the capabilities of Army organizations and showcases a broad range of defense industry products and services.

Location: Washington, D.C. **Learn more:** <https://meetings.ausa.org/annual/2024>.

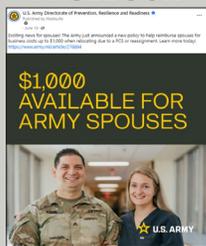
Suicide Prevention Month Resources

Theme-branded print and digital materials—including posters, fact sheets, horizontal outdoor banners, web banners and a social media toolkit—are available on the [DPRR Products on Demand website](#).



TOP-PERFORMING POSTS

FACEBOOK



Impressions: 8,730

TWITTER



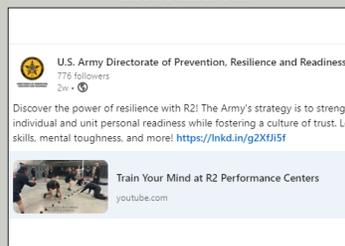
Impressions: 236

INSTAGRAM



Impressions: 140

LINKEDIN



Impressions: 579

SOCIAL MEDIA UPDATE

Follow @ArmyResilience

Please coordinate with your Public Affairs Office to share or retweet @ArmyResilience content on command or installation Facebook, Twitter, Instagram and LinkedIn platforms. Contact Kevin O'Brien for questions regarding DPRR social media at kobrien@strategyconsultingteam.com.

Directorate of Prevention, Resilience and Readiness

DPRR COMMUNITYLINK

August 20, 2024. Volume 9, Issue 6

The DPRR Community Link newsletter is an authorized bi-monthly publication produced by the Directorate of Prevention, Resilience and Readiness for the Army community. The contents of the DPRR Community Link are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Army. The editorial content of the DPRR Community Link is the responsibility of the Communications & Outreach Division at DPRR. For questions, or to subscribe or submit articles and photographs to DPRR Community Link, please contact the editor at jtaylor@strategyconsultingteam.com. This publication is available for download at <https://www.dvidshub.net/publication/1102/r2-community-link-newsletter>.

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Do you want to contribute to the next issue of the newsletter?

Submit articles and photographs by September 9. For any questions, contact the editor at jtaylor@strategyconsultingteam.com.

Connect With DPRR!

Contact DPRR Communications & Outreach at usarmy.pentagon.hqda-dcs-g-1.list.dape-ars-sp@army.mil

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