



ARDCOMMUNITYLINK

The Army Resilience Directorate Newsletter

SHARP Responds to COVID-19

By Antonietta Rico, Army Resilience Directorate

SHARP service providers across the Army moved quickly to respond to the COVID-19 pandemic by adjusting awareness, education and support services to meet the needs of Soldiers despite social distancing restrictions in the last three months.

Sexual Harassment/Assault Response and Prevention (SHARP) offices Army-wide continue operating with social distancing precautions in place, said Sgt. Maj. Lisa. M. Haney, HQDA SHARP sergeant major.

"The program is still running strong," Haney said, "We definitely can't slow down because of this pandemic."

Victims can continue to report in person to a Victim Advocate (VA) or Sexual Assault Response Coordinator (SARC), who will ensure social distance precautions are taken. They can also choose to report via a phone call to their SARC, who has the ability to fill out the report form online, Haney said. SHARP hotlines at each local installation remain operational and available. Victims can also report to medical personnel, a trusted member in their chain of command or local law enforcement. Restricted reports can be made to SARCs, VAs or medical personnel. For support, victims can also reach out to a chaplain or contact the DoD Safe Helpline 24/7 at 877-995-5247, Haney said.

After a report, VAs and SARCs are working with survivors who might need to be seen at a health facility for examinations by calling facilities ahead of time to coordinate social distancing and protective equipment



SHARP professionals across the Army took COVID-19 safety precautions during SAAPM events in April. (Photo courtesy Tamika L. Wynn)

requirements, and scheduling arrivals to minimize wait times for the victims, said Samantha Herring, a SARC at Fort Meade, Md.

Investigative and legal services are also ongoing, with social distancing precautions in place for face-to-face interviews, or through virtual interviews as needed, she said.

See **SHARP** on page 9

Director's Column

Looking Ahead: Challenges and Opportunities

Team,
We are living in a historically challenging time for our Nation. First came the novel coronavirus pandemic, the worst since the 1918-19 flu. The steps we took to save lives in the face of the pandemic in turn quickly generated economic disruptions not seen for generations. And we have entered into a difficult national conversation, highlighted by largely peaceful protests against the persistence of racism and injustice in our society.



Dr. James Helis

spread of the novel coronavirus does not mean the pandemic and its effects are all in the past. As we begin to relax some of the public health restrictions, we must continue to follow CDC, state and Army guidelines to maintain our health and physical readiness. Practicing resilience skills, including positive stress mindset, active constructive responding, and self-care will help us get through these times together. Continue to stay in touch with loved ones. Practice open communication at home and stick to consistent schedules that help Families stay balanced.

The wounds of injustice and prejudice will not

See **DIRECTOR'S COLUMN** on page 10

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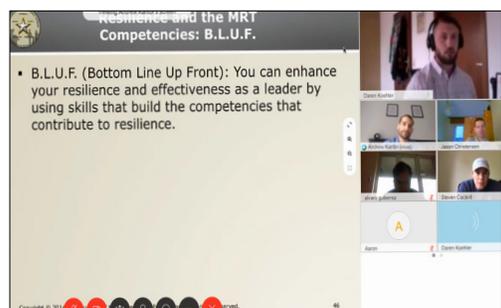


R2 Performance Centers in Action



COVID-19 Survivor Keeps Things in Perspective, Stays Resilient

DAEGU, S. Korea – Sixty days after becoming the first U.S. service member to test positive for COVID-19, Army Spc. De’Ontae Chappel had a clean bill of health and was officially the first Soldier to survive the virus. He sat down with Armed Forces Network (AFN) Daegu to share his story and how he managed his emotions upon getting sick and receiving his official diagnosis. He stated that he was able to maintain his composure and keep his spirits high due to annual Master Resilience Training he received since joining the Army, which prepared him to remain level-headed and not focus on worst-case scenarios. Chappel also mentioned how resilience training helped him to keep media reports in perspective rather than feel overwhelmed by potential information overload from the 24-hour news cycle.



Army Europe Soldiers Learn Resilience Training Assistant Skills

VILSECK, Germany – Master Resilience Trainer-Performance Experts (MRT-PEs) Daren Koehler and Andrew Kantor, from the U.S. Army Europe (USAREUR) Ready and Resilient (R2) Performance Center at Rose Barracks in Vilseck, Germany, conducted Master Resilience Trainer Resilience Training Assistant (RTA) Certification training with Soldiers of the 207th Military Intelligence Brigade using a virtual platform. Students learned the theory behind the MRT skills, conducted a practical hands-on exercise, and discussed what would be expected of students as RTAs and ways they can incorporate the MRT skills to enhance their readiness and resilience. The MRT-PEs have also been training Soldiers from various locations across Europe.



Soldiers Train on Mental Resilience to Prepare for 'Forge' Exercise

FORT JACKSON, S.C. – Staying mentally tough during the “Forge” is crucial to success. To learn skills to overcome the Forge—a challenging 96-hour basic training cumulative exercise that emphasizes battle drills, tactical operations, and foot patrols—Soldiers from the 3rd Battalion, 39th Infantry Regiment received training from the Ready and Resilient (R2) Performance Center at Fort Jackson, S.C. The Performance Expert (PE) and trainees discussed stressors, and then separated the controllable stressors from those that are not controllable. With the shortened list, the PE taught ways to stay focused and maintain energy while being mentally and physically fatigued. The skills trained included: Attention Control, Mindset, and Energy Management.



Virtual Training Helps Platoons Stay Connected, Engaged

FORT HOOD, Texas – Master Resilience Trainer-Performance Experts (MRT-PEs) Michelle Wirbiezcas and Jasmine Oates, from the Ready and Resilient (R2) Performance Center at Fort Hood, provided performance enhancement skills lessons virtually for 1-7 Diablo Troop Platoon Leaders. Due to COVID-19 shelter-in-place orders, Platoons were unable to physically train and Platoon Leaders were restricted to virtual contact with their Soldiers. The training focused on self-care strategies for coping during COVID-19. Platoon Leaders engaged in guided mindfulness meditation to enhance stress management and learned the sources of motivation which can enable the creation of a better environment for their Soldiers. The R2 skills trained included: Self-Care, Self-Talk, Mindfulness Meditation, Gratitude and Motivation.



