

Victory Wellness Leaders' Guide



2nd Quarter, FY 2021

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**Commanding General
1st Infantry Division and Fort Riley
580 1st Division Road
Fort Riley, Kansas 66442**

January 19, 2021

To be successful in combat, we must be holistically fit, disciplined, well-trained and cohesive teams. Such success begins with the individual Soldier, DA Civilian, and Family member. This is only achieved when those individuals are combined into a cohesive team in which each person is valued and respected by each of the others.

VICTORY WELLNESS is the 1st Infantry Division's and Fort Riley's program to achieve such success and is an effort for every member of our community to increase resilience across the five dimensions of strength: emotional, family, physical, spiritual, and social. This program is for every-one at Fort Riley, not just those who may be facing immediate challenges. Acknowledging the fact we all may need help at certain points in our lives, VICTORY WELLNESS seeks to increase the strength of the entire team, to include those who are currently thriving as well as those who are in need of additional support. In addition, understanding stress is present at all levels, VICTORY WELLNESS is for people throughout the chain of command, not just our junior members.

Equally important as individual resilience training is time spent increasing our connections to one another. Unit cohesion is attained when leaders truly know their Soldiers and when a feeling of genuine trust exists between all individuals. VICTORY WELLNESS seeks to achieve such a feeling of trust and provides time to build and sustain the connections between the people in the Division and on Fort Riley.

In an effort to assist our leaders, the Victory Wellness Leaders' Guide (VWLG) aims to provide a one-stop reference to resources on the installation and in the local area that can be used to conduct engaging and effective wellness training. Key to increased holistic wellness is resilience training that is well thought out, well planned, innovative, and fosters individual growth.

This is only the first edition of the VWLG. Each quarter the Division will gather best practices to update the leaders' guide. As is the case with our people, we intend for this guide to get better each day, as well. The key to becoming stronger in all ways is you. Your implementation of the program and continued emphasis on holistic wellness will create better men and women in and out of uniform and foster operational readiness necessary for victory on the battlefield.

We remain honored to share the same patch as each of you and to be proud members of the Big Red One!

Duty First! People Always...All Else Follows!

Raymond S. Harris
Command Sergeant Major, U.S Army
1ID & Fort Riley Command Sergeant Major

Douglas A. Sims II
Major General, U.S. Army
Commanding

Operation Victory Wellness

OPERATION VICTORY WELLNESS (OVW) is a comprehensive, enduring operation to make every Soldier, Civilian, and Family Member on Fort Riley more resilient and stronger across the five dimensions of strength: physical, emotional, social, family, and spiritual. Although OVW will assist those at elevated risk, the intent of OVW is to improve the holistic wellness of the entire formation by strengthening our minds, spirits, and relationships with our families and one another. OVW does not stop with our Soldiers. By igniting a culture change across the installation, we stand to improve the strength and resiliency of our Department of the Army Civilians and Family Members. The achievement of holistic wellness will look different for every individual. However, when achieved, it will enable each one of our men and women to truly master the key aspects of our professions and ensure the division is ready, when the Nation calls.

The intent of OVW is achieved through four distinct activities: (1) Victory Wellness Mornings; (2) Victory Foundational Days; (3) Victory Wellness Action Weeks; and (4) Victory Wellness Checks. The execution of these activities is outlined in this Victory Wellness Guide; a leader's book which provides ideas, resources, and tools for execution of wellness activities within the division and on Fort Riley.



(1) Victory Wellness Mornings (VWM): VWMs are protected training time for leaders to focus on improving the human dimension of their formations. VWMs will occur every Tuesday.

1BDE and 1CAB will conduct VWM on the 1st and 3rd Tuesdays of the month. The 1SB, 2BDE, and DIVARTY will observe the 2nd and 4th Tuesdays of the month. Due to appointments and installation service requirements, the Garrison and IACH commanders will determine the appropriate Tuesdays to conduct their VWM training. Unit led physical training is not conducted on wellness mornings, and Soldiers are encouraged to eat breakfast with their families, drop their children at school, or simply relax. C/T/B Commanders plan VWMs using the 8-Step Training Model, and the unit's Battalion Commander approves the concept at T-6 during the Battalion Training Meeting. While leadership is responsible for the execution of VWMs, units are encouraged to leverage their Master Resiliency Trainers, Battalion Chaplain, and resources from across the installation (Warrior Adventure Quest, ACS, Outdoor Recreation, et al.) to increase the scope, utility, and variety of the training.

(2) Victory Wellness Foundational Days (VWFD): The intent of monthly VWFDs is to enhance the relationships between leaders and Soldiers through formal and informal personal engagements (e.g. counseling, NOK contact, sensing sessions, unit competitions, LPDs). Each month, Brigades are provided specific focus areas that align with the Army Values and the five dimensions of strength, but leaders are provided latitude and flexibility in how they execute at the small unit level. The conduct of AR 350-1 and additional training focused on the human dimension (SHARP, Suicide Prevention, et al.) is encouraged on VWFDs. As is the case with VWMs, VWFDs are planned using the 8-Step Training Model and approved by the Battalion Commander.

(3) Victory Wellness Action Week (VVAW): In accordance with III Corps' People First Week, VVAW is a dedicated week for units to execute a comprehensive program of training focused solely on improving individual wellness and enhancing relationships between leaders and Soldiers. Units plan, resource, and execute VVAW as they would any deliberate military operation, and Brigade Commanders are required to back-brief subordinate unit training plans to the Commanding General. Again, the focus is on small group sessions to build teams, increase cohesion, and increase resiliency across the formation. Without exception, all operations during the action week focus on improving the holistic wellness of the formation.



(4) Victory Wellness Checks (VWC): Victory Wellness Checks are an annual screening of an individual's holistic wellness, completed by a Military Family Life Counselor (MFLC). Every Soldier, from Private to Major General, will complete a Victory Wellness Check during the calendar year. Victory Wellness Checks are not mental health evaluations; they are non-attributional wellness screenings designed to make every Soldier stronger, improve resiliency, and introduce the benefits of counseling.

For OVW to be successful, we must change the culture within the organization. A comprehensive engagement plan at echelon enables us to distribute intent and objectives across the organization and to our Families. Weekly Command Team Videos, senior leader battlefield circulation, leader development sessions, and an aggressive social media campaign push information to the lowest levels. In an age of widely and instantly shared information, credibility remains paramount. Additionally, the regular and sustained conduct of OVW activities is imperative to establishing trust between our leaders and subordinates.



The 1st Infantry Division's assessment team is engaged with scientists and researchers from the Walter Reed Army Institute of Research (WRAIR) to develop ways to assess and improve the effectiveness of each activity and the overall operation. Adjustments to the plan will be addressed at quarterly senior leader Victory Wellness Forums. Although specific measurements and goals are under development, at present, it is believed that corrosive behaviors such as sexual assault and sexual harassment; suicides, suicidal ideations, and suicide attempts; and violations of diversity and inclusion will be reduced. It is also anticipated that increased individual wellness will result in positive gains to operational readiness (Gunnery scores, OR Rates, ACFT scores, et al.), unit cohesion and morale, and trust at all levels. In addition to unit and WRAIR assessments, on-going and future collaboration with Kansas State University and the local communities show promise of support and partnership in OVW's execution and assessment.

