



DPRR COMMUNITYLINK

THE DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS NEWSLETTER | JUNE 2025



Financial Stress Affects Soldiers' Day-to-Day Living

By Cynthia Bell, Directorate of Prevention, Resilience and Readiness

Many Soldiers who play a key role in our nation's defense are challenged with various financial stressors in their daily lives. This is not a new issue among service members. According to an article in the [NCO Journal](#), a 2019 survey by the Military Family Advisory Network revealed that 92.5% of service members and their Families identified financial stress as a major concern that hindered their focus on military responsibilities.

More recently, [the 2024 Military Family Lifestyle Survey](#) conducted by Blue Star Families revealed that financial stress remains a major concern for service members. Fifty percent identified military pay as their top stressor, followed by housing concerns at 44%, time away from Family at 39%, spouse employment at 34%, lack of control over their military career at 32% and access to health care systems at 27%.

Military pay has remained the leading concern for active-duty Family respondents over the past five years. The 2024 MFLS substantiated that finding, with 58% of enlisted respondents expressing that pay is a top issue, compared with 30% of officer Family respondents.

Financial stress is a constant among service members but varies within the ranks. In the article "Money Isn't Everything, But It's Definitely an Enlisted

Issue," Sgt. Maj. Noel DeJesus and Spc. D'Angelo Isaac said senior enlisted personnel often notice how financial problems affect discipline, morale and retention in their units. They also explained that junior enlisted Soldiers may face these challenges directly, which can lead to anxiety, stress, sleeplessness, depression and other issues.

"Military Families tend to have a higher prevalence of missed credit card payments than the civilian population and are more likely to fall prey to risky non-bank financial services such as payday loans, according to the National Foundation for Credit Counseling," DeJesus and Isaac wrote.

Dr. Cindy Morita, Acting Family Advocacy Program Manager/Financial Readiness Program Manager, Directorate of Prevention, Resilience and Readiness, recognizes the effects of financial stress on Soldiers. It doesn't just impact their Families; it undermines their focus, performance, and ultimately their mission readiness, a sentiment confirmed by DeJesus and Isaac in their article.

Simply put, when Soldiers are distracted by financial problems, they may not perform at their best in challenging situations.

See **FINANCIAL STRESS** on page 9

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DIRECTOR'S COLUMN

Team,

The summer months often bring the promise of change and new beginnings. For many, it's a period of welcome transition, like preparing for a new role at work or celebrating a teen stepping into adulthood after high school graduation. Similarly, our team is embracing a recent shift.

DPRR realigned under Headquarters, Army Deputy Chief of Staff for Personnel (G-1), on June 1, with full operational capability expected by the end of this month. DPRR's transition includes several changes to the directorate's programs and initiatives. The Exceptional Family Member Program has realigned to the Office of the Surgeon General. Responsibility for the service's 33 Ready and Resilient Performance Centers has shifted to U.S. Army Training and Doctrine Command. Authority for the Integrated Prevention Advisory Group, the Army's prevention workforce, has also transferred to TRADOC.

DPRR will remain the Army's lead for prevention, resilience and readiness for our Soldiers and Families. The Assistant Secretary of the Army (Manpower & Reserve Affairs) will maintain oversight of the Army's prevention, resilience and readiness functions.

Evolving to meet the needs of the community we serve is an essential part of our mission, and as we move forward with our organizational transformation, we are confident this transition will provide new avenues for growth and development of the DPRR team and better programs and services for Soldiers, Army Civilians and Family members.

I'm fully committed to keeping you all informed of any additional updates to our programs and policies through transparent and timely communications.

Big changes can often cause big feelings. From planning retirement parties and attending cookouts to saying goodbye to

See **DIRECTOR'S COLUMN** on page 9

Warrior Adventure Quest Offers High-Adrenaline Team-Building Activities to Army Units

By Antonieta Rico, Directorate of Prevention, Resilience and Readiness

Some Soldiers may notice a dissatisfied or listless feeling after returning from a deployment, which can be a sign that the high stress and adrenaline levels they experienced during combat are not subsiding. In some cases, the feeling, which could be a form of Post-Traumatic Stress, fuels risky behavior, including driving under the influence, accidents and relationship conflict.

"It manifests itself in numbness, invincibility, inevitability—attitudes which then can roll out into destructive behaviors," said John O'Sullivan, Program Manager, Army Outdoor Recreation and Warrior Adventure Quest.

Recognizing that the post-deployment phase poses unique risks to Soldiers, the Army launched Warrior Adventure Quest in 2009, a program that provides Soldiers opportunities for an adrenaline rush similar to the adrenaline state Soldiers experience in combat situations, but in a safe environment.

Accidental motor vehicle deaths peak for Soldiers right after returning from a deployment, according to a recent Boston University study, but Army data



Warrior Adventure Quest offers Soldiers safe, high-adrenaline activities to build cohesion, reduce risky behaviors post-deployment and enhance leadership skills. (Photo courtesy of Fort Bragg Family & MWR)

for FY 2010 and FY 2011 showed Soldiers who had participated in a Warrior Adventure Quest event had a 44% lower rate of off-duty accidents that were fatal or near-fatal, or resulted in permanent, partial or total disability, compared with the general Army population, O'Sullivan said.

Read the full article on the DPRR [website](#).

DAVRAP Boosts Civilian Recruitment and Retention

By Cynthia Bell, Directorate of Prevention, Resilience and Readiness

The Department of the Army Voluntary Reassignment Program enhances recruitment and staffing efforts within the workforce. By connecting Army Civilians with hiring managers, DAVRAP aims to reduce hiring time and retain top talent.

The newly launched voluntary program helps recruiters identify Army Civilians who are military spouses or dependents, including those who are relocating with their sponsors due to a permanent change of station. Through DAVRAP, the Army can retain valuable employees who have essential institutional knowledge, skills and experience. Civilian candidates benefit by being able to advance their careers and achieve upward mobility as well as job satisfaction.

Civilian employees are eligible to participate in DAVRAP if they are:

- Paid by appropriated funds or money that has been legally allocated.
- Serving in a permanent, career or career-conditional competitive-service appointment.
- Serving in a permanent appointment within the excepted service. Excepted-service employees are eligible for noncompetitive placement in only other excepted-service positions.

Involvement in DAVRAP is voluntary for both employees and hiring managers. Employees must meet all qualifications for the selected position. Participation in the program does not provide any advantage for job consideration, nor does it ensure selection for open vacancies.