A Data Point: Examining How Religiosity Affects Posttraumatic Growth

By John D. Foubert, Ph.D., Senior Advisor to the Director for Prevention

In times of trouble, many turn to their religious or spiritual beliefs and practices as a source of support. Recognizing that there is a



John D. Foubert, Ph.D

power greater than oneself in the universe can help put the troubles of the day into context. A research article that came out in 2017 titled "Religiosity predicts posttraumatic growth following treatment in veterans with interpersonal trauma histories," by Russano et al. highlights religiosity and posttraumatic growth. Russano and colleagues explored whether one's sense of being a religious person affects how they deal with major life trauma, including sexual violence.

Service members who have experienced sexual violence are at a higher risk for developing posttraumatic stress disorder

than are other service members. One way of measuring a person's recovery from trauma is by measuring "posttraumatic growth." Posttraumatic growth refers to the

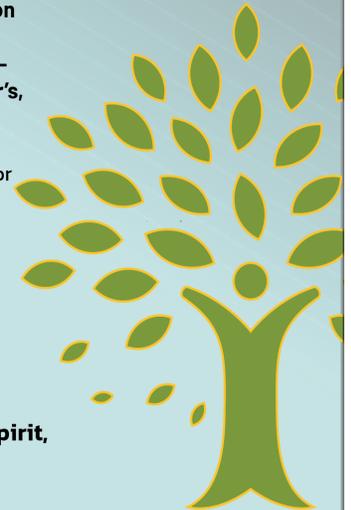
phenomenon of how people who experience hardship can end up psychologically stronger after recovering from that trauma than they were before the trauma existed. One thing that has been shown to affect posttraumatic growth is religiosity.

Russano and colleagues found that the degree to which one is religious does not affect their posttraumatic growth until people go through therapy. Once in therapy, the more religious people are, the more posttraumatic growth they experience. This tells us that it isn't just being religious that can help one recover from trauma.

BUILDING YOUR RESILIENCE: SPIRITUAL DIMENSION

Spiritual strength—a sense of connection that gives meaning and purpose to our life—sustains us in times of stress, hardship or tragedy. Strengthen your Soldier's, your unit's or your own spirituality by:

- Reaching out to a chaplain for religious or nonreligious counseling
- Identifying (and prioritizing) your core values or unit values
- Creating a personal philosophy that guides how you live your life
- Scheduling a workshop for your unit on Ethics & Moral Justification at your nearest R2 Performance Center



**"The Soldier's heart, the Soldier's spirit, the Soldier's soul are everything."
- General G.C. Marshall**

Rather, it is being religious along with experiencing mental health counseling that can have a major effect on posttraumatic growth.

Given this relationship, it makes sense for personnel to pursue

their religiosity throughout their time in the military, as doing so may have a positive impact on becoming stronger subsequent to trauma and effective mental health counseling.

NOVA Recognizes Exceptional Military Advocate from WVARNG

By Antonietta Rico, Army Resilience Directorate

The National Organization for Victim Assistance (NOVA) recognized an NCO from the West Virginia Army National Guard with its 2020 "NOVA Exceptional Military Victim Advocate Award" April 1.

Master Sgt. Michael Cochran, a Victim Advocate and operations NCO with the 111th Engineer Brigade, headquartered in Eleanor, W. Va., said he draws from his personal experience as a child sexual abuse victim to reach Soldiers in his work as a VA.

"I never told anyone I was molested until I was about

40 years old," he said. "I decided to try to make something good come out of what happened to me because that was the only way I could deal with it."

Sharing his story publicly, including during SHARP training to units, helps other victims, including other men, come forward and talk about their own experiences, he said.

Cochran said sexual assault in the military absolutely destroys a unit, killing the morale of everyone in it, from the person assaulted to the other members of the unit who no longer feel safe

nor trust their fellow Soldiers.

"It's a cancer that goes from the inside out," Cochran said.

Cochran also founded the Cycling Out Sexual Assault Annual Ride for Awareness, a bike ride from Pittsburgh, Pa., to Washington, D.C., to raise awareness about sexual assault. It is open to the military and the public. He will be recognized for his work on behalf of service members at NOVA's 46th Annual Training Event, scheduled virtually for July 27-30, 2020.



Master Sgt. Michael Cochran, of the WVARNG, participates in the Cycling Out Sexual Assault Annual Ride for Awareness, which goes from Pittsburgh, Pa., to Washington, D.C. (Courtesy photo)



During Social Distancing Soldiers Can Still 'Engage' to Help Those Struggling

By Maria D. James, Army Resilience Directorate

While social interactions are limited as a precaution against the spread of COVID-19, leaders and Soldiers can still find ways to practice 'supportive' distancing and maintain connections with fellow Soldiers, Family members and friends. These connections are especially important if they think a fellow Soldier may be having a hard time with social isolation during the pandemic.

One way to assist someone who may be struggling is by practicing the skills needed to become a bystander who acts when intervention is needed. According to Army Resilience Directorate (ARD) subject matter expert, Laura Kirschner, a contractor, there are many reasons why bystanders do not step in when there are signs of trouble.

"From the research, we know it's not always people's first instinct to step up and help someone in need. There are three critical stages that can prevent someone from helping a fellow Soldier, friend or Family member," said Kirschner. Those three stages are:

1. The individual is unaware of the warning signs that help is needed.
2. The individual is unsure if they want to take responsibility for engaging.
3. The individual is unsure of what to do in that moment.

"Unless you notice warning signs and they register as a concern to you, you won't step in to help," said Kirschner. She added, "during

COVID-19, when we are less likely to engage with our peers on a day-to-day basis, we may see even fewer warning signs because we aren't around the individual to see them."

According to the 2018 DoD Suicide Event Report (DoDSER) released in April, the top three common stressors reported were relationship, administrative/legal issues, and workplace stressors.

Kirschner recommends the following five action steps to stay connected, identify signs that someone is struggling, and respond during the pandemic:

- **Check in with your battle buddies, Family and Soldiers.** Ask how people are doing, ask about Family tension, ask about drinking habits and ask how people are managing loneliness and isolation.
- **Lower your threshold on what makes you engage.** If someone makes a comment that concerns you during a check-in call, or you see a social media post that makes you hesitate, trust your instincts and engage. Seeing one cryptic text, post or comment should be enough to stop what you're doing and check in more thoroughly with an individual.
- **Have a plan.** Many times, people do not step up because they aren't sure of the "right" way to do it. Kirschner suggests developing a list of questions that you want to ask the person and gather a few resources in advance, so you are more

confident in your conversation plan. Her advice is to begin the question with "what," which tends to make people feel less defensive than questions that start with "why." For example, "what was going on for you and your Family when you posted that?" will likely lead to less defensiveness than "why did you post that about your Family?"