OVW is an enduring and constantly evolving culture change that requires persistent leader energy, command emphasis, and bottom-up refinement. As units become fully immersed in wellness activities, capturing best practices and lessons learned, and codifying them into the Victory Wellness Guide will further improve the scope and effectiveness of the operation. The success of OPERATION VICTORY WELLNESS depends greatly on our ability to change mindsets and collectively influence the same changes in those we lead, follow, and serve. Leaders at all echelons are empowered to enact change that leads to meaningful engagement with Soldiers and Families and improves resiliency. Focus on the wellness of people will make them the best Soldiers, Family Members, and citizens they can be. All Else Follows! Improved workplace performance, focus, and commitment to the mission will lead the division to warfighting mastery and increased operational readiness.

Duty First! People Always...All Else Follows!

Victory Wellness Leaders' Guide

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

-Steve Maraboli

U.S. Army leaders at all levels have recognized unintended consequences manifesting across the Total Army team from an operational tempo (OPTEMPO) that has consumed resources, namely time, at an unsustainable rate. Our efforts to meet readiness requirements have stressed the force and threaten resiliency in our Soldiers and Families. In order to restore and grow resilience for all, and preempt negative incidents in some, the Division must look for innovative ways to leverage a reduced OPTEMPO to address stressors and simultaneously meet sustainable readiness.

Operation Victory Wellness (OVW) is designed to do just that! A wide-ranging and continuous effort designed to make every Soldier, Civilian, and Family Member on Fort Riley more resilient and stronger across the five dimensions of strength. The intent is to improve the holistic wellness of the entire formation by strengthening minds, spirits, and relationships within families and one another.

The Victory Wellness Leaders' Guide describes a set of readily available or easily resourced activities that Company Commanders can use to populate their training schedules and that Battalions and Brigades can schedule and highlight in their Quarterly Training Briefs.

This wellness guide will help leaders understand how to increase resiliency through activities, discussion, team building events, and self reflection. Using these tools will allow leaders and soldiers to learn about their personal and social strengths as they gain self awareness and learn more about themselves and their teammates.



Inside, you will find activities separated by each of the five pillars of strength (emotional, family, physical, spiritual and social). Each activity and question are designed to increase resiliency and generate candid and meaningful dialogue with each of our Soldiers. Also included in this guide is a section with useful resources, as well an area for taking notes. Please use these activities and discussion topics, but do not let it limit your creativity! Do not be a bystander, be a part of the solution and help us improve this guide. Please make your suggestions via SharePoint:

SharePoint access: https://army.deps.mil/army/CMDS/11D/Victory_Wellness/SitePages/Community%20Home.aspx

Through resilience, each person builds a sense of self worth and belonging. This leads to the mantra of **“Duty First!”** with people being everyone's duty.

Victory Wellness Components

Victory Wellness Checks (VWC) – Victory Wellness Checks are an annual screening of an individual’s holistic wellness completed by a trained professional counselor; ideally a Military Family Life Counselor (MFLC) for 30 to 50 minutes once each year. Every Soldier, from Private to Major General, will complete a Victory Wellness Check during the calendar year.

Victory Wellness Checks are not mental health evaluations; they are non-attributional wellness screenings designed to make every Soldier stronger, improve resiliency, and introduce the benefits of counseling. Only two categories of information are permanently recorded during these non-attributional screenings: (1) that the Soldier completed the requirement of his/her annual wellness check; (2) information divulged that triggers the *Duty To Warn Agreement* and subsequently initiates Chain of Command or installation action.

Victory Wellness Mornings (VWMs) - VWMs are protected training times leaders use to improving the human dimension of their formations. The purpose of VWMs is to deepen the connectivity and relationships between Soldiers, Leaders, Families and with our Civilians. VWMs will occur every Tuesday. 1st and 3rd Tuesdays will be observed by 1BDE, 1CAB, and IACH. 2nd and 4th Tuesdays will be observed by 1SB, 2BDE, and DIVARTY. Unit-led physical training is not conducted on wellness mornings, and Soldiers are encouraged to eat breakfast with their families, drop their children at school, or simply relax.

Units should leverage the Victory Wellness Guide for a broad listing of resources and pre-planned activities that build or reinforce the five pillars of strength. These include such activities as the Warrior Adventure Quest, ACS, Outdoor Recreational Activities, as well as classes and education both on and off Fort Riley to improve all aspects of wellness.

Victory Wellness Morning (Example)

0630-0800	Time returned to Soldier for family (e.g. breakfast or taking children to school)
0800-0830	Movement to unit area or planned event site
0830-1000	Begin Event Event examples: a) Unit Master Resiliency Training Classes b) Adventure Park: team building through activities (paintball, zipline, team training course, archery tag, etc) c) Unit breakfast discussion in the unit training area on 5 pillars or Army Values d) Sports team practice (periodic as a team building event)
1000-1030	Small group discussion to solidify experiences across the 5 pillars of strength or Army Values in relation to the event

	Division Focus Area Oriented
	Developmental Focus
	Specified Wellness Action

Victory Wellness Foundational Days (VWFD) – VWFDs are protected days set aside to conduct resiliency training and strengthen our team.

The Brigades have the flexibility to pursue their own training objectives and initiatives nested within the overall framework of Operation Victory Wellness. However, each VWFD must include time for counseling and well-being checks of Soldiers and barracks. The intent is that leaders at all echelons will use this time to create activities and events that are specifically tailored for their units, which improve holistic health, build resiliency, erode corrosive behaviors, and develop their teams and individuals.

The Victory Wellness Foundational Days may also have unique activities or events planned by unit leaders, but they may also easily incorporate events or activities as identified in the Victory Wellness Guide. This guide describes a set of readily available or easily resourced activities that Company Commanders can use to populate their training schedules, and that Battalions and Brigades can schedule and highlight in their Quarterly Training Briefs.

PRT on Victory Wellness Foundational Days may consist of unit sporting events to build team camaraderie. On each Victory Wellness Foundational Day, 11D will host a sporting competition between teams from across 11D and Fort Riley’s BDEs and major commands.

Victory Wellness Foundation Day (Example)

0630	Unit sports activity
0830	Movement to unit area or planned event site
0900	Leader introduction of the Division Focus Area, connects activities with ultimate purpose
0930	Classes (supporting the Division Focus Area for the day/resiliency training)
1100	Leader Counseling
1130	Lunch
1230	Small group/unit discussion on the day's focus topics
1300	Soldier counseling
1400	Inspections (e.g. uniforms, rooms, POVs, etc.)
1630	Closing event (comments/formation, etc.)