"(DAVRAP supports) Army readiness by creating a talent pool of Army Civilians who can share their skills, experience and assignment preferences with hiring managers," said Dr. LaQuana Reaves-Green, a Management Analyst in the Soldier and Family Readiness Division of the Directorate of Prevention, Resilience and Readiness.

The Office of the Assistant G-1 for Civilian Personnel provides guidance on the administrative requirements and procedures for the Army's implementation of DAVRAP.

The Civilian Human Resources Agency also plays a key role in supporting the program. Employees can access DAVRAP through the SharePoint site by using their Common Access Card. For access, visit: <https://armyetaas.sharepoint-mil.us/sites/HQDA-G1-DAVRAP>.

IN THIS ISSUE

03



DEPARTMENT OF DEFENSE RECOGNIZES
ARMY CIVILIAN WITH SPIRIT AWARD

04



ARMY OBSERVES
SAAPM 2025

10



FAMILY MEMBERS CONTINUE THE
SERVICE OF THEIR SOLDIERS

11



EVERYDAY COURAGE:
SHARING STORIES OF RESILIENCE



Department of Defense Recognizes Army Civilian With Spirit Award

By Chet Curtis, Directorate of Prevention, Resilience and Readiness

At a May 7 ceremony at the Pentagon, the Defense Department presented Jacqueline Fox, Plans and Operations Specialist, Department of the Army, G-1, Directorate, Prevention, Resilience and Readiness, with the Department of Defense National Capital Region Spirit of Service Award.

The Spirit of Service Award recognizes outstanding Civilian employees within the National Capital Region who display the core qualities of honor, integrity and excellence in their everyday service.

In her role, Fox has been an outstanding advocate for Soldiers, Army Civilians and Family members by working to eradicate all forms of sexual violence from the service.

Fox began her service in the Sexual Harassment/ Assault Response and Prevention program in May 2015 as a Sexual Assault Response Coordinator at Fort Drum, New York, and has been with the program at Headquarters, Department of the Army since August 2020.

"Jacqueline exudes the passion, compassion and enthusiasm for her job that has brought success to the SHARP program and the United States

Army," said Stacey Hale, Deputy Chief of the SHARP program office.

During her tenure, Fox has served as a member of the team investigating the disappearance and murder of Spc. Vanessa Guillén at Fort Hood, Texas; as a member of the Cohesion Assessment Team, assessing factors that affect unit cohesion; and as Deputy Assistant Inspector General, evaluating compliance with and the effectiveness of the SHARP program around the world.

In 2024, Fox was selected to serve on a developmental assignment detail with the SHARP Operations Branch. In her role as a Plans and Operations Specialist, Fox reviews all taskers to determine the requirements and assigns them to the appropriate branch or employee for completion.

"Her support of initiatives for program improvement and partnership with the Assistant Secretary of the Army Integrated Prevention Working Groups and Connect to Care efforts has ensured a robust effort to prevent sexual harassment and sexual assault and guarantee quality care and support are provided to victims," Hale said.



Jacqueline Fox received the Spirit of Service Award for her dedication to preventing sexual violence in the Army, advocating for Soldiers and Families, and improving the SHARP program since 2015. (U.S. Army photo)

Defense-State Liaison Office Supports Military Families

By Chet Curtis, Directorate of Prevention, Resilience and Readiness

It may be one of the most overlooked organizations at the Pentagon, but the Defense-State Liaison Office does a lot to support military Families across the country.

Created in 2004, the DSLO works to improve military Families' quality of life by working with state policymakers. DSLO focuses on educating policymakers about topics that may impact military Families such as licensure and employment protection, consumer protection and Family law, making it one of the most impactful organizations within DOD.

The DSLO has eight regional liaisons across the U.S. who oversee state and territorial relations and interstate policy for the Office of the Secretary of Defense. These officials assist state policymakers by providing information, identifying and sharing best practices and delivering testimony in support of sponsored initiatives.

"DSLO recognizes that our military Family is essential to our military defense strategy and that taking care of the home front is extremely important," said Geraldine Valentino-Smith, Director of DSLO.

According to Valentino-Smith, one of the issues DSLO spends a lot of time addressing is military

spouse employment, including working with state legislatures on occupational licensure interstate compacts.

Compacts are state-to-state agreements that establish standards for multistate practice while preserving a state's practice act and initial licensure process. By adopting licensure compacts, states can improve military spouse employment and military Family financial readiness.

"As states implement the provisions of the Military Spouse Licensing Relief Act, they can help spouses maintain professional and financial stability by ensuring that a state license can be obtained in 30 days, with minimal paperwork, and that licensing agencies make their application processes easily accessible online," said Valentino-Smith.

"States can consider additional support by providing employment preference and ensuring that private employers can also offer preference under the law," she said.

Since 2012, DSLO has helped state policymakers enact more than 1,275 bills covering occupational licensure and employment protection, consumer protection, Family law, child care and other priorities that matter to military Families. More than 500

state hearings have been held so far in FY25 on DOD priorities.

"For example, the Northwest regional liaison recently attended a bill signing for legislation allowing military installations to provide oversight and support to child care homes that serve only military children in the local community," said Valentino-Smith. "This legislation highlights the partnership between the state of Washington and the military to increase child care access."

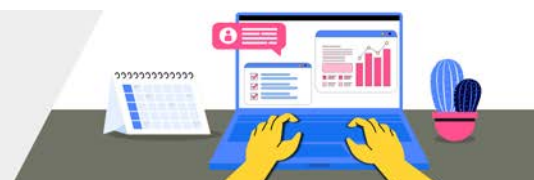
Steve Yearwood, Program Manager for the Directorate of Prevention, Resilience and Readiness, Soldier and Family Readiness Division, said he values the Army's partnership with DSLO.

"DSLO has been instrumental in breaking down barriers across multiple states for military spouses, facilitating better access to professional licensure and educational opportunities, thereby empowering them to thrive alongside their service member," he said.

As initiatives gain state acceptance, [Military OneSource](#) maintains information about changes states have made and how the changes may impact military members and their Families.

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

Submit articles and photographs by July 18. For any questions, contact the editor at jtalor@strategyconsultingteam.com.





ARMY OBSERVES SAAPM 2025

Each year in April, Army installations around the globe observe Sexual Assault Awareness and Prevention Month. This year's theme, "STEP FORWARD. Prevent. Report. Advocate." is a call to action for all individuals to use their personal and collective strength to advance meaningful change in preventing and responding to sexual violence.