- **Triangulate.** If you know the person's circle of friends or Family, you can always check in with others to see if they've noticed anything concerning as well.
- **Get a leader involved.** If the thought crosses your mind, "It isn't really my problem to make sure this person is okay..." then notify a leader in your organization that you think they should check in on a certain individual. Or notify an individual's Family or friend that you are concerned. Then most importantly, follow-up! Check in and see what happened.

Sgt. Maj. Gabriel D. Harvey, senior enlisted advisor for ARD, encourages fellow leaders to implement creative outreach opportunities, such as starting a physical fitness challenge or providing healthy eating tips as ways to check in with individuals within their unit during this social distancing period. He encourages Soldiers to check on their leaders as well.

(Editor's note: For the full article visit [Army.mil](https://www.army.mil)).

SAPR Connect Provides Online Community for Prevention Personnel

By Dr. Suzanne Holroyd, DoD SAPRO

SAPR Connect is an online community of practice designed to foster collaboration and learning among sexual assault prevention personnel across DoD. In general terms, a "community of practice" is designed to draw together individuals with a common interest and allow for the sharing of information that could benefit all. The goal is to provide members the opportunity to collaborate and ensure DoD's sexual assault prevention efforts are as effective as possible.

The 4,500+ members of SAPR

Connect come from across DoD, including from OSD and each Service, the National Guard and the Coast Guard. Members reflect a wide array of fields of expertise including prevention professionals, personnel working on victim assistance, chaplains, and EO experts. Regardless of their roles in prevention, all SAPR Connect members have joined to share and learn in the prevention space.

To help advance effective prevention efforts across DoD, SAPR Connect members can access a range of resources.

Webinars and other resources can be downloaded for individual viewing or can be shared within a team to spark a discussion on how the information applies to their unique location.

To allow for discussion of ideas and resources within the DoD community, SAPR Connect has been set as a "members only" site for DoD employees with a CAC. To join, go to <https://sapr.mil> and click on the Prevention tab. Scroll down to mid-page and click on the SAPR Connect logo to start the easy registration process.

RESOURCES on SAPR Connect

Prevention Guidance: The DoD Prevention Plan of Action (PPOA) and supporting resources.

Downloadable Resources: Archive of prevention resources, webinars and videos for easy download and sharing.

Prevention Chat Forums: Conversation threads happening within the prevention community.

Events Calendar: Upcoming prevention events, including SAPRO's prevention webinars.



SHARP Focus

650th MI Brigade and SHAPE Soldiers Create Poster for SAAPM 2020

EUROPE — In April 2020, the U.S. Army Europe (USAREUR) community participated in Sexual Assault Awareness and Prevention Month (SAAPM) 2020, despite the global COVID-19 pandemic. The 650th Military Intelligence Brigade SARC, Enaida Anderson, coordinated a SAAPM 2020 poster with the SARCs and VAs who support the SHAPE mission in Belgium. While being safe and practicing social distancing, they brought awareness to the community utilizing #SAAPM2020. Other activities included virtual SAAPM proclamation signings, SHARP awareness door decorating contests, DFAC teal meals, Denim Day participation and virtual photos of messages to victims.



SHARP VA Helps DDHC Meet Training Requirements During COVID-19

HAWAII — Active-duty and Civilian instructors are turning to virtual platforms to conduct mandatory SHARP training during the COVID-19 pandemic. Staff Sgt. Marleen Milligan, SHARP Victim Advocate at the Desmond T. Doss Health Clinic (DDHC), led nine virtual face-to-face training sessions, which trained almost 250 people. “(Sexual assault and harassment don’t stop because of a global pandemic and our training doesn’t stop either,” said Col. Dave Zimmerman, DDHC commander. All active-duty medical personnel at DDHC are 100% trained. To make this happen, Milligan mailed the FY 2020 SHARP Training Support Package, conducted a conference call, and held face-to-face training in a conference room with six seats available, which allowed for social distancing and required wearing masks. (Photo by Jessica Meyer)



New York Guard Hosts 'Virtual' 5K for Sexual Assault Awareness

LATHAM, N.Y. — New York Army National Guard Capt. Stephanie Fernandez, Warrant Officer Zachary Smith, and Sgt. Jose Meza participated in the virtual 5K Sexual Assault Awareness Run held by the New York National Guard Joint Force Headquarters. The annual 5k run usually welcomes over 100 people, however organizers decided to promote the event as a virtual 5k due to the COVID-19 pandemic. Organizers sent emails to Guard members around the state, encouraging them to run on their own and send in “selfie” photos. “We still wanted to acknowledge the day, and we wanted to acknowledge the challenges that people are facing and to get them outside and active,” said Chassidy Ryals, SARC at New York National Guard headquarters.



PHC-P Soldier Recognized as 2020 MEDCOM Exceptional SARC

HAWAII — Maj. Ran Du, Sexual Assault Response Coordinator for Public Health Command-Pacific (PHC-P SARC), was recognized as the 2020 Medical Command Exceptional SARC, May 7. Du will represent MEDCOM as the nominee for the 2020 Department of Army Exceptional SARC award. Du created an integrated and robust SHARP program across a geographically dispersed brigade that provides support to more than 500 personnel assigned to more than 50 installations, spanning five different countries and five U.S. states and territories within the Indo-Pacific. Du personally met with each of the five subordinate battalion commanders and actively engaged more than 14 victim advocates to ensure unit leaders fully supported the SHARP program.



Finding Purpose and Meaning: Using the Pandemic to Reset Your Life

By Mia Robinson, Army Resilience Directorate

Adjusting to a different pace during the COVID-19 pandemic can be a struggle. Some may have planned to make the best of this time to pause and reflect, and realign and set new goals, only to feel stuck because they are having trouble living up to their expectations or meeting their goals. They are not alone. The common misconception of having “more time” during the pandemic simply does not exist for everyone. For instance, while some may have been expecting to spend more time with their Family, they couldn’t because they’re juggling multiple tasks at once. Single Soldiers enduring this isolation period in the absence of Family or a support system, might have too much time and nothing to fill it with.