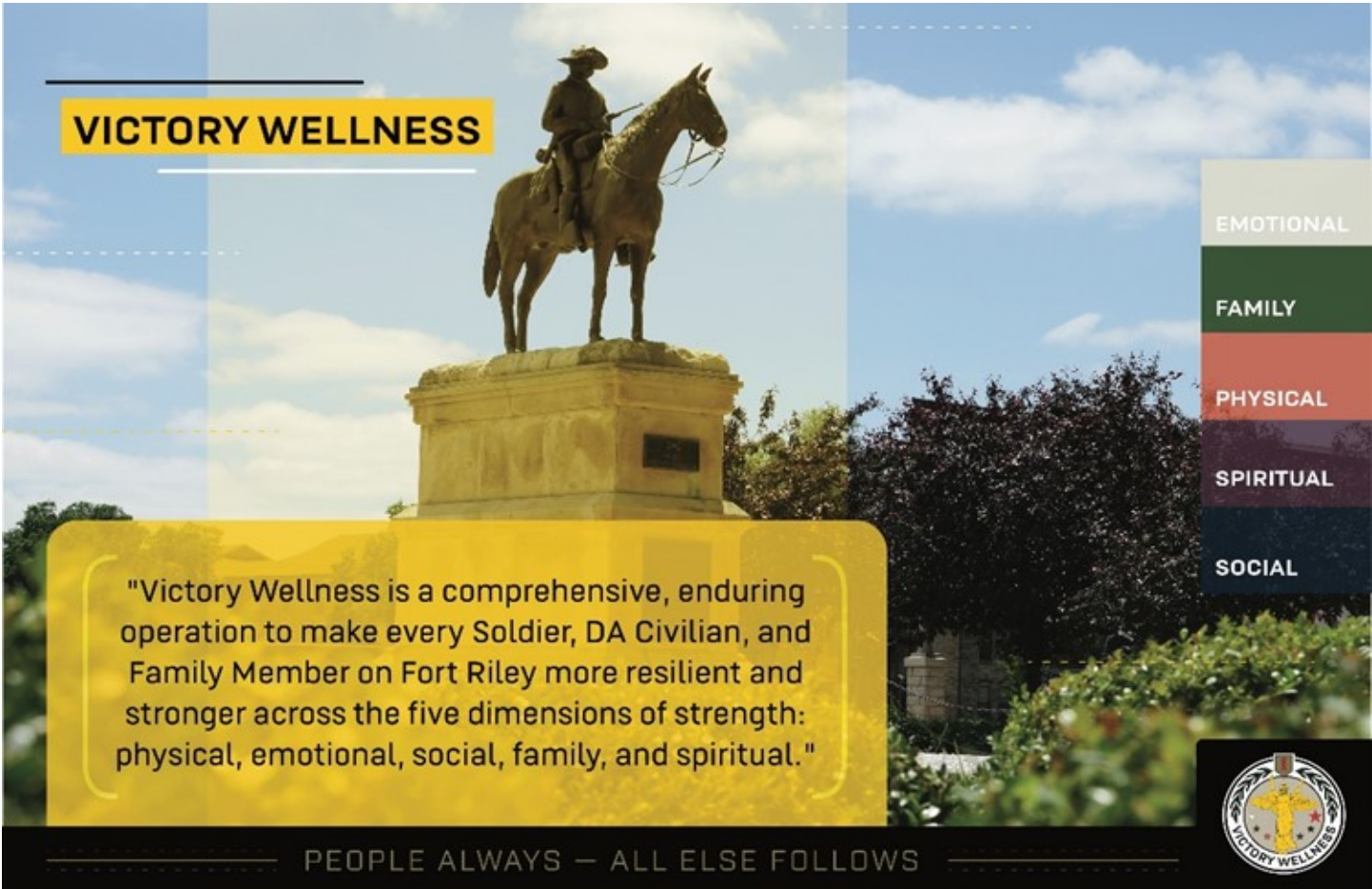
	Division Focus Area Oriented
	Developmental Focus
	Specified Wellness Action

Victory Wellness Action Weeks (VVAW)– VVAWs are protected weeks set aside to conduct Leader training, resiliency training, to deepen relationships, and build teams. The intent is to train and certify leaders and then through various wellness activities, training events, and comradery building events strengthen and build resiliency across the force.

BDEs allocate time to conduct training on topics that increase Soldier wellness. No other training is authorized during Victory Wellness Action Week. Units should endeavor to execute a training plan that avoids the use of classroom time and briefings in favor of dialogue and engaging activities. At a minimum, unit training plans should incorporate the following elements:

- ◆ A chain teach from BDE to PLT level that covers leadership expectations, the 11D Leader Book and 11D Counselling Guide, and building trust and improving communication within the unit.
- ◆ Listening sessions at the C/T/B level
- ◆ Where appropriate, a deliberate plan to conduct annual and semi-annual training for SHARP, EO, Suicide Prevention, and other Wellness-related topics.
- ◆ All Soldiers write a ½-page paper for their first line supervisor answering the prompt “Who am I?”
- ◆ All first line supervisors contact their subordinates’ next of kin by voice phone call to communicate the importance of their Soldiers’ wellness.

Victory Wellness Example Action Week				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FOCUS: Leader Certification (2 Levels Down)			FOCUS: Completion of LDR Books @ Echelon	
Module 1: BN CSM Introduction/ Overview Module 2: Listening Sessions at C-T-B Levels Module 3: Further Developed Command Climate Listening Sessions (Squad) Module 4: BDE CMDs OPD w/ CDR/1SG- Fundamentals of Leadership/ Expectations and Accountability Module 5: SHARP TNG and Discussions: What Right Looks Like and Preventing (CO LVL/PLT LVL) Module 6: Extremism/Racism and Discussions: Ways to Enforce Zero Tolerance (CO LVL/PLT LVL) Module 7: Creating Inclusion and Countering Harassment. Issues within organizations (PLT LVL) Module 8: SQD LDR Led Discussions/Recaps (Oak Tree) Module 9: BDE CMD LPD w/ CDR/1SG- This is My Squad/ The Golden Triangle 1700: Retreat/Closeout Formation; Leader Closeout	Module 1: Barracks/Home/ POV Inspections Module 2: CDR/1SG Led- Fundamentals of Leadership/ Expectations Module 3: CDR/1SG LED- This is My Squad/The Golden Triangle Module 4: SQD LDR Led Discussion- TIMS/ The Golden Triangle operationalizing within the SQD Module 5: BDE CMDs OPD w/ CDR/1SG: Effective of Counseling, Trust Rapport and Improving Communication; Leader Book Requirements Module 6: Fundamentals of Leadership Exercise- making corrections to peers, subordinates, and leaders 1700: Retreat/Closeout Formation; Leaders Closeout with Higher	Module 1: CDR/1SG Led- Expectations of Counseling, Trust Rapport and Improving Communication; Leader Book Requirements and Training Module 2: BN CMDs w/ PLs/PSGs; Counseling Expectations; Leader Book Requirements Module 3: Suicide Prevention; Asking the Hard Questions Providing Support Module 4: In-ranks Uniform Inspection (LDRs Taking Action Opportunity) Module 5: Asking the Hard Questions as it relates to SHARP, Suicide Prevention, Racism, and Harassment Module 6: Fundamentals of Leadership Exercise (Vignettes and Scenarios) Module 7: SQD LDR Led Discussions/Recaps (Oak Tree) 1700: Retreat/Closeout Formation; Leaders Closeout with Higher	Module 1: PLT LDR/PSG Led- Expectations of Counseling, Trust Rapport and Improving Communication; Leader Book Requirements and Training Module 2: PLTs Counsel Squad Leaders Module 3: SQD Leaders Counsel TM Leaders/Soldiers (AR/IN Examples) *Soldier assistance based on Counseling 1630: CO CDR/1SG Backbrief, Leader Book Checks, Plans of Action, and Guidance 1700: Retreat/Closeout Formation; Leaders Closeout with Higher	Module 1: Continuation of Counseling; Soldier assistance based on Counseling Leader Confirmation Completion of Leader Books; Senior Rater Spot Checks Module 2: Team Building Event; (BDE Directed Guidance) 1430: Leaders Closeout with Higher 1500: Retreat/Closeout Formation; Pegasus Family Time Report to III Corps DCG upon achievement of Endstate <div style="border: 1px solid black; padding: 5px;"> <p>Key Terms / Standards</p> <p><i>Trust and Cohesive Teams</i></p> <p>Fundamentals: know your Soldiers, take action, hold leaders accountable</p> <p>Three corrosives: SH/SA, extremism/racism, suicide</p> <p>Endstate: Reset the installation; leader books complete by SLs, SEC LDRs, PSGs, PLs; BDEs postured to exploit the initiative through PH II operations in 1st QTR</p> </div>
Event Classification ● Leader Certification ● Know your Soldiers ● Standards / Accountability *Execution timeline is subject to BDE CDRs' training plan*				
BLUE: Senior Leader Certification: TBD RED: BDE Led Certification / Event Purple: BN Led Certification / Event Black: C-T-B and Below Event				