Program Executive Office Staff Observe Denim Day at the Office

ORLANDO, Fla.— The U.S. Army's Program Executive Office Simulation, Training and Instrumentation staff wore jeans on April 23 to observe "Denim Day" and support those impacted by sexual assault. April is Sexual Assault Awareness and Prevention Month and highlights the Army's Sexual Harassment/Assault Response and Prevention program. Denim Day was one of many SAAPM/SHARP events in April sponsored by PEO STRI to increase awareness and support those impacted by sexual harassment/assault. (U.S. Army photo by Scott Webb)



94th AAMDC SAAPM Walk/Run Event

JOINT BASE PEARL HARBOR-HICKAM, Hawaii — U.S. Army Maj. Sara Santilli, Secretary of the General Staff, and 1st Lt. Victoria Kearns, Aide-De-Camp, ran during the Family and Pet Walk/Run event in observance of Sexual Assault Awareness and Prevention Month, at Joint Base Pearl Harbor-Hickam, Hawaii, April 4. (U.S. Army photo by Sgt. ZaBarr Jones)



Redstone Arsenal Staff Kick Off SAAPM With Cake-Cutting Ceremony

REDSTONE ARSENAL, Ala. — From left, Maj. Gen. Kevin Meisler, Army Materiel Command's Chief of Staff; Jewell Loving, Redstone Arsenal Lead Sexual Assault Response Coordinator; and Command Sgt. Maj. Christopher Doss, from Aviation and Missile Command, cut a cake to kick off Sexual Assault Awareness and Prevention Month. The observance provided an opportunity to amplify efforts through training and open conversation to shift the culture around the prevention of sexual assault. (Photo courtesy of Jonathan Stinson)



Camp Humphreys SHARP Team Spreads Awareness During SAAPM

CAMP HUMPHREYS, South Korea — Sexual Harassment/Assault Response and Prevention Victim Advocate Paul Rutledge and Sexual Assault Response Coordinator Dr. Jona Halili-Moudy helped spread awareness about sexual violence and provided resources at their SHARP booth in Maude Hall on Camp Humphreys, South Korea, on March 27. (U.S. Army photo by Pfc. Seu Chan)



Soldiers from 201st E-MIB THRIVE During Equine Therapy SAAPM Event

OLYMPIA, Wash. — Army Spc. London Prim, from the 201st Expeditionary Military Intelligence Brigade, brushed a therapy horse named Dusty at Healing Hearts Ranch, Olympia, Washington, April 25. 201st E-MIB partnered with Healing Hearts Ranch during a SAAPM event, using equine therapy as a powerful hands-on approach to self-awareness and healing. (U.S. Army photo by Sgt. Elizabeth DeGroot)



Fort Knox Motorcycle Ride Highlights Sexual Assault Awareness and Prevention Month

FORT KNOX, Ky.— On April 24 dozens of motorcycle riders participated in the 10th Annual SHARP "Raise the Bars" motorcycle ride. Participants included Fort Knox Soldiers, Family members, Army Civilians and members of the Combat Veterans Motorcycle Association. The Fort Knox community also observed SAAPM with a proclamation signing ceremony, SHARP Challenge Room and Take Back the Night event. (U.S. Army photo by Fonda Bock)

AROUND THE FORCE

- ▶ MWR
- ▶ CYSS
- ▶ ACFT
- ▶ SHARP



Fort Gregg-Adams Outdoor Recreation Hosts Kids Fun Day

FORT GREGG-ADAMS, Va.—Soldiers and their Families came together to enjoy activities at Family and Morale, Welfare and Recreation's Outdoor Recreation Kids Fun Day April 2. (U.S. Army photo by Ericka Gillespie)



Fort Jackson Observes Month of the Military Child With Family Fun Fair

FORT JACKSON, S.C.—A volunteer created huge bubbles during Fort Jackson's Child and Youth Services Family Fun Fair held at Patriots Park on April 25. The fair celebrated military children during the Month of the Military Child. Fort Jackson's Better Opportunities for Single Soldiers and many other on-post and off-post agencies were at the fair to showcase resources available to Army Families. (U.S. Army photo by Robert Timmons)

Fort Bragg Culinary Skills Training Course Teaches Advanced Cooking Techniques

FORT BRAGG, N.C.—U.S. Army Spc. Kori Guzman, 3rd Expeditionary Sustainment Command, XVIII Airborne Corps, sprinkles breading over chicken cordon bleu at the Culinary Arts Training Center, Fort Bragg, North Carolina, April 9. Each lesson is designed to push culinary specialists beyond routine tasks and into the realm of culinary leadership. (U.S. Army photo by Sgt. Jacob Bradford)



4th Infantry Division Participates in Best RADAR Competition

FORT CARSON, Colo.—Soldiers from the 4th Infantry Division ran a 2-mile race during an Army Combat Fitness Test on the final day of the Best RADAR Competition on April 3. The Best RADAR Competition assesses radar operators' physical endurance, technical skills and teamwork within the division. (U.S. Army photo by Pfc. Aysia Hightree)



27th Public Affairs Detachment Builds Strength and Resilience on the Trail

FORT DRUM, N.Y.—Soldiers with the 27th Public Affairs Detachment, Headquarters and Headquarters Battalion, 10th Mountain Division, captured a group photo during a breathtaking 6 mile hike near Lyons Falls, New York, on May 1. The hike promoted physical readiness, mental resilience and esprit de corps among unit members. (U.S. Army photo by Pfc. Savannah Olvera)



Army SHARP Academy Recognizes Lee Hoffman Spirit Award Recipients During SHARP Intermediate Course Commencement

FORT LEAVENWORTH, Kan.—On April 4, the SHARP Intermediate Course graduated 32 students. During the graduation ceremony, individuals were recognized by the academy staff and their peers for their exceptional performance. Shakira Lamb, left, and Sgt. 1st Class Teresa Quintana, FORSCOM, were honored with the Jay Lee Hoffman Spirit Award for their outstanding service. (U.S. Army photo)



Embracing Alcohol-Free Adventures for a Fulfilling Summer

By Jasmine Taylor, Directorate of Prevention, Resilience and Readiness

When the sun's out, the fun's out! Why not take advantage of summer by exploring new ways to enjoy your downtime? Consider incorporating more alcohol-free options into your sunny adventures to enrich this summer.

Many Soldiers who have chosen to limit their drinking or occasionally engage in alcohol-free activities have noticed positive changes in their personal lives. Eric Fleuter, Army Substance Abuse Program Prevention Branch Chief at Fort Riley, Kansas, said he has witnessed everything from an increase in overall health to building and fostering better relationships.