A good goal-setting plan is about creating the right routine for yourself, said Brett Sandwick, Master Resilience Trainer-Performance Expert (MRT-PE) at Joint Base Lewis-McChord (JBLM), Wash. However, goal setting does not come without obstacles – it’s

par for the course. A good goal-setting plan accounts for those obstacles. Setting too many goals with no time to prioritize them is a recipe for failure. If the goal is too big and can’t be broken down into steps, it simply won’t be achieved.

Sandwick said creating an environment conducive to achieving goals through self-control/self-regulation is the single most important first step. When setting or realigning goals, Sandwick believes small incremental plans work best.

Because our environment can change day to day, Sandwick suggests building an awareness around those factors that can negatively impact us and draw us away from our intended goals. People should consider taking a step back to see what’s working, what’s not, and how they can do things differently.

This was exactly Staff Sgt. Noah Clark’s experience at the start of the COVID-19 isolation period. Clark is an MRT facilitator at JBLM.

Completely unaware of how this

isolation period would impact his life, his work schedule and role at home changed dramatically. So he wouldn’t feel like a ‘burden,’ he stayed out of the way at home, which in turn caused his communication with his spouse to suffer.

“I was mind reading instead of communicating and asking questions,” said Clark. He openly admits that it tested his ability to “reign everything in.”

Self-awareness and recognizing what you can control are key to self-regulation, Clark said. He started meditating twice a day while enlisting the support of a fellow MRT to talk through his thoughts, fears and frustrations. Goal setting and creating healthy routines for him and his Family became transformative.

Before long, his Family dynamic began to change, his communication with his spouse and children began to improve, and he was able to settle into a new routine and role. Clark credits the daily use and application of MRT skills, stating they have been

“essential in make-or-break situations.”

Kate McClimon, MRT-PE at JBLM says “We need strategies to accomplish behavior change. When we come up with these strategies ahead of time it takes away the extra time we’ll use to make a decision.”

Part of creating a strategy involves evaluating what’s important to you and writing out manageable steps you can take to improve. Taking this approach prevents you from getting in your own way by making excuses to avoid doing certain tasks. If you’re still struggling, take time to evaluate your behavior.

It’s important to set realistic goals, and not be hard on yourself in the process, the MRT-PEs said. Ultimately it takes discipline, intentionality and self-awareness. Tailoring your goals and creating healthy routines can help you find purpose and meaning in these unprecedented times and every day is an opportunity to start fresh and reset your life.

Behavioral Health Prevention and Retention Program Helps Soldiers

From the National Guard Bureau

The National Guard’s Behavioral Health Primary Prevention and Retention Program is a three-stage intervention that provides risk screening with newly enlisted Guardsmen, conducts intermittent “wellness checks” with high-risk Guardsmen to circumvent emerging problems and provides them with resilience-building education and linkages to needed services through proactive case management. Over the past two decades the National Guard has been relied upon more than in previous generations resulting in a heightened operational tempo. The aim of the program is to reduce preventable early separation from the service and increase resilience, readiness and retention of Guardsmen.

During active-duty service, there are naturally

occurring safeguards against harmful behaviors in service members, including relatively continuous social support and supervision, readily available recreation and leisure resources and opportunities, housing stability, financial stability, and free access to all necessary medical services. Active-duty Soldiers also enjoy the safety-net of regular unit formations and the daily guidance of experienced senior NCOs and officers who can identify, and respond to, emergent problems before they result in losses. The Behavioral Health Primary Prevention and Retention Program Pilot Program, a participant in the Warrior Resilience and Fitness Innovation Incubator, is designed to provide similarly protective benefits for Guard members who are

identified as high risk, through education and proactive case management. During regular wellness checks, service members receive resilience building education including anger management, conflict resolution, goal setting, and motivation enhancement. If an emergent problem is discovered, assistance in locating and accessing civilian sector and National Guard support and/or medical services is provided. Using this “life course” approach to the identification and mitigation of risk, the service member will develop a greater capacity for resilience and readiness, leading to higher rates of first enlistment retention. The program is currently in testing within the New Mexico Army and Air National Guard and South Dakota Army National Guard.



SHARP Briefs

SEXUAL ASSAULT IS A PUBLIC HEALTH ISSUE

As sexual assault prevention efforts continue to expand across DoD, it is important to understand why sexual assault is a public health issue. A public health issue must meet three criteria.

First, we consider if large numbers of people are affected. DoD surveys highlight that approximately 20,500 service members experienced sexual assault in FY18, making it a crime that affects a large number of people.

Second, a public health issue must impact people's mental and physical health outcomes. Research has shown the harmful effects sexual assault can have on health and wellbeing, command climate, and mission readiness.

Third, the problem needs to be preventable. The good news is that there is growing evidence that policies, programs, and practices can prevent sexual assault. Now that we understand the problem, we can learn more about how to solve it. To hear CDC and DoD experts explain sexual assault

and how a public health approach can be applied to sexual assault prevention, please review the "The Public Health Approach" webinar on SAPR Connect [here](#). (From SAPR Connect News)

FORT LEAVENWORTH SHARP FOUNDATION COURSE GOES TO ONLINE FORMAT

FORT LEAVENWORTH, Kan.—In response to COVID-19 impacts on training, the Army SHARP Academy at Fort Leavenworth developed the SHARP Foundation Course in a distance learning (dL) format. This adaptation leverages an online learning platform for a synchronous approach with students and instructors interacting in real-time. Following course design and upload, the SHARP Academy staff held an instructor training session for all SHARP Trainers in preparation for a dL pilot class and subsequent classes. From April 20 to May 1, the Academy held the pilot dL course with students from TRADOC and FORSCOM units at Fort Sill, Okla. There were 14 dL Foundation Courses accommodating up to 448 students during

the period of May 4 - May 22, supporting FORSCOM, TRADOC, USARPAC, USAREUR, NGB, and MDW. Additional dL Foundation Courses continuing through June and into July

SHARP PREVENTION ANNEX RELEASED

The Prevention of Sexual Harassment and Sexual Assault Annex to the Army People Strategy describes the Army's strategy for developing, implementing and assessing sexual harassment and sexual assault prevention efforts. It guides collective prevention efforts, optimizes the Army's prevention system, and ensures it is properly nested with the Department of Defense Prevention Plan of Action (FY19-23). Primary prevention, which represents the focus of the annex, aims to stop incidents before initial perpetration and victimization. It includes efforts that protect people while also reducing risk factors. For more on DoD's focus on prevention, see page 10. Read the complete Army SHARP prevention annex [here](#).