VICTORY WELLNESS

EMOTIONAL

FAMILY

PHYSICAL

SPIRITUAL

SOCIAL

"Victory Wellness is a comprehensive, enduring operation to make every Soldier, DA Civilian, and Family Member on Fort Riley more resilient and stronger across the five dimensions of strength: physical, emotional, social, family, and spiritual."

PEOPLE ALWAYS — ALL ELSE FOLLOWS



5 DIMENSIONS OF STRENGTH:

Emotional Strength

Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina, and good character with your choices and actions.

Family Strength

Being part of a family unit that is safe, supportive, and loving and provides the resources needed for all members to live in a healthy and secure environment.

Physical Strength

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition, and flexibility derived through exercise, nutrition, and training.

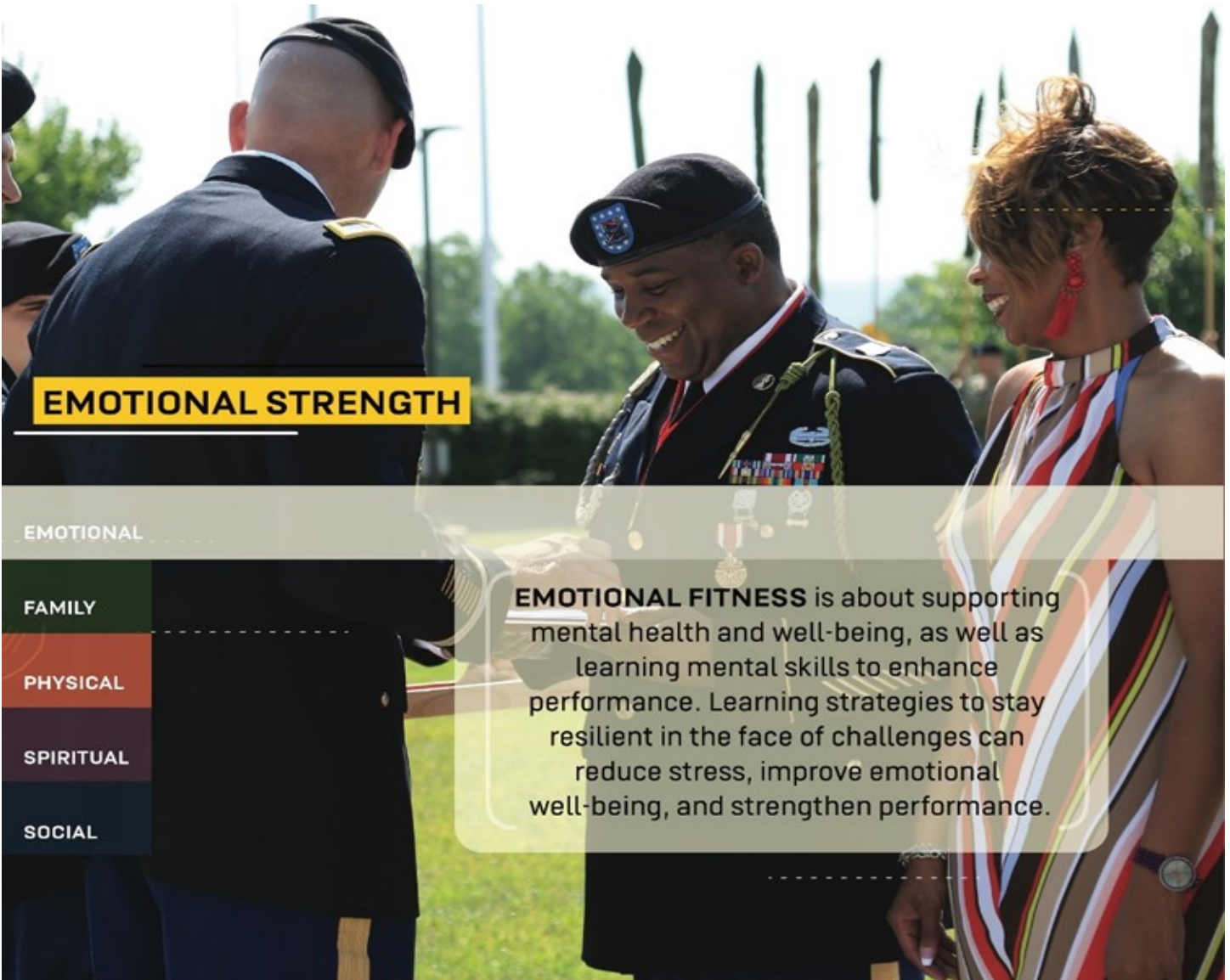
Spiritual Strength

One's purpose, core values, beliefs, identity, and life vision. Spirituality draws upon personal, philosophical, and/or religious teachings and forms the basis of character.

Social Strength

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.

[#victorywellness](https://www.instagram.com/victorywellness)



EMOTIONAL STRENGTH

EMOTIONAL

FAMILY

PHYSICAL

SPIRITUAL

SOCIAL

EMOTIONAL FITNESS is about supporting mental health and well-being, as well as learning mental skills to enhance performance. Learning strategies to stay resilient in the face of challenges can reduce stress, improve emotional well-being, and strengthen performance.

Our ability to notice how our emotions are either getting in our way or helping us to thrive is critical to our resilience. Resilience is not being happy all the time. Emotions like anxiety, anger, or sadness can be very important in our ability to prepare, gain energy, and reach out to others. The art of resilience is being able to experience the right emotions at the right time.

Major Dick Winters was a combat leader in World War II. He was seen and known to be cut from a different cloth than many military officers then or now. Disciplined, quiet and reflective, cool and resolute, in many ways he lived a life apart from his men. Yet the strength and wisdom he gained from his “retreats” from the world and self-reflection, enabled him to lead his troops through the most adverse situations.

"It is far easier to find quiet than to find peace. True peace must come from within oneself."

-Major Dick Winters

[#victorywellness](#)

DRUGS & ALCOHOL: WHY PEOPLE DON'T JUST QUIT

DESCRIPTION: Describes alcohol/drug effects on the brain. Also walks through problem-solving scenario to set goals and reduce potential problems associated with drinking. Increases resiliency through understanding of effects of substances on the brain, increasing performance optimization.