Fleuter described situations where two or more Soldiers in a friend group choose to drink less alcohol, potentially inspiring their friends to make new choices.

"(It) allows friends within that network the option to choose between the status quo (drinking) or trying something different. After participating in something different, they find that they can or do enjoy other activities besides the typical parties," he said.

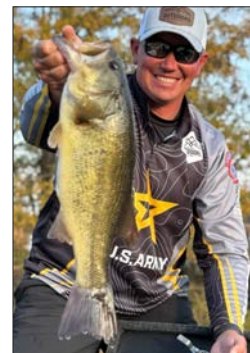
Dabbling in alcohol-free activities could also spark an interest in or more time for leisurely pursuits. Fleuter said he has witnessed Soldiers who previously did not experiment with different hobbies commit

to trying something new after changing their drinking habits.

"One Soldier I know started playing guitar and became so proficient at it that he, in turn, started offering lessons and hosting alcohol-free jam sessions for fellow Soldiers just to make music. Another Soldier started playing around with photography and generated a calendar of their photos, which they later printed and sold for a profit," Fleuter said.

"I have seen so many positive, productive changes that once people give change a chance, the motivation for most to continue making low-risk choices becomes empowering."

Read the full article on the DPRR [website](#).



Participating in outdoor activities can spark an interest in or more time for leisurely pursuits this summer. (U.S. Army photo by Jerry Merideth)

Tips for Avoiding Burnout in High-Pressure Workplaces

By Chaplain (Cpt.) Harry C. Ross, Walter Reed National Military Medical Center

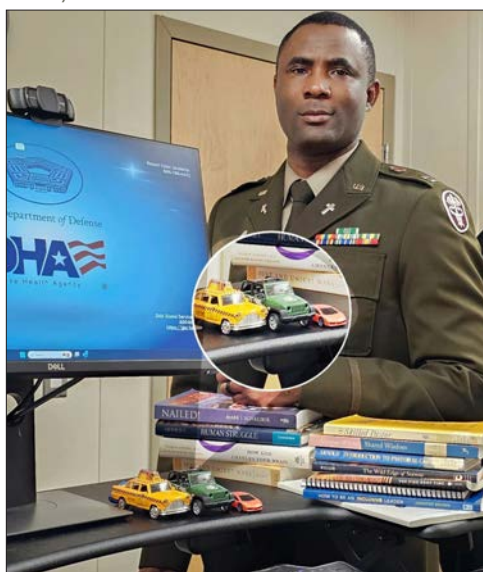
In a demanding profession and fast-paced environments such as the Army, emotionally challenging situations are often unavoidable, which is why effective stress management is essential. Learning to manage stress while on the job can enhance your work performance and also help prevent burnout. To convey this important lesson, I turned to a set of toy cars that I keep prominently displayed in my office. These simple objects serve as more than mere decorations; they remain on my desk as a visual aid, helping to illustrate strategies for avoiding burnout in the workplace.

The World Health Organization defines "burnout" as feelings of energy depletion, negativism to one's job or reduced professional efficacy resulting from chronic workplace stress that has not been successfully managed.

The Yellow Cab – Set Boundaries and Take Breaks

The yellow cab reminds me that my work has defined hours—just as a taxi operates within shifts. It is critical to establish and maintain boundaries. Taking scheduled breaks, whether for lunch, a walk or a brief moment of mindfulness, is not just beneficial but necessary. Resist the temptation to extend work beyond its designated time; let work remain at work.

In her blog, "Mastering Distraction: Maximizing Your Productivity With Scheduled Breaks," Eshna Saharan suggests intentionally allocating distraction time into your work schedule to boost productivity and creativity. "Block out a specific time slot in your day, ideally after you've completed a focused work session, for indulging in distractions," Saharan said.



Beat stress and avoid burning out by setting limits, working smarter and making time for fun at work. (Photo courtesy of Chaplain (Cpt.) Harry C. Ross)

"This could be 15–30 minutes, depending on your needs and preferences."

The Race Car – Work Smarter, Not Harder The race car represents the importance of efficiency and organization. A fast-paced workplace demands high performance, but speed without strategy leads to burnout. Using effective time management tools—such as a daily planner, calendar reminders and managing meetings in Microsoft Outlook—can

help maintain effectiveness without exhaustion. This approach allows you to spend the right amount of time on the right work while conserving energy.

The Jeep – Integrate Play and Joy Into Work

The jeep symbolizes adaptability and the importance of incorporating moments of play into work. In high-stress environments, professionals often become hyper-focused on results, leaving little room for creativity and joy. However, research underscores the benefits of play in reducing stress and enhancing overall well-being. Play stimulates the brain, which allows out-of-the-box thinking that can lead to the creation of new ideas. For example, companies like Google, Pixar and several major gaming companies incorporate play into work.

Where I work as a hospital chaplain, nurses engage in competitions decorating doors and information boards during special events and holidays. Incorporating play into the workplace translates into more than just having fun; it helps foster team bonding and increases employee engagement and morale.

Burnout is not an inevitable consequence of demanding work; it is a preventable condition that requires intentionality.

These three cars serve as a daily reminder that managing stress effectively is not just about surviving in a high-intensity environment; it is about thriving within it. By setting boundaries, optimizing efficiency and incorporating play, professionals can cultivate a healthier relationship with their work and prevent burnout.



Check out the 2025 Summer Resilience Strengthening [toolkit](#) for helpful resources to assist with PCS moves and other transitions this season.



Addressing Financial Stress for Soldiers *FINANCIAL STRESS* Continued from page 1

In fiscal year 2025, the Servicemember Quality of Life Improvement and National Defense Authorization Act authorized a 14.5% pay raise for junior enlisted service members and a 4.5% pay increase for all other service members.

"This additional compensation for entry-level Soldiers will help close the pay gap, as their current earnings barely exceed the annual salaries of minimum-wage workers in some U.S. states," DeJesus and Isaac wrote in their article.

In addition to Soldiers' pay, the Army provides additional compensation, such as the Basic Allowance for Housing. The rising cost of housing continues to be a stressor, with only 37% of Families finding housing within their BAH, down from 58% in 2020.

"Married Soldiers or those with dependents receive the BAH, but recent trends indicate that the allowance for housing is not enough to keep up with the rapid increase in cost-of-living expenses, such as rent and utilities," DeJesus and Isaac said in the NCO journal.