USAREUR SHARP Monthly Conference Call Teaches Self-Care Tactics

From USAREUR SHARP

The USAREUR SHARP Office has joined forces with the USAREUR R2I & Training Program to host monthly "SHARP Self-Care Calls" for USAREUR SHARP Professionals. The monthly calls provide SHARP Professionals with holistic and integrated techniques to increase "self-care" and reduce burn-out.

During the March 2019 call USAREUR R2I & Training Program Manager, Erika Turner, provided tips to increase mindfulness, self-care daily tips, and resources and linked SHARP Professionals to resources like ArmyFit and the Azimuth Check, the USAREUR R2 Performance Center Facebook page, as well as other holistic

health and wellness resources. The USAREUR SHARP Office Program Manager, Heather O'Shea, guided participants through deliberate breathing techniques, stretching exercises and movement to regain focus.

The April SHARP Self-Care Call focused on providing participants guided exercises to increase mental and physical awareness. O'Shea guided callers through low impact physical movement exercises and a full body scan exercise. Both exercises connect mind and body awareness through posture for energy, mindfulness of body tension release, and general presence in the physical body for

Self-Care Reduces Burn-Out

ArmyFit Self Development Tool
AZIMUTH Check (former GAT) → P3 - Sleep, Nutrition, Activity → Excellence, Optimism, Trust, Purpose, Safety

Physical Strength

- Boost Exercise Routine
- Personal Readiness
- Build a Nutrition Plan
- Physical Fitness at Home
- Youth and Team Fitness Inquiries

Emotional Strength

- MFC Program
- Improve Sleep
- Engage in Self-Care
- #MTC5
- Mindfulness
- Optimism

Social Strength

- Social Networks
- Share what you are doing
- Decrease Boredom
- S.O.A.P.
- Set a Goal

Spiritual Strength

- Talk to a Chaplain
- Develop a positive mindset
- Explore Nature
- Read

Family Strength

- Master Resilience Trainer
- Volunteer/Give Back
- Do a Family project
- Control the Controllable
- Tailoring Services
- Financial - Economic Impact Events

Preparing a winning, ready and resilient Total Army Family for the future Army.

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calming your thoughts. Turner provided the participants with the USAREUR strategy for Strengthening Readiness and Resilience that emphasizes enhancing strength across five dimensions: Physical, Emotional,

Social, Spiritual and Family.

The monthly calls provide SHARP Professionals with the ability to take a 15-to-20-minute break during the workday, to gain focus, inculcate mindfulness and generate self-awareness.



Amid Social Distancing, Veteran and Gym Owner Advocates for Suicide Prevention

By Jasmine Marshall, Army Resilience Directorate

When Danny Farrar had to close his gym locations because of the COVID-19 quarantine, he started virtual boot camps and PT sessions to keep his community engaged. Farrar knows from experience how important it is to take care of body and spirit during difficult times. There was a period when he had reached his lowest point.

Farrar served in the Army for nine years, and completed over 800 convoy combat missions while deployed to Iraq. On 9/11, his team from the 3rd U.S. Infantry Regiment (The Old Guard) was one of the first into the Pentagon, helping to secure the area and remove remains of the dead. His life as an infantryman instilled within him a drive to work hard. However, throughout his career, he struggled with Post-Traumatic Stress (PTS); after his transition out of the Army he fell into a deep depression.

“Post-military was the worst time of my life. I couldn’t gain traction. I spent a lot of time feeling like a loser. I didn’t have a job that felt like a respectable job. I was in and out of bad relationships,” he said.

Things progressively went from bad to worse. Farrar was fired from his job on Christmas Eve. His first marriage ended in divorce. He got evicted and became homeless. That is when he attempted suicide.

He spent three days in Frederick Memorial Hospital. During that time, he made the choice to live. He decided that he would focus on what he could control, which was his physical and mental health. He trained in Mixed Martial Arts and moonlighted as a

personal trainer while starting a career as a firefighter.

“I started SOLDIERFIT two weeks before I joined the Fire Academy. I was broke, I needed to eat, and I decided to get a side hustle. I was actually going to the Fire Academy during the day and training clients at night,” Farrar said.

Farrar’s clientele grew exponentially; his personal training sessions turned into group boot camp classes.

After a brutal MMA victory, he received a ground-breaking opportunity. The owner of the fight venue offered him the space to host his boot camp classes, rent-free. Farrar gratefully admits, “I’ve been met halfway by a lot of good people...that’s why I’m here today.”

Over the years, Farrar has lost several people including his brother and two friends, and fellow Soldiers, to suicide. “One [of them] died right before my bachelor party. I spent the whole weekend talking to his brother. That’s when I realized I needed to do something,” he said.

Farrar founded [Platoon 22](#), a non-profit with the mission of suicide prevention and awareness, crisis intervention and case management services for Veterans. “Right now, we’re working on creating a Veterans Center. It’ll be a one-stop shop bringing all services into one space. The Maryland State Department of Veteran Affairs will be housed there...which means we’ll see 3,000-4,000 veterans through the door in year one,” Farrar said. “We also will have Martinsburg VA Counseling



Danny Farrar, Army Veteran, poses in his Bethesda, Md., gym location. (Courtesy photo)

Center on-site. We’re even partnering with Goodwill to provide Workforce Development Training.”

Farrar is admittedly in a much better place in life. “What the military did for me was it gave me a sense of confidence in my ability to weather a storm...when I think about my suicide attempt, I think about what I wouldn’t have experienced. I wouldn’t have met my wife...my kids wouldn’t be here.”

Resources

The Veterans and Military Crisis Line is a toll-free, confidential resource, with support 24/7, that connects Veterans, service members, National Guard and Reserve, and their Family

members with qualified, caring responders. All service members, including members of the National Guard and Reserve, along with their loved ones, can call 1-800-273-8255 and Press 1, send a text message to 838255, or chat online at <https://www.veteranscrisisline.net/get-help/chat>.

If you need crisis assistance while overseas, the following overseas locations have direct crisis line numbers: in Europe, Call 00800-1273-8255 or DSN 118; in Korea, Call 0808-555-118 or DSN 118; in Afghanistan, Call 00 1-800-273-8255 or DSN 111.

Crisis chat support is available internationally at <https://www.veteranscrisisline.net/get-help/chat>.