CATEGORY: Emotional, Physical

CLASS SIZE: Non-COVID - no limit, COVID - based on state guidelines and venue

LEAD TIME: 72 Hours

EXECUTION TIME: 1 Hour

COST: \$0

MATERIALS: : Instructor provides all materials with exception of screen to project presentation

POC: 785-239-1928



CIVILIAN RESILIENCY TRAINING

DESCRIPTION: Training for Family members and civilians that provides real-life solutions for growing and thriving in the face of adversity. This program helps build resilience by creating commonality between Soldiers and Family members and/or civilians in the use of MRT skills.

CATEGORY: Emotional, Family, Social

CLASS SIZE: 8 COVID and non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 1 hour, dependent upon chosen module

COST: \$0

MATERIALS: Packets provided

POC: Army Community Services, 785-239-9435

FINANCIAL READINESS

DESCRIPTION: Provides a practical approach to financial management. This strengthens resiliency by empowering Soldiers and Family members to control their money and not be controlled by it.

CATEGORY: Emotional, Family, Social

CLASS SIZE: Based on unit

LEAD TIME: 2 weeks

EXECUTION TIME: 45 minutes

COST: \$0

MATERIALS: Note-taking

POC: Army Community Service, 785-239-9435



ARMY COMMUNITY SERVICE FINANCIAL COUNSELING

DESCRIPTION: The ACS has Accredited Financial Counselors available that will help you and your family resolve financial problems and reach long term goals like financing a post HS education, buying a home, and planning for retirement, etc. Our services are free and confidential.

CATEGORY: Emotional, Family, Social

CLASS SIZE: Individual

LEAD TIME: Call for appointment

EXECUTION TIME: Varies

COST: \$0

MATERIALS: Note-taking

POC: Army Community Service, 785-239-9435

How They Can Help You:

- Money Management
- Debt and Credit Management
- Car and Home Buying
- Investing and Thrift Savings Plan
- Credit Building and Restoring Credit
- Much, Much More!

COMMUNITY OUTREACH / VOLUNTEERING

DESCRIPTION: The process of working collaboratively with external off-post organizations (The Salvation Army, The American Red Cross, Urban Mission, YMCA, Union Mission, Soup Kitchens, Veterans Homes, Worship Centers, Local Schools, Animal Shelters, etc.) to codify a presence in the local community and allow Soldiers, Family members and Civilians to focus on something greater than themselves.

CATEGORY: Emotional, Family, Spiritual, Social

CLASS SIZE: Varies, contact UMT

LEAD TIME: 2 weeks

EXECUTION TIME: Varies

COST: \$0

MATERIALS: N/A

POC: Unit Ministry Team (UMT)

PUT IT IN PERSPECTIVE

DESCRIPTION: Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the Worst, Best, and Most Likely outcomes of a situation. Lowering anxiety to take purposeful action to address your concerns enhances resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 1hr, 30 min

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer

MENTAL GAMES

DESCRIPTION: Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer



EFFECTIVE PRAISE / ACTIVE CONSTRUCTIVE RESPONDING

DESCRIPTION: Praise to build mastery and winning streaks. Respond to others with authentic, active and constructive interest to build strong relationships and enhance resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer



BUILDING CONFIDENCE

DESCRIPTION: Build confidence by identifying personal strengths and by learning how high performers interpret failure and success. Resilience is built by understanding where confidence comes from and how to strengthen it.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: R2 Performance Center, 785-239-8835

HEALTHY SLEEP HABITS

DESCRIPTION: Healthy Sleep Habits discusses the importance of sleep, examines the science of sleep, explores methods and resources for achieving better quality sleep, and helps students develop positive action steps to improve sleep.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE:

- ◆ •Non-COVID: 40 students in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom
- ◆ •COVID: 8-10 in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom with physical distancing

LEAD TIME: 30 Days

EXECUTION TIME: 60 minutes

COST: \$0

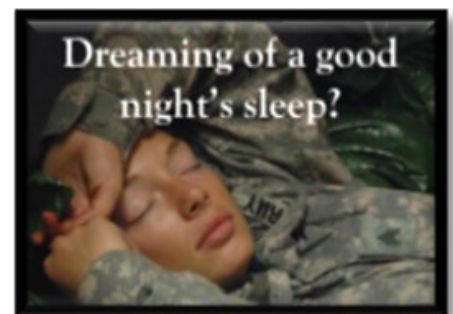
MATERIALS:

- ◆ Class in AWC Classroom: no materials needed.
- ◆ Virtual Class: Students need a computer or phone to attend
- ◆ Unit designated classroom: projector or TV with HDMI connection

POC: Army Wellness Center

usarmy.riley.medcom-iach.mbx.iach-army-wellness-center-fort-rile@mail.mil

785-239-9355



STRESS MANAGEMENT CLASS

DESCRIPTION: Define stress and the impact of stress on health and wellness, Explore the role of sleep, activity, and nutrition on stress, review tools for monitoring stress, and practice stress reduction techniques for self-regulation.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE:

- ◆ Non-COVID: 40 students in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom
- ◆ COVID: 8-10 in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom with physical distancing

LEAD TIME: 30 Days

EXECUTION TIME: 60 minutes

COST: \$0

MATERIALS:

- ◆ Class in AWC Classroom: no materials needed
- ◆ Virtual Class: Students need a computer or phone to attend
- ◆ Unit designated classroom: projector or TV with HDMI connection

POC: Army Wellness Center

usarmy.riley.medcom-iach.mbx.iach-army-wellness-center-fort-rile@mail.mil

785-239-9355

INTEGRATING IMAGERY

DESCRIPTION: Rehearse successful performance (e.g. training, executing, recovering, healing, etc.) to program the mind and body to perform automatically and without hesitation. Imagery can help prepare for potential failure and practice bouncing back to maintain resilience and increase future performances.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: COVID 20 max, non-COVID 30 max

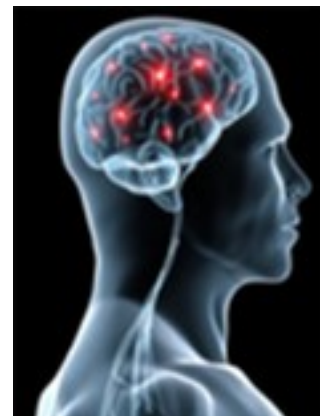
LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: R2 Performance Center, 785-239-8835



ENGAGE

DESCRIPTION: A prevention model that emphasizes peer-to-peer engagement at the earliest sign of deviation from normal behavior. Enables bystander intervention and develops a Culture of Trust within the unit to enhance resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: COVID 20 max, non-COVID 30 max

LEAD TIME: 3 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: R2 Performance Center, 785-239-8835

HUNT THE GOOD STUFF

DESCRIPTION: Counter the negativity bias, create positive emotion, and notice and analyze what is good. Resilience is enhanced by creating a habit of recognizing the good things around us in life.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 30 minutes

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer

DETECT ICEBERGS

DESCRIPTION: Identify your beliefs about an Activating Event and the consequences of those thoughts. Resilience is enhanced by having greater self-awareness about why you reacted out of character and the impact of those around you.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer



CRAFT & HOBBY STUDIO

DESCRIPTION: Inclusive of framing, sewing, wood work, adult & child craft classes, the Craft & Hobby Studio can tailor a session to requests. This can help resiliency through shared activity and mental focus.