"The Basic Allowance for Subsistence is meant to offset the cost of food for service members," Morita said.

Again, the rising cost of living indicates that the BAS rates are also not enough to keep up with food expenses.

"While intended solely for the service member, many report using the BAS to feed their Families, shedding light on the challenges households face when relying on a single military income," DeJesus and Isaac wrote.

In their article, DeJesus and Isaac also said that in instances where the BAS is reduced or taken, it puts extra pressure on Soldiers and their Families.

This added strain can result in them having trouble accessing enough food, especially among junior enlisted members.

Financial stress has been noted during relocations, affecting 70% of Families that report out-of-pocket expenses exceeding \$500. This is compounded for Families because the strain of relocation can take them 12 months or more to financially recover from.

The 2024 MFLS Survey reported that additional stressors come into play when spouses face unemployment, especially when job searches stretch beyond three months. For 25% of spouses it takes nine months or longer.

Financial differences were evident across ranks: 82% of officer Family respondents indicated they were doing OK or living comfortably, compared with only 46% of other enlisted Family respondents.

Personal financial readiness training is congressionally mandated under Section 992 of Title 10, United States Code, to provide Soldiers and their Families with high-quality financial education and counseling throughout their military careers.

The Army has several resources available to help Soldiers cope with their finances. The Financial Readiness Program is available to provide comprehensive education and no-cost, unbiased counseling services to help Soldiers and Families secure their financial well-being, which enhances military readiness.



The Basic Allowance for Subsistence helps pay for Soldiers' meals while they are at their assigned duty station. (U.S. Army photo by David Logsdon)

Soldiers and Family members are encouraged to take advantage of the education and advice to help guide them through key life moments. The knowledge and skills acquired through the FRP empower Soldiers and Families to manage their financial affairs and enhance mission readiness.

FRP support for Soldiers includes [Financial Frontline](#)—an online resource hub featuring checklists, handouts, videos and other tools to help Soldiers and Families make informed financial decisions. [Army Community Service](#) has in-person FRP tools, training, counseling and education on a wide variety of topics. Additional resources include the [DPRR website](#) and the [DOD Office of Financial Readiness](#).

These resources can provide support to reduce the financial burden for Soldiers and their Families.

Embracing Change, Building Resilience *DIRECTOR'S COLUMN* Continued from page 2

loved ones before a big move, these transitions, while often exciting, can also lead to considerable stress. As we move into one of the busiest times of the year, we've created the [Summer Resilience Campaign](#) to help Army team members cope.

This campaign reinforces core resilience skills that seek to build and strengthen connection and support amid life's changes. It also highlights established programs and capabilities that offer support to Army community members. Use the warm months ahead to refresh yourself, spend time with Family and friends, get outside, take a break, exercise and be safe. If you need some inspiration, look over our social media tips on taking care of yourself.

Another resource Army Families can turn to this season is our enhanced Quality of Life [microsite](#), which offers assistance on everything from PCS moves and housing to community connections.

Revamped in collaboration with Patty George, the spouse of the Chief of Staff of the Army, the microsite is mobile-ready and user-friendly to positively impact the experiences of Soldiers, spouses and Families.

Please check it out and provide feedback so we can continue to improve this resource.

Also, a modification was made to the Army Body Composition Program just in time for summer. The Army will maintain body-fat-assessment exemptions for combat fitness test scores of 540 or higher during the transition to the new Army Fitness Test. Exemptions last eight months for active duty and 12 months for reserves, with Soldiers required to pass two AFTs annually. This incentivizes high levels of physical fitness and ensures that all Army Soldiers maintain a level of physical readiness.

We're using the next couple of months to get ready for two major observances that are very important to the Army team: Suicide Prevention Month (September) and Domestic Violence Awareness Month (October).

The Suicide Prevention Month campaign will continue to build on the theme "Stronger Together: Connect to Protect." This year's focus emphasizes one core idea: "Connection saves lives." Research shows that isolation is a key risk factor for suicide in the Army. By fostering

genuine, consistent connections within units and across the broader community, we can better support one another through tough times. Keep an eye out for posters, banners, web and social media content as early as July.

This year's Domestic Violence Awareness Month themes are "Pause" and "What's Inside Matters." The DVAM campaign will reinforce the Army's commitment to promoting healthy, safe relationships and creating a psychologically safe environment that addresses barriers and symptoms and enhances the use of domestic violence services and resources. Be on the lookout for social media posts, videos and other supporting materials in August.

As always, I want to thank you all for your hard work and dedication to prevention, resilience and readiness. I couldn't be prouder of all your efforts on behalf of our Army Total Force—our Soldiers, Army Civilians and their Families.

I applaud you as you navigate and embrace new things in the coming months. Have a wonderful summer!

—Dee Geise, DPRR Director



Family Members Continue the Service of Their Soldiers

By Antonietta Rico, Directorate of Prevention, Resilience and Readiness

At 18 years old, Candice Griemel became a widow. She had graduated high school early, gotten hitched to her high school sweetheart and embarked on the life of an Army spouse, moving from the warm Texas climate to a new adventure in snowy Alaska. About a year after arriving at their new home, her husband, Spc. Jarrett Griemel, deployed to Afghanistan. While he was deployed she took a job working at a parcel-delivery company on base, but three months into his deployment she was sent to pick up a package from the main office of the Post Exchange. Two Soldiers in uniform waited there for her.

"After they gave me the notice, I was like ... 'This can't be true. This isn't happening,'" Griemel said.

In one day, the teenager was plunged into trying to understand the circumstances of her husband's death, which she was informed was in a noncombat incident, trying to understand Army policies, and trying to navigate the casualty assistance and survivor process—all while coping with her grief and living thousands of miles from her Family.

"I was lost, to be honest," Griemel said. "The time that I'm learning to be an adult, learning how to be



After her husband Spc. Jarrett Griemel's death, Candice Griemel struggled with grief while trying to navigate Army policies. She now serves on the Survivor Advisory Working Group, which acts as a communication link between survivors and Army leadership. (Photo courtesy of Candice Griemel)

on my own and learning what my future held, I was then having to reconfigure what I had thought the next 60 years of my life was going to be."

But 16 years after her husband's death, Griemel's new life has taken firm shape: She is now a fierce advocate for other Army survivors.

Initially, Griemel's husband's death was determined as not in the line of duty, and it took her about five years to appeal and get that decision reversed, which is what set her on the path of advocacy. After his death was changed to "In Line of Duty," his unit put his photo on their unit memorial wall. Seeing her husband's service remembered by his unit validated the years she spent navigating the process, Griemel said.