SHARP Services Continue Despite Pandemic *SHARP Continued from page 1*

Monthly Sexual Assault Review Boards (SARBs) at Fort Meade, which evaluate the installation's SHARP program and the response to sexual assault incidents, continue to meet virtually with increased participation, Herring said.

"We are still responding, but we are just doing it in a different manner," said Tamika L. Wynn, Sexual Assault Response Coordinator, Military District of Washington.

At the outset of the pandemic, Wynn instituted a professional development virtual round table for SHARP professionals that in less than two months went from nine to more than 200 attendees, including commanders who have the opportunity to hear from experts in the field on the topics of sexual assault, including prevention and response, Wynn said.

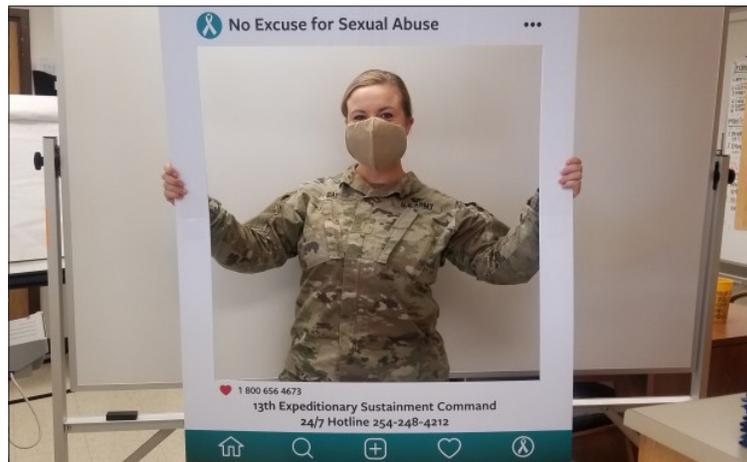
SHARP training has also shifted to hybrid formats, combining small group, in-person training with social distancing, and online. Virtual training has had some

surprising positive results. Due to the easy accessibility of training events via computer trainings are well attended, Herring reported.

In Hawaii, Desmond T. Doss Health Clinic [reported](#) a 100% training rate for its active-duty personnel; while at Fort Knox, Ky., SARC's [used online platforms](#) to both "train personnel as well as to reach out to victims and survivors."

In April, the military observes Sexual Assault Awareness and Prevention Month, a major effort to educate the military community about sexual violence. Due to the pandemic, events that had been in planning for months had to be cancelled, but many other events went virtual. Units had Soldiers and leaders create SHARP video messages, held virtual 5K SAAPM runs, observed Denim Day on social media, and held a host of virtual SAAPM awareness challenges, presentations and took part in social media town halls.

VAs and SARC's are also mindful that the increased social



Second Lt. Francesca Gay, 80th Movement Control Team, 49th Transportation Battalion, shows her support for the SHARP Program during April's Sexual Assault Awareness and Prevention Month commemoration. The U.S. Army is committed to eliminating sexual assault, sexual harassment and associated retaliatory behaviors from its formations. (Courtesy photo)

distancing could negatively affect survivors, who in isolation might relive painful memories, said Herring. SHARP professionals are making a point of checking in more often with victims to see how they are doing, staying engaged and offering self-care resources, she said.

Herring welcomes the dedicated support of Army, MDW and Fort Meade leadership, which helps facilitate the SHARP awareness, prevention and response mission. "We set the tone in the field that we are here for you," Herring said. "COVID-19 is not going to stop us; we will continue to be here for you."

Maintaining Sobriety During a Public Health Crisis

By Ashley Chagnon, Army Resilience Directorate

For individuals in recovery, maintaining sobriety during these unprecedented times of social isolation can be especially hard. Research by the National Institute on Drug Abuse shows that around 40%-60% of people recovering from drugs and alcohol end up relapsing into another cycle of addiction after getting sober.

During the COVID-19 pandemic, the Army continues to provide full access to treatment and counseling services to Soldiers to support their sobriety, said Jill Londagin, Program Director for Substance Use Disorder Clinical Care, Office of the Surgeon General.

"Appointments within Military Treatment Facilities are being provided either face-to-face or through virtual tele-health capabilities. TRICARE also provides coverage for behavioral health and substance abuse treatment including urgent and non-emergency care for addiction treatment, intensive outpatient programs, and partial

hospitalization programs," Londagin said. American Addiction Centers offers several tips to avoid falling back on unhealthy coping habits. It is important to get enough sleep and exercise, and eat healthy and balanced meals, as well as maintaining communication with your support network, Family and friends. Social support is a powerful force in recovery that helps promote hope, belonging, security and an enhanced sense of meaning and purpose. Technology helps sustain these means of fluid communication in the current phase of isolation and social distancing.

There are several online tools available to support recovery while maintaining social distancing such as SMART Recovery, Alcoholics Anonymous Online Intergroup, WEConnect Recovery, and the SoberTool app available for phone or tablet. Taking the time every day to work on sobriety will not only keep individuals in recovery productive, but also keep anxiety and cravings at bay.

"Addiction is a chronic disease. It can be prevented, and it can be treated," said Londagin. For those needing additional support, please see your local ASAP office, Unit Behavioral Health Officer, Embedded Behavioral Health Team, Primary Care Provider, or Military OneSource.

RESOURCES

- SMART Recovery, peer-support program: smartrecovery.org
- SoberTool App—Available on various app stores.
- WEconnect: weconnectrecovery.com
- Online Intergroup of Alcoholics Anonymous: aa-intergroup.org
- U.S. Army Reserve "Battle Buddy"—App Available on various app stores
- Military OneSource Virtual Resources militaryonesource.mil



DOD SAPRO Plan Puts Emphasis on Prevention to Reduce Sexual Assault

By Dr. Suzanne Holroyd, DoD SAPRO

(Note from the editor: The Army's recently published Annex to the Army People Strategy draws from prevention guidance released last year by the DoD Sexual Assault Prevention and Response Office [SAPRO]. Dr. Suzanne Holroyd, Senior Prevention Program Manager for DoD SAPRO, describes a few of the key aspects of recent prevention efforts in the Q&A below.)

Why are we hearing so much about prevention now? Haven't we been doing prevention for years?

For many years, our efforts have almost exclusively focused on response efforts, and rightfully so. We have worked hard to ensure sexual assault victims receive appropriate and quality care. We will continue to look for ways to improve our victim care. This focus has helped us make great strides in our response efforts. This progress has given us the opportunity to take a closer look at our prevention efforts. Our past prevention activities across DoD have been primarily tied to raising awareness and some skill building, such as bystander intervention training. But unfortunately, these efforts have not had the needed impact. This realization led us to contact the violence prevention experts at the Centers for Disease Control and Prevention and elsewhere to help us

assess our strengths and weaknesses, and map out a way ahead.