CATEGORY: Emotional, Family, Social

CLASS SIZE: No more than 10

LEAD TIME: 2 weeks

EXECUTION TIME: Varies by craft

COST: Varies, at or under \$20.00 per person

MATERIALS: Provided

POC: 785-239-9205



PERFORMANCE OPTIMIZATION

DESCRIPTION: Learn exercise strategies that help boost performance, get a better understanding of the principles of reducing injury, and improve knowledge of the various aspects of fitness to optimize training.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE: Non-COVID: 40 - COVID: 8-10

LEAD TIME: 30 Days

EXECUTION TIME: 90 minutes

COST: \$0

MATERIALS: Note-taking

POC: Army Wellness Center, 785-239-9355

STRONG BONDS

DESCRIPTION: The purpose of this training is to provide tools to assist Soldiers & Families with resiliency skills. These events can help build resiliency that is tailored to the unit's needs / requests.

CATEGORY: Emotional, Family, Spiritual

CLASS SIZE: Only half-day trips available, contact UMT

LEAD TIME: 2 weeks

EXECUTION TIME: 6 hours

COST: Varies per requests, contact UMT

MATERIALS: Location, books

POC: Unit Ministry Team (UMT)





Dealing with frequent moves, long deployments and major transitions requires stamina and strength. Building and maintaining healthy relationships and strengthening problem-solving skills can help your family effectively navigate the challenges of daily living experienced in the unique context of military service. It can also help to be knowledgeable about the resources available to military families to improve quality of life, support financial readiness, and enrich family relationships.

Family strengths are those relationship qualities that contribute to the emotional health and well-being of the family. Families who define themselves as strong commonly say they love each other, find life together satisfying, and live in happiness and harmony with each other. Professionals who study families do so for many reasons. Perhaps the most important reason is to help us learn how to get along better with each other in what has been described as our basic social institution and our most intimate environment.

"Remember that marriage is not a contest, you should never keep a score. God has put the two of you together on the same team to win."

-Zelmyra and Herbert Fisher, Guinness Record Holders for longest marriage

[#victorywellness](#)

ARMY COMMUNITY SERVICE (ACS) LIST OF PROGRAMS

- ◆ **Army Family Action Plan (AFAP)** - AFAP provides Service Members, DA Civilians, Survivors, Retirees and their Family Members a voice in shaping their standards of living by identifying issues and concerns for Army Senior Leadership resolution.
- ◆ **Army Family Team Building (AFTB)** - The AFTB empowers you, through self-development and leadership skills, basic Army knowledge and resources that you will need to be a successful Army Family.
 - ◆ AFTB (Level 1) Military 101
 - ◆ AFTB (Level II) Personal Growth and Resiliency
 - ◆ AFTB (Level III) Leadership Development and Skills
 - ◆ Resiliency Training (Master Resiliency Training Skills)
- ◆ **Employment Readiness** - The Employment Readiness Program provides employment assistance to members of the "Army Family," patrons include Active Duty Service Members, DA Civilians, Retirees and their Family Members.
 - ◆ Federal Job Application Workshop
 - ◆ Resume Part 1 and Part 2 Classes
 - ◆ MilSpouse Money Mission - <https://www.milspousemoneymission.org/>
- ◆ **Exceptional Family Member Program (EFMP)** -The EFMP is a Department of the Army (DA) program designed to assist military personnel agencies in making assignments for the Service Member, accompanied by Family Members as often as possible, based on the documented medical and special education needs of the Service Member's Exceptional Family Member (EFM).
- ◆ **Family Advocacy Program** - Today's Military Families experience various levels of STRESS. The Army's Family Advocacy Program is available to help families adapt to Military life, promote positive family relationships and reduce incidents of family violence.
 - ◆ Scream Free Parenting
 - ◆ Scream Free Marriage
 - ◆ 24/7 Dad Workshop (2 days)
 - ◆ Becoming a Love and Logic Parent (3 days)
 - ◆ Parenting a Blended Family
 - ◆ Safety Education Services - Dating Violence Prevention for Teens, ID Kits for Youth, Supervision of Minors, Internet Safety
- ◆ **Financial Readiness Program** - We provide counseling and training for Soldiers, family members of Active Duty Soldiers, DA Civilians, Retirees and their Family Members. We ensure emergency assistance is available when needed and educate the military community on debt management, consumer awareness, credit reports and more.
 - ◆ Assisting in basic living, personal transportation, medical, natural disasters and emergencies, PCS, and other expenses.
- ◆ **Information and Referral Program**
- ◆ **Survivor Outreach Services** - Support for Survivors includes support groups, life skills education, connecting Survivors with counseling resources and assisting with needed resources including liaison with governmental and non-governmental agencies to support the survivor families. A financial counselor is available to provide financial planning assistance to address the specific needs of Surviving Families.

- ◆ **Mobilization, Deployment and Stability Support Operations (MD & SSO)** -Our mission is to provide assistance to Active Duty Service Members, DA Civilians, Retirees and their Family Members. We provide resources and referrals, assist commanders with family readiness plans, assisting installation programs to align with the unit deployment cycle, Soldier Readiness Processing and Soldier Family Readiness Group (SFRG) training/resources.
 - ◆ Deployment support for spouses
 - ◆ Hearts Apart
 - ◆ Military and Family Life Counselors (MFLCs)

- ◆ **New Parent Support Program (NPSP)** - NPSP services are offered by a team of registered nurses and social workers. Services are personalized and tailored to fit your family's specific needs. NPSP is a support service, and participation is voluntary. Home visitors are sensitive to the unique challenges and stressors facing military Families. Services offered include home visits, support groups, parenting classes, and activities.
 - ◆ Home Visits
 - ◆ Parenting classes and activities - "Meet and Greet" Play Time
 - ◆ Moms Together

- ◆ **Relocation Readiness** - Being a member of the Armed Services, you understand that moving is part of military life. Moving your home and family is never easy, but planning ahead can go a long way toward easing the changes ahead. Make a smooth move a reality by visiting the Relocation Readiness Office.
 - ◆ Commanders Victory Welcome
 - ◆ PCS Social
 - ◆ PCS Brief

- ◆ **Soldier and Family Assistance Center (SFAC)** - The SFAC supports Soldiers assigned to the SRU, to those who are in the Medical Evaluation Board (MEB)/Physical Evaluation Board (PEB) process and to their Family Members.
 - ◆ Adaptive Reconditioning Program Classes
 - ◆ Chaplain
 - ◆ Financial Services
 - ◆ Soldier for Life - Transition Assistance Program (SFL-TAP)

POC: Army Community Service, 785-239-9435

<https://home.army.mil/riley/index.php/about/dir-staff/dfmwr/acs>

KARAOKE

DESCRIPTION: A fun, interactive activity that fosters group engagement through music and singing. This activity helps remove inhibitions that often stifle openness and sharing.

CATEGORY: Family, Social

CLASS SIZE: Varies, with proper social distancing

LEAD TIME: Varies

EXECUTION TIME: Varies

COST: \$0

POC: Spare Time, 785-239-4366



OH BABY IT'S YOUR DAY

DESCRIPTION: Children receive a free Ages and Stages Assessment, vision and hearing screening. Parents learn from the assessment, which enhances their skills in parenting their child's developmental growth.

