



# Warrior Resilience & Fitness Division

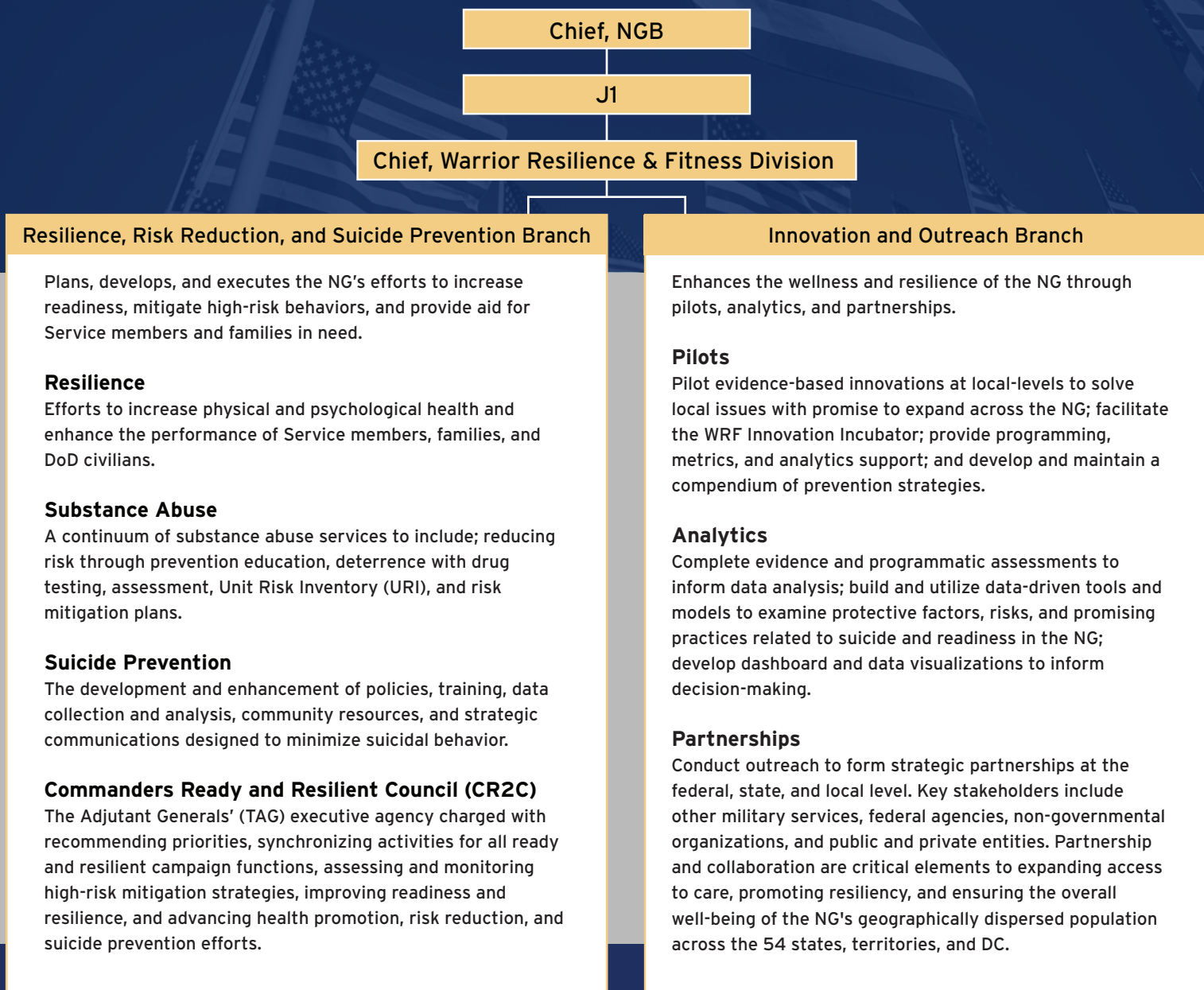
The National Guard Bureau (NGB) established the Warrior Resilience & Fitness (WRF) Division to synchronize Air and Army National Guard well-being, resilience, and suicide prevention efforts across the 54 states, territories, and DC. The goals are to: 1) align, promote, and enhance wellness and prevention best practices; and, 2) provide strategic oversight for outreach, innovation pilots, and data analysis of these efforts across the National Guard (NG).

## Unique Challenges

NG Service members face unique challenges in comparison to their Active Duty counterparts, including: geographic dispersion, significant time between drill activities, healthcare eligibility, and accessing resources across the 54 states, territories, and DC. A deeper understanding of these challenges is required to build targeted solutions that mitigate risk and promote evidence-based prevention strategies.

## Uniquely Positioned

WRF was established in July 2019 within NGB's Manpower and Personnel Directorate (J-1). From its position within the Joint Staff, WRF aligns Air and Army National Guard programs through a holistic approach that leverages the Department of Defense's Total Force Fitness framework. WRF is organized into two branches: 1) Resilience, Risk Reduction, and Suicide Prevention; and, 2) Innovation and Outreach.



## Initiatives

### + Warrior Resilience & Fitness Innovation Incubator

State-level pilot programs designed to enhance the readiness, wellness, and resilience of all geographically dispersed NG members.

### + Compendium of Suicide Prevention Strategies

Compiling a range of evidence-based programs aimed at reducing a host of destructive behaviors (e.g., suicide, sexual assault, substance abuse) and promoting wellness and resiliency in the NG.

### + Suicide Prevention and Readiness Initiative for National Guard (SPRING)

A multiphase approach to identify risk factors and effective interventions and implement systematic data collection best practices. This effort will provide an evidence-based and data-driven foundation upon which NG resilience and holistic wellness resources are developed, scaled, and evaluated for impact.

### + VA Center Outreach Initiative

A partnership with the Department of Veterans Affairs (VA) for mobile teams to provide behavioral health support services to NG members and their families during drill weekends. NGB formalized this partnership with the VA through a Memorandum of Understanding signed in June 2019.

### + Star Behavioral Health Providers Program Expansion

NGB partnered with the Uniform Service University to develop networks of civilian providers trained in military culture and mental health treatments relevant to the needs of NG members. In 2019, NGB expanded Star Behavioral Health to begin training civilian behavioral health providers in 10-12 additional states.