What did the prevention experts tell you?

We learned that DoD had been doing a good job of making people aware of the impact that the crime can have on an individual and our communities, but we were also told that "more awareness" will not lead to the required lasting behavior change. Also, we learned we did not have many of the necessary elements in place to field enduring prevention activities informed by research.

In recent years, experts across the government, universities, and private sector have been developing effective prevention approaches supported by research. Several of those experts helped us craft our way ahead, which resulted in the Prevention Plan of Action (PPoA) released in May 2019.

What are a few key aspects of the PPoA?

The PPoA identifies actions necessary to reduce sexual assault, measurably and systematically, across the Department of Defense. The PPoA emphasizes the importance of prevention approaches for both the general military population, as well as for targeting those at greater risk. For example, our

youngest service members are at greatest risk for a sexual assault, and as a result, several efforts are underway across DoD to reduce their risk. At the same time, leaders at every level of the Department are frequently reminded of the importance of fostering a climate of dignity and respect which can help protect against a sexual assault.

Another critical aspect of the PPoA is the emphasis on using data to drive our decision making. In almost every aspect of our professional life, we use data in considering how to solve a problem; we need to use that same approach in our prevention efforts. Once a program is underway, we need to collect data to determine if the program is having the intended impact, and if not, make adjustments.

What progress has DoD made in implementing the PPoA?

The PPoA is being implemented in four phases, and we are in Phase II now. As part of Phase I, each Service SAPR headquarters and our office completed a self-assessment to create a snapshot of where we currently stood in meeting the PPoA's needed elements. We asked ourselves questions such as:

- Do we have the needed resources and appropriately trained personnel to implement lasting effective prevention efforts?

- Do we have policies in place to advance effective prevention? Do any policies hinder our prevention efforts?
- Do we have the right mix of organizations (or offices) reflected in our collaborative efforts?

We are using insights from Phase I to develop our Phase II products, which include a plan of action and milestones and logic model to address any gaps and build on opportunities uncovered in Phase I. These products will help guide our prevention efforts from now until the end of the decade.

What resources are available to help understand how to implement effective prevention?

In addition to resources available within each Service, we offer regular webinars targeting specific aspects of prevention. Each session features experts (often from the CDC) who do a deep dive into different aspects of prevention implementation, such as what is meant by a "public health approach," how to use existing research in planning, and understanding risk and protective factors. Announcements of upcoming webinars, as well as recordings of past webinars, are available on SAPR Connect: <https://sapr.mil/prevention>.

Listening is Key During Difficult Times DIRECTOR'S COLUMN Continued from page 1

heal easily or quickly. I encourage everyone to begin the difficult discussions about where we go as an Army and a Nation. Listen carefully. Only through honest, open dialogue can we address cultural challenges facing the Army and our Nation. We should keep in mind our history. The military was one of our first institutions to implement racial integration. Among our steadfast beliefs are valuing each member of the team and treating everyone with dignity and respect. We have not been, nor are we today, perfect in always living up to those beliefs. We can and must do better. Our values provide a strong foundation from which to start.

We should recognize the challenges and

opportunities we face. Do we have our priorities in the right order? What changes do we want to make in our lives? Are we all doing our part to promote fairness, justice, and respect for all in our teams, our communities, and the Nation?

Our core values strengthen us as individuals, as teams, and as the Army, one of the Nation's most trusted institutions. Holding ourselves and others accountable for living our values will not always be easy, or popular. But it is necessary for us to do our part to help the Nation heal and recover from the hurt and suffering of generations of prejudice and injustice.

Know that your work does not go unnoticed. Since the outbreak of these crises, I have heard

directly from senior leaders across the Army about the incredible work you are doing and the impact you are making. Your dedication and care for our Soldiers, Civilians, and Family members is helping them navigate the difficulties they face on a daily basis. Under trying circumstances, you have repeatedly gone the extra mile to take care of others. You are making a difference.

Thank you for the essential, and selfless exceptional service you provide every day. You truly put **PEOPLE FIRST**. You make our **ARMY STRONG**. You matter.

Continue to take care of yourselves and each other.

James A. Helis, PhD



California National Guard Forms Supportive Services Council

From the National Guard Bureau

ARLINGTON, Va. — With over 13,000 Soldiers and 170 units, California has one of the largest National Guard populations amongst the 50 states, and territories. Soldiers tend to be geographically dispersed and travel many hours to their unit for drill. Military resources are typically more difficult to access for California Guardsmen. In response to the Unit Risk Inventory (URI) reports and the unique needs of our population, several programs within the California Army National Guard came together to form the Supportive Services Council (SSC).

The goal of the SSC is to reduce suicide and at-risk behaviors, encourage help seeking behaviors and promote resilience. The SSC is

composed of the Resilience, Risk Reduction, and Suicide Prevention (R3SP) Program, Army Substance Abuse Prevention (ASAP) program, Family Programs, Behavioral Health Program, Chaplain's Office, Sexual Assault Prevention and Response (SAPR) Office, Equal Opportunity (EO) Office, and Work for Warriors (W4W). The council evaluates URI results, offers and conducts targeted prevention training, and analyzes trends to focus education efforts on reducing at-risk behavior and improve CAARNG individual and unit readiness.

The URI (administered by ASAP) is the basis for the SSC response. The SSC determines the unit risk level based on suicide risk behaviors

indicated on the URI. A unit is considered "high risk" if four or more surveyed Soldiers indicate that they have had suicidal ideations or one or more have attempted suicide. A unit is considered "moderate risk" if two to three Soldiers reported suicidal ideations and a unit is "low risk" if zero to one Soldiers report suicide ideations.

The SSC distributes a resource box containing therapy resources, financial resources, mental/physical health and spiritual educational materials, gunlocks, and contact information for all CAARNG helping agencies to high and moderate risk units. By providing resource boxes to units, we are able to increase Soldiers' access to support services

and mitigate the impact of geographical disbursement and lack of centralized military services. The SSC also offers Targeted Prevention Training to high-risk units as identified by URI results. The goal of this training is to provide Soldiers with prescribed information/resources relevant to their needs rather than a "one size fits all" approach. In addition to organic resources such as behavioral health or resilience trainers, SSC also invites community resources to brief such as the health department or domestic violence prevention programs. Since 2019, the SSC distributed 205 resource boxes and completed 57 Targeted Prevention Trainings.