CATEGORY: Family, Social

CLASS SIZE: 3 to 4 families

LEAD TIME: 2 weeks

EXECUTION TIME: Dependent upon needs of the child

COST: \$0

MATERIALS: Provided

POC: Army Community Service, 239-9435

STRONG BONDS

DESCRIPTION: The purpose of this training is to provide tools to assist Soldiers & Families with resiliency skills. These events can help build resiliency that is tailored to the unit's needs / requests.

CATEGORY: Emotional, Family, Spiritual

CLASS SIZE: Only half-day trips available, contact UMT

LEAD TIME: 2 weeks

EXECUTION TIME: 6 hours

COST: Varies per requests, contact UMT

MATERIALS: Location, books

POC: Unit Ministry Team (UMT)



CRAFT & HOBBY STUDIO

DESCRIPTION: Inclusive of framing, sewing, wood work, adult & child craft classes, the Craft & Hobby Studio can tailor a session to requests. This can help resiliency through shared activity and mental focus.

CATEGORY: Emotional, Family, Social

CLASS SIZE: No more than 10

LEAD TIME: 2 weeks

EXECUTION TIME: Varies by craft

COST: Varies, at or under \$20.00 per person

MATERIALS: Provided

POC: 785-239-9205



RELOCATION READINESS

DESCRIPTION: Pre and Post move assessments to provide individualized assistance through various resources.

CATEGORY: Emotional, Family

CLASS SIZE: 5 to 8 COVID and non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Note-taking

POC: Army Community Services, 785-239-9345

EMPLOYMENT READINESS

DESCRIPTION: This program provides employment, education, training, resources and information to give the competitive edge to secure employment.

CATEGORY: Emotional, Family

CLASS SIZE: 5 to 8 COVID and non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Note-taking

POC: Army Community Services, 785-239-9345



ARMY COMMUNITY SERVICE FINANCIAL COUNSELING

DESCRIPTION: The ACS has Accredited Financial Counselors available that will help you and your family resolve financial problems and reach long term goals like financing a post HS education, buying a home, and planning for retirement, etc. Our services are free and confidential.

CATEGORY: Emotional, Family, Social

CLASS SIZE: Individual

LEAD TIME: Call for appointment

EXECUTION TIME: Varies

COST: \$0

MATERIALS: Note-taking

POC: Army Community Service, 785-239-9435

How They Can Help You:

- Money Management
- Debt and Credit Management
- Car and Home Buying
- Investing and Thrift Savings Plan
- Credit Building and Restoring Credit
- Much, Much More!

CIVILIAN RESILIENCY TRAINING

DESCRIPTION: Training for Family members and Civilians that provides real life solutions for growing and thriving in the face of challenge and bouncing back from adversity. As Family members build their resiliency, they are able to strengthen their Soldiers.

CATEGORY: Emotional, Family, Social

CLASS SIZE: 8 COVID and non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 1 hour, dependent upon chosen module

COST: \$0

MATERIALS: Packets provided

POC: Army Community Services, 785-239-9435

FINANCIAL READINESS

DESCRIPTION: Provides a practical approach to financial management. This strengthens resiliency by empowering Soldiers and Family members to control their money and not be controlled by it.

CATEGORY: Emotional, Family, Social

CLASS SIZE: Based on unit

LEAD TIME: 2 weeks

EXECUTION TIME: 45 minutes

COST: \$0

MATERIALS: Note-taking

POC: Army Community Service, 785-239-9435



GOAL SETTING

DESCRIPTION: Identify, plan for, and commit to the pursuit of a goal that results in more optimal performance, sustained motivation, and increased effort. Resilience is enhanced by having a voice in your own goal, feeling connected to the group, and recognizing success along the goal path.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2hrs, 30 min

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer

ACTIVATING EVENTS, THOUGHTS and CONSEQUENCES

DESCRIPTION: Identify your thoughts about an Activating Event and the consequences of those thoughts. Understanding ATC can increase self-awareness leading to greater resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2hrs, 30 min

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer



HUNT THE GOOD STUFF

DESCRIPTION: Counter the negativity bias, create positive emotion, and notice and analyze what is good. Resilience is enhanced by creating a habit of recognizing the good things around us in life.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 30 minutes

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer

ENERGY MANAGEMENT

DESCRIPTION: Take control of your physical state, bring your focus to the present moment, and perform more optimally. Getting the body and mind synced enhances optimal functioning and resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 1hrs, 30 min

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer

RECOVERING ENERGY

DESCRIPTION: Self-regulate and become proficient at controlling your emotions and understanding your body's responses. Getting the body and mind synced enhances optimal functioning and resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: R2 Performance Center, 785-239-8835

EFFECTIVE PRAISE / ACTIVE CONSTRUCTIVE RESPONDING

DESCRIPTION: Praise to build mastery and winning streaks. Responding to others with authentic, active and constructive interest to build strong relationships and enhances resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer



PROBLEM SOLVING

DESCRIPTION: Accurately identify what caused the problem and identify solution strategies. Learning how to fight the Confirmation Bias can help avoid errors in judgement and enhance resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer

ASSERTIVE COMMUNICATION

DESCRIPTION: Communicate clearly and with respect, especially during a conflict or challenge. Use the IDEAL model to communicate in a Confident, Clear, and Controlled manner. Resilience is strengthened due to stronger relationships.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hrs, 30 min

COST: \$0

MATERIALS: Class Room, Projector, Participant guide

POC: Unit Master Resilience Trainer



RETIRE STRONG: LIFE AFTER THE ARMY CLASS

DESCRIPTION: Address and discuss myths related to retirees and exercise, examine and discuss benefits of remaining active and healthy during retirement, and explore recommendations for healthy diet and exercise for an aging population.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE:

- ◆ Non-COVID: 40 students in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom
- ◆ COVID: 8-10 in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom with physical distancing

LEAD TIME: 30 Days

EXECUTION TIME: 60 minutes

COST: \$0

MATERIALS:

- ◆ Class in AWC Classroom: no materials needed.
- ◆ Virtual Class: Students need a computer or phone to attend
- ◆ Unit designated classroom: projector or TV with HDMI connection

POC: Army Wellness Center, 785-239-9355

usarmy.riley.medcom-iach.mbx.iach-army-wellness-center-fort-rile@mail.mil



ADVENTURE PARK TEAM BUILDING AREA

DESCRIPTION: Families are able to enjoy the challenging obstacles together, while establishing team building, trust exercise, and balance and stability in the Team Building Area.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE: Small Group (1-10) - \$50

Medium Group (11-20) - \$100

Large Group (20-30) - \$150

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: See above

MATERIALS: Safety equipment and facilitators provided by staff

POC: 785-239-5412



ADVENTURE PARK DISK AND FOOT GOLF

DESCRIPTION: Participants can show off their skills and compete in a game of Disc or Foot Golf at the Adventure Park while promoting socialization, exercise, and teamwork in a goal-setting environment.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE: Min of 5, max of 10

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$7 per person (includes equipment)