"I wasn't spinning my wheels ... I had purpose. I had a meaning," Griemel said. "I felt at that point that that's where I needed to help others."

Griemel became a [Survivor Outreach Services](#) coordinator for the Army, a job she did for 10 years. [SOS coordinators](#) provide lifetime support to surviving Family members.

Read the full article on the DPRR [website](#).

Spreading Messages of Hope, Encouragement Through Music

By Cynthia Bell, Directorate of Prevention, Resilience and Readiness

In support of the Army's Senior Leader priorities and the Sergeant Major of the Army's focus, the Directorate of Prevention, Resilience and Readiness has partnered with the United States Army Field Band to creatively share messages of hope and explain prevention concepts to prevent harmful behaviors, like suicide and self-harm.

"The Army is good at performing music that delivers a positive message, said Master Sgt. Lauren Urquhart, the band's Director of Production.

"Partnering with a fellow Army agency is really important to us," she said.

The collaboration began in 2024, when Staff Sgt. Nicholas Feemster wrote and recorded rap verses and dialogue [videos](#) inspired by the Ask, Care, Escort annual suicide prevention training [curriculum](#). The videos are designed to spread awareness and represent a novel approach to sharing prevention messages with Soldiers. Feemster developed accompanying dialogue videos that training facilitators may show with the rap videos to emphasize ACE concepts and best practices. The successful video campaign was disseminated on social media between September 2024 and January 2025.

As a part of its annual outreach efforts, the field band typically produces and records covers or new recordings of popular [songs](#). This past January, DPRR and the band partnered to identify popular songs with strong messages of hope and

resilience to emphasize these concepts outside of training and typical Army environments. Together, they selected songs across eras and genres to appeal to Army community members of all ranks, ages and musical preferences. The selections are as follows:

1. "The Middle" by Jimmy Eat World
2. "Don't Dream It's Over" by Crowded House
3. "Unwritten" by Natasha Bedingfield
4. "Rise Up" by Andra Day
5. "Rainbow" by Kacey Musgraves
6. "Lean on Me" by Bill Withers

Once finalized, these covers will be shared across [DPRR](#) and [TUSAFB](#) social media pages. Some of the band's past recordings are available on their [Instagram](#).

ACE Base + 1 annual training teaches Soldiers how to support one another before and during challenging times. The curriculum provides effective strategies to recognize warning signs and encourage Soldiers who might be struggling with suicidal thoughts to seek help. The topics focus on reducing stigma, active listening and lethal means safety.

Training facilitators are encouraged to share the music and dialogue videos alongside the ACE curriculum to encourage thoughtful discussion and application of training concepts.



Staff Sgt. Nicholas Feemster, a rapper with the U.S. Army Field Band, performs during the Best Squad Competition on the National Mall in Washington, D.C., on Oct. 12, 2024. (U.S. Army photo by Staff Sgt. Brittany Primavera)

"We need modern and creative ways to share prevention concepts and actions and messages of hope and encouragement, especially among young enlisted Soldiers," said Renee Johnson, Suicide Prevention Program Manager.

"Music is a powerful tool to elevate resources and stories of hope," she said.

If you or someone you know is thinking about self-harm or suicide, help is available. Call or text 988, or [chat](#). Soldiers and their Family members can also use [Military OneSource](#) to request a referral to short-term counseling.



EVERYDAY COURAGE

sharing stories of resilience

It's no secret that military living can have its share of tough breaks. Resilience is the thing that keeps us flexible in the face of hardships, challenges and changes. "Everyday Courage" is a series highlighting experiences and outlooks from the Army community about bouncing back from life's setbacks.

Chief Warrant Officer 3 Anthony "Tony" Campbell is a U.S. Army Reserve leader with 36 years of military experience. As a Mental Health First Aid instructor, he is dedicated to supporting Soldiers and their Families by raising mental health awareness. Campbell realized how the tenets of MHFA made him a better father, husband, son and support for himself, his Family, friends and even strangers in need.

This is his perspective on resilience, stigma and asking for help.

Over the years, I have been fortunate to train military units, large government contracting agencies and personnel from organizations that support our Veteran and service member population. I have certified Army National Guard Soldiers as Mental Health First Aid instructors. As some of you may know, many service members believe that we are the protectors—the ones providing safety, security and "fixing" things. Many of our military and civilian professions train us to believe this way, although I am seeing change toward acceptance of getting help when necessary.

Decreasing the stigma around seeking mental health support is not something we can change with MHFA for Military, Veterans and their Families alone. Addressing mental health or substance-misuse challenges involves recognizing they may include unmanageable stressors that hinder our ability to live, love, laugh and learn.

We may experience loss of a loved one, a traumatic event, leaving Family for military deployment or training, and even self-doubt. Sometimes a service member is able to support someone in need by simply providing a nonjudgmental listening ear so the person feels heard and understood. This support gives them the opportunity to work through the stressors and challenges themselves. When we do not wait until we believe our battle buddy needs professional help, we can feel more comfortable approaching them to determine what is going on, discuss the proper levels of support and offer ongoing support.

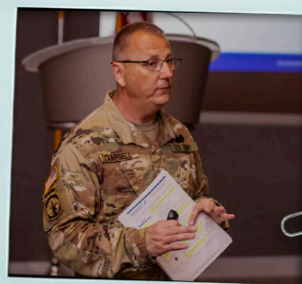
Despite all I now know about the importance of caring for ourselves, I still DO NOT want to burden others with my "problems." This is not unique to service members. However, as many of us know, everyone is busy, and I do not want to add more to their plate. I feel guilty for receiving a favor from anyone—much less longer-term, ongoing support. When we discuss this barrier to help in our MHFA training events, I

model a response such as, "Well, Bob, I appreciate your recognizing that I am busy. However, if you noticed I was going through a tough time, wouldn't you offer to support me? My hope is that when I need support, I can count on you. But right now, I'm here to be a support for you."

I typically see several MHFA event attendees visibly acknowledge this barrier—and the demonstrated approach—as an effective way to overcome it.

The good news is, so far, I have not had anyone say they would not be the support for a friend, loved one, co-worker, etc., needing help through a challenging time.

Actions, not words alone, enable us to overcome stigma.