Taking Care of You: ARD's May Outreach Webinar Highlights Self-Care

By David Gercken, Army Resilience Directorate

With the onset of COVID-19 and the stressors brought on by dealing with the virus, May's Army Resilience Directorate's Outreach Webinar provided self-care best practices and tools to help individuals, especially Victim Advocates (VAs), Sexual Assault Response Coordinators (SARCs), and other critical medical and mental health providers, take care of themselves.

May's guest was Dr. Kelly Blasko of the Defense Health Agency and Madigan Army Medical Center. Blasko provided insights into the latest research on operating during a pandemic and the impact on providers. She discussed a host of online programs and apps for providers to both share with their patients and with victims, or utilize themselves for self-care while supporting and treating others. In addition to personal care, Blasko offered self-care and resilience tips to assist children and teens based on her work with Military Kids Connect and the Sesame Street for Military Families programs.

The purpose of the ARD webinars is to provide the field with emerging trends and innovations, insights, techniques, and methodologies to assist individuals and organizations in providing care and services to Soldiers, Army Families, and Army Civilians. Topics and presenters are chosen based on input from practitioners and webinar participants around the Army. Follow ARD social media sites for specific information

for each month's webinar.

Upcoming Webinars and Dates:

June 25 – Maj. Kimberly Kopack from the Simon Center for the Professional Military Ethic at West Point will discuss ethics, ethical advocacy, and maintaining a moral compass.

July 23 – Experts from the Army's R2 Performance Centers will lead a discussion and training on bystander intervention and engaging in difficult conversations and incidents.

Continuing Education Credit Available

In addition to providing opportunities to learn from and interact with some of the top experts and practitioners in their fields, ARD webinars offer up to 1.0 hours of Continuing Education Units (CEU) for individuals who participate in the DoD Sexual Assault Advocate Certification Program (D-SAACP).

The DoD Sexual Assault Advocate Certification Program recognizes the critical support Sexual Assault Response Coordinators, Sexual Assault Prevention and Response Program Managers (PMs), and Sexual Assault Prevention and Response Victim Advocates (SAPR VAs) provide to victims of sexual assault.

As a part of maintaining certification, both SARCs and SAPR VAs are required to obtain 32 hours of Continuing Education and have this

training annotated in their renewal packets.

To obtain CEU credit for an ARD webinar:

1. Download the webinar slides during or at the completion of the webinar.
2. Download and fill out Department of Defense Form 2950-1 (DD2950-1), the Department of Defense Sexual Assault Certification Program Renewal Application.
3. Annotate your training on page 14 of the DD2950-1.
4. Obtain a supervisor's signature. If you are a SAPR VA, have your SARC sign the form. If you are the SARC, have your commander sign the form.
5. Update your training information in the Defense Sexual Assault Incident Database (DSAID). For information on the database please visit: <https://www.sapr.mil/dsaid-overview>.

Note: Please use the January 2020 version of the DD 2950-1. The March 2015 version is obsolete.

For further information, additional opportunities for CEU credit or to download the form, please visit the National Organization for Victim Assistance, D-SCAAP page at: <https://www.trynova.org/credentialing/d-saacp-dod/>.



Resilience In Focus

WHAT IS MINDFULNESS?

Staying present in the moment and accepting our feelings and thoughts without judgement



HOW TO CULTIVATE MINDFULNESS

Build self-awareness to know when you are NOT mentally in the present moment by redirecting your focus using these simple techniques:

THOUGHT LOG	BODY SCAN	3X3 GROUNDING
When you start to drift, write down your thoughts. Do you have any negative thoughts or feelings?	Deliberately check in with your body. Do you feel any tension? Where do you feel the most tension? Where do you feel the least?	Get your attention to the here and now by focusing on three things you can see, hear, and feel. Repeat each of the three.

For more ways to strengthen your resilience connect with us at: @ArmyResilience

Sign up To Get Your Weekly Dose of Resilience

Resilience in Focus is a series developed by the Army Resilience Directorate (ARD) to provide a weekly dose of resilience-boosting skills. Learn skills like how to develop an optimistic thinking style, make stress work for you, reach your goals or cultivate mindfulness. This e-newsletter also includes a wealth of resources, such as videos and infographics. Click [here](#) to subscribe.

Get ARD Awareness Products On Demand

The Army Resilience Directorate (ARD) Products on Demand (POD) website is your source for ARD awareness materials, both print and digital. Currently, you can download the Strengthening Campaign social media toolkit and Resilience in Focus infographics. Digital downloads can be used for your social media outreach, in unit newsletters or other command information products, as well as for print and display in your office. New infographics are uploaded regularly. Click [here](#) to access the POD website.

ARD Upcoming Events



JULY

R2 COUNCIL OF COLONELS MEETING

July 16: The R2 Council of Colonels reviews and forwards major issues for consideration by the R2 General Officer Steering Committee (GOSC).

Location: Contact your local R21

VSO/MSO ROUNDTABLE SHARP UPDATE

Jul 20: SHARP will provide an update to Veterans Service Organizations and Military Service Organizations at the VSOs/MSOs quarterly roundtable.

CADCA 2020 VIRTUAL MID-YEAR TRAINING INSTITUTE

Jul 26-30: Participants can attend collaborative training sessions with leading experts in the prevention field. Elinore F. McCance-Katz, M.D., Ph.D., of SAMHSA, is the keynote speaker.

Location: [Online](#)

AUGUST

2020 ARMY PUBLIC HEALTH COURSE

Aug 3: The APHC will present a course designed to inform Public Health Professionals of the most current public health topics and services. Registration closes July 17.

Location: [Online](#)

Army Resilience Directorate

ARDCOMMUNITYLINK

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Please coordinate with your Public Affairs Office to share or retweet @ArmyResilience content on Command or Installation Facebook and Twitter platforms. Contact Chet Curtis for questions regarding ARD social media at chester.r.curtis2.civ@mail.mil.

TOP FACEBOOK POST



Reach: 167.8K

TOP TWEET



Impressions: 121.5K

Connect with ARD!

Contact ARD Communications & Outreach at usarmy.pentagon.hqda-dcs-g-1.list.dape-ars-p@mail.mil



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