Chief Warrant Officer 3
Anthony "Tony" Campbell





Why Resilience Skills Matter for Soldiers, Army Families

By Erik Moshe, Ready and Resilient Training Branch

Kelly O'Brien, a trainer at the R2 Performance Center at Fort Carson, Colorado, wants the Army community to know that resilience skills taught by trainers are as important for Family members as they are for Soldiers.

"When training can be provided for the Soldier and the Family members, then we are providing them with a common framework or 'language' to use at home," she said.

Resilience training helps Soldiers, their Family members and Army Civilians develop into effective leaders. The training equips participants with practical coping skills, stress-management techniques, goal-setting strategies and performance-enhancement methods. Students learn to understand their own and others' thoughts, emotions and behaviors, as well as strategies for effective communication, relationship-building and constructive problem-solving.

These practices often improve personal readiness and strengthen relationships in both professional and personal settings. Active Constructive Responding is just one transformational skill that's beneficial to both Soldiers and their Family members.

"While many of us believe that the strength of a relationship depends on the answer to the question 'Will you be there for me when things go wrong?', what we know based on research is that the true



Resilience training equips Soldiers and their Families with skills to enhance relationships, manage stress and build mental toughness. (U.S. Army photo)

strength of a relationship actually depends on the answer to the question 'Will you be there for me when things go right?', O'Brien said. In other words, ACR helps people connect with those they care about over good news and positive emotions.

"When we respond actively and constructively to someone's good news, not only do we multiply the joy for both parties, but research shows how trust, intimacy and a sense of belonging are also strengthened," she said.

All the training opportunities that R2 Performance Centers offer to Soldiers are also available to Family

members. Resilience training, Academic Performance Training and Performance Enhancement Training are just some of the course options.

O'Brien explained that trainings are also provided to Family members during spouse dinners or other special meetings hosted in collaboration with an R2 Performance Center, such as Soldier and Family Readiness Group and Building Strong and Ready Teams.

Spouses who wish to attend resilience training can contact their local R2 Performance Center for more information. Individuals at sites that do not have an R2 Performance Center can request training at <https://www.armyresilience.army.mil/ard/R2/I-Want-to-Schedule-Training.html>.

Resilience training equips Army Families with resilience skills to navigate challenges confidently. Those who seek the training learn to find optimism, to strengthen their relationships and to manage stress through effective communication and by setting goals. What's more, by teaching participants to overcome difficulties and build lasting mental toughness, resilience trainers help them to increase their self-awareness, emotional regulation and personal growth.

To learn more about training opportunities, visit the DPRR [website](#).

Joint Services Teen Council Gathers for Summit in DC

By Chet Curtis, Directorate of Prevention, Resilience and Readiness

The Joint Services Teen Council gathered in Washington, D.C., in June for the first time since 2014.

The Joint Services Teen Council, an initiative from the Office of the Secretary of Defense Military Community and Family Policy, brought together high-achieving youths from across the services to identify and address issues affecting military-connected youths worldwide.

The JSTC provides a platform for military-connected teens to address concerns and find solutions that benefit the entire military community.

"Teens have an opportunity to engage with senior DOD leaders, collaborate and develop teen-led initiatives," said Tamra De Benedetto, an Action Officer with the Army's Child, Youth and School Services Division.

This DOD-funded event organized by the MC&FP Office of Children and Youth covers travel, lodging and program costs for youths, chaperones and youth program managers.

The JSTC Summit represents a critical component of MC&FP commitment to supporting military Families, according to De Benedetto.

"The JSTC summit is an investment in the well-being of our military-connected teens and the

future of DOD," she said. "By empowering teens to become active participants in shaping their communities, the JSTC strengthens the overall resilience and readiness of the force."

The 18 members of the JSTC represent each military service. Representation is based on the size of the respective military service. This newly formed council included teens selected from Installation Management Command's Installation Directorates representing sustainment, training and readiness and from two geographical regions, Pacific and Europe.

Teen council members are selected to represent the diverse population of military teens, considering factors such as grade level, extracurricular interests, Family composition (e.g., single-parent, dual-military), length of time at current installation and type of installation (e.g., overseas, CONUS large, CONUS small). This ensures a variety of perspectives and experiences are incorporated into council discussions and recommendations.

"The teens were here for an entire week, undergoing field trips, touring the Pentagon and laying a wreath at Arlington National Cemetery," said De Benedetto.

The teens briefed senior DOD leaders at the Pentagon on selected issues, the affected audience, scope of the issue and recommend solutions. The group participated in workshops and training to develop leadership, problem-solving and communication skills.

JSTC members will present their findings and recommendations to their Military Service Teen Council and installation and Child and Youth program leadership to initiate solutions.

"This first-time event is a direct result of the innovative work of our Child and Youth Services team and highlights the exceptional potential within our Army youth programs," said Donna Garfield, Chief of the Army's CYSS division.

"The Joint Services Teen Council serves as a vital link between teens and DOD leadership, ensuring youth concerns are heard, accomplishments are recognized and ideas contribute to positive change," said De Benedetto.

Sgt. Maj. Michael J. Perry, Senior Enlisted Advisor to the Deputy Chief of Staff, G-1 said, "We need young men and women like these to provide our society the foundation for what our nation is to become."



How Your Money Habits Can Influence Your Relationship

By Human Performance Resources by CHAMP at the Uniformed Services University

Money often holds deeper meaning than just numbers in a budget. For many, it symbolizes emotional needs around security, freedom and even acceptance. Money can also be a measure of equality, success and control.

To learn more about the meanings you and your partner place on money, ask yourself what role you expect—and want—your finances to play in your life and relationships. One way to start the conversation is to explore what you and your partner have learned about finances from both of your Families.

Start by thinking about your generation and the generations of your parents and grandparents. Write down your observations on a Family tree to really visualize the topic. By creating a Family financial map, you and your partner can more clearly see the patterns in each other's Families. Try some of these questions to guide your exploration.

- Financial management: What were spending habits like when you were growing up? Were adults in your Family frugal, or did they spend freely?
- Communication: What "rules" did you learn about money? Did your Family discuss strategies around financial management? What were they?
- Contextual factors: Did your parents or grandparents experience financial problems? What were they, and how were they addressed?

Compare your financial attitudes, beliefs, goals and expectations with those held by your partner. For example, Adam and Lisa seem to constantly disagree about who should manage their finances. Adam's

upcoming deployment has forced the issue, so they decide to map out the financial history for both of their Families to help guide their conversation.

ADAM

- Grew up with financial stability.
- Mother and grandmothers were stay-at-home moms.
- Father was a real estate agent and kept track of the money (giving Adam's mother an allowance to meet household needs).
- Father often bought extravagant gifts for Adam and his mom when business was good.
- Mother frequently talked about what a good provider Adam's father was and how much it showed he loved her.

LISA

- Grew up with financial uncertainty.
- Father was financially well-off but died when Lisa was 13.
- Mother was a stay-at-home mom until she started working as a checkout clerk after Lisa's father died.
- Maternal grandparents had owned a local business but lost it when Lisa's mom was a baby.
- Mother frequently discussed financial hardships and stressed to Lisa the importance of being financially independent.



Understanding financial beliefs from Family backgrounds can improve communication and harmony in a couple's finances. (U.S. Army photo by Mark R. W. Orders-Woempner)

Once Lisa and Adam reviewed their Family histories, they started to realize why they argued about financial control. Adam had learned that his responsibility as a husband was to provide financially for his Family and viewed it as a symbol of love. Until now, he didn't understand Lisa's anxiety. Meanwhile, Lisa realized that the financial hardship and economic shift she had experienced after her father's death left her feeling insecure and powerless. She viewed managing their money as a means of independence, safety and control, while Adam viewed it as a symbol of care.

When you and your partner better understand your underlying beliefs and expectations around money, you can plan for the future. And hopefully, you can avoid some of the financial stressors that may come with military life.

Helpful Advice for Enjoyable Vacations as a Special Needs Family

By Kristen Murphy, Directorate of Prevention, Resilience and Readiness

Traveling with special needs Family members requires careful planning and consideration. Families with individuals who have special needs often face challenges when stepping outside their everyday routines and familiar environments. As a result, many of these families choose not to take vacations. A [2019 survey](#) found that 87% of families with at least one child with autism do not go on vacations due to the complexities involved.

Popular destinations like theme parks and beaches can present overwhelming stimuli, such as bright lights, loud sounds, strong smells and unfamiliar textures. However,

an increasing number of resorts, theme parks, museums and other Family attractions are beginning to recognize the need for accommodations to support guests with special needs.

Planning any vacation can be stressful and requires a lot of research beforehand, so we have put together a list of options to help jump-start your planning.

Travel and Vacation Options for Neurodiverse Families

- For special needs Families traveling by air, the TSA Cares program provides considerations during the

security screening process to help make it a smooth and seamless experience.

- If a visit to our nation's capital is on the itinerary, the Smithsonian Museum offers Morning at the Museum—a free program that provides sensory-friendly programs to visitors with special needs and their Families.
- Florida- and California-based theme parks also offer support services for guests who are sensitive to scents, lighting effects, attraction speeds and other elements.

Read the full article on the DPRR [website](#).

Unlock Success Through Self-Regulation

Self-regulation is essential for personal and professional growth, allowing you to control your thoughts, emotions and behaviors. Try practicing self-regulation by:

- Create an action plan by defining your goals and evaluating your habits. Check to make sure your plan is clear and realistic.
- Use a journal to reflect on your thoughts, identify problems and rewrite them positively to improve your mindset.



To learn more about how self-regulation can lead to personal growth, visit the RIF: [Practice Self-Regulation for Success in Life](#).





DPRR

DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS

JUNE 2025

HAIL AND FAREWELL

Hail

- Phillip Kitzko, Morale, Welfare and Recreation Program

Farewell

- Sheenu Abraham, Integrated Prevention Division
- Colby Beach, Integrated Prevention Division
- Michael Biggerstaff, Assessments Division
- Rob Bush, Plans and Operations Division
- David Collins, Assessments Division
- Tammy Coon, Morale, Welfare and Recreation Program
- Brittney Criswell, Integrated Prevention Division
- Nicole Guerrero, Integrated Prevention Division
- Stephanie Hall, Integrated Prevention Division
- Tanya Juarez, Family Advocacy Program
- Kristie Mahoney, Assessments Division
- Rachel Sandlain, Integrated Prevention Division
- Robin Sherrod, Family Advocacy Program
- Jack Taylor, Exceptional Family Member Program
- Michael Thompson, Integrated Prevention Division

DPRR Social Media Series

DPRR's new social media series shares practical tips from resilience experts to help the Army community cope with stress and build healthy skills. Watch the videos on [YouTube](#).



TOP-PERFORMING POSTS

FACEBOOK



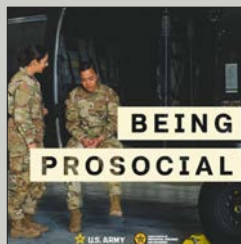
Impressions: 190,660

X



Impressions: 395

INSTAGRAM



Impressions: 607

LINKEDIN



Impressions: 474

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 DPDRR social media at kobrien@strategyconsultingteam.com.

UPCOMING EVENTS

JULY

National Organization for Victim Advocacy 51st Annual Training Event

July 21–25: NOVA's annual event features a variety of learning formats, including approximately 100 workshops and general session keynote addresses—all focused on trauma-informed approaches, culturally responsive strategies and self-care for professionals in the field of victim advocacy.

Location: San Francisco, California **Learn more:** <https://trynova.org/events/nova-conference/>.

AUGUST

Military Health System Research Symposium

Aug. 4–7: Known as the Department of Defense's foremost scientific meeting, the MHSRS is an annual four-day educational symposium that draws approximately 4,000 attendees. The conference fosters collaboration among military, research and industry experts on health care initiatives related to various military medical topics.

Location: Kissimmee, Florida **Learn more:** <https://mhsrs.health.mil/SitePages/Home.aspx>.

National Prevention Network 2025 Conference

Aug. 11–13: The 2025 NPN Conference will bring together experts and leaders from across the nation to explore the latest developments in prevention science, policy and practice.

Location: Washington, D.C. **Learn more:** <https://nnpconference.org/registration>.

SOCIAL MEDIA UPDATE

Directorate of Prevention, Resilience and Readiness

DPDRR COMMUNITYLINK

June 30, 2025, Volume 10, Issue 4

The DPDRR 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 DPDRR 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 DPDRR Community Link is the responsibility of the Communications & Outreach Division at DPDRR. For questions, or to subscribe or submit articles and photographs to DPDRR 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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Submit articles and photographs by July 18. For any questions, contact the editor at jtaylor@strategyconsultingteam.com.

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

Connect With DPDRR!

Contact DPDRR Communications & Outreach at
usarmy.pentagon.hqda-dcs-g-1.list.dpr-comm-and-outreach-div@army.mil

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