MATERIALS: Equipment provided by staff

POC: 785-239-5412

EQUIPMENT CHECKOUT CENTER

DESCRIPTION: Participants can enjoy daily activities provided by Equipment Checkout Center with outdoor games, Campers, Boats, Camping Equipment, etc. in a fun and safe environment. Promoting outdoor activity challenges, team work, and socialization.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE: N/A

LEAD TIME: 2 weeks

EXECUTION TIME: N/A

COST: Varies on equipment

MATERIALS: Equipment provided by staff

POC: 785-239-5412



The sign is for pavilion rentals. It features a brown background with a white outline of a pavilion structure. In the top left corner, there is a circular logo with 'MWR' and a globe. The main text on the sign reads '\$10/hour' in large, bold letters, with 'minimum 2 hour reservation' in smaller text below it. Below the pavilion outline, there is a small disclaimer: 'Group gatherings must stay in line with Commanding General's Order's. Groups are required to bring their own sanitizing equipment.' The sign also lists the locations where pavilions are available: 'MCCORMICK PARK', 'OUTDOOR ADVENTURE PARK', and 'MOON LAKE | WYMAN PARK'. At the bottom, it provides contact information: 'All reservations must be done in person at Equipment Checkout Center, 1806 Buffalo Soldier Rd' and 'Information: 785.239.2363 | riley.armymwr.com'.

PAVILION RESERVATIONS

DESCRIPTION: Rent a pavilion for your next unit function, retirement ceremony or FRG meeting! Electricity and water hook-ups available at select pavilions.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE: Varies, with proper social distancing

LEAD TIME: 2 weeks

EXECUTION TIME: Min 2 hours

COST: \$10 an hour

MATERIALS: Equipment provided by staff

POC: 785-239-5412

HEALTHY HOMES

DESCRIPTION: Healthy Homes is Fort Riley Department of Public Health program that provides instruction on how to keep a safe and clean home for all people and animals living inside it.

CATEGORY: Family, Physical

CLASS SIZE: N/A

LEAD TIME: 2 weeks

EXECUTION TIME: Varies

COST: \$0

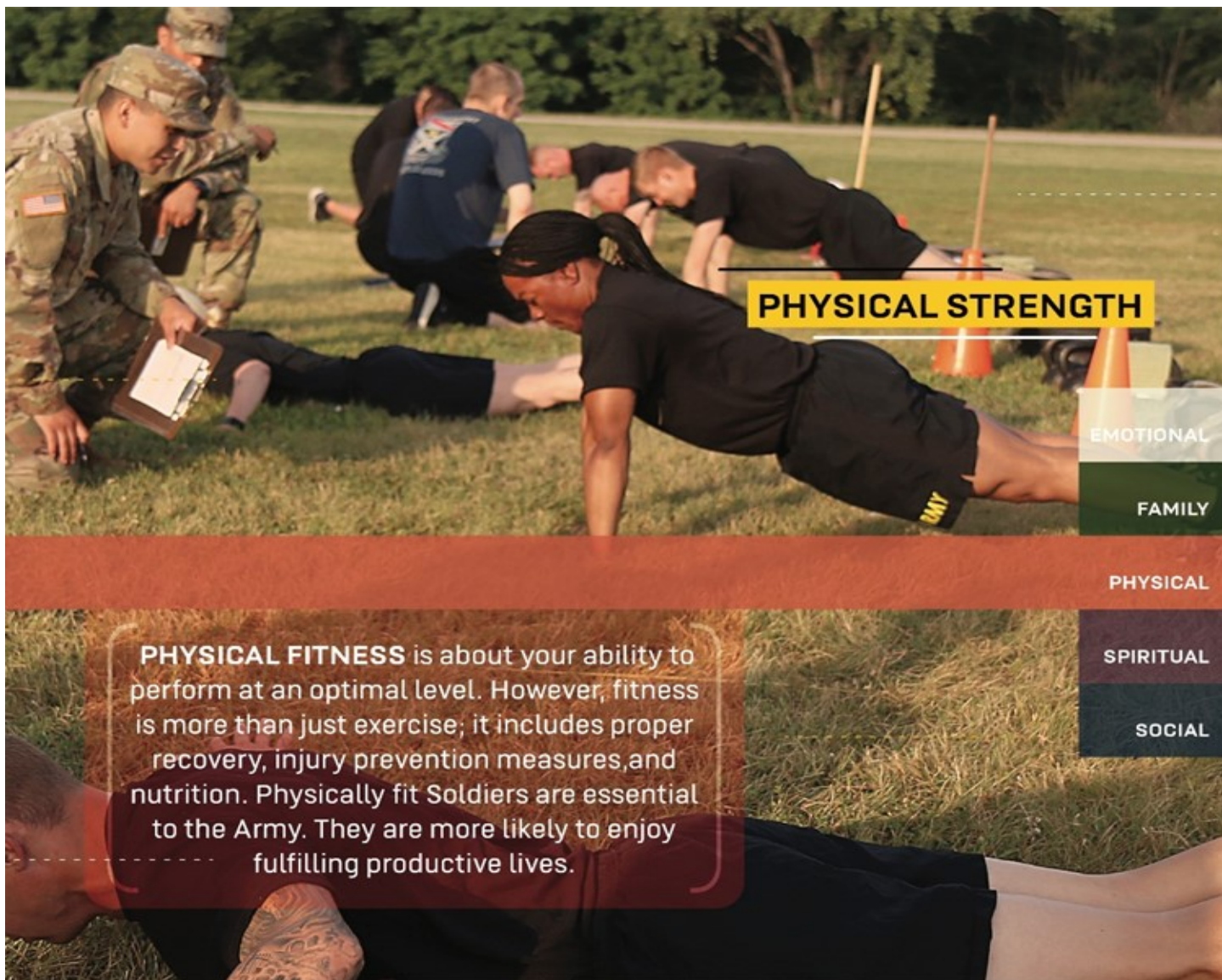
MATERIALS: Handouts provided

POC: Fort Riley Department of Public Health Services, 785-239-7323

Services provided:

- ◆ Tobacco cessation counseling and appointments
- ◆ STD prevention training
- ◆ Physicals
- ◆ Fit-testing
- ◆ Food and sanitation inspections
- ◆ Water quality testing
- ◆ Entomology / pest management
- ◆ Hearing appointments
- ◆ Travel appointments
- ◆ Immunizations / flu shots
- ◆ Water heater safety
- ◆ Injury (fire, drowning, falls, poisoning) prevention
- ◆ Fire safety





Being physically resilient can provide self-confidence and the ability to lead yourself and others through tough situations in life. People who get plenty of sleep, eat nutritional foods, and exercise daily can enhance their performance. In addition, there are important connections between physical and emotional health; having a strong and durable body can translate into sharper mental power. Studies have shown that physical fitness can result in lower blood pressure, improved sleep, and increased stamina.

Usain Bolt is considered the fastest man alive. All four of the fastest 100m sprint times in history belong to him. Massive pressure and immense power is what he trained for in order to get off the blocks and reach incredible speeds. Usain has claimed that training and nutrition has had a direct correlation to his confidence; improving his overall state of mind.

“Easy is not an option...no days off...never quit. Talent you have naturally...skill is developed by hours and hours of work.”

-Usain Bolt

[#victorywellness](#)

PAINTBALL

DESCRIPTION: This is a competition on the field of paintball battle to focus on team building and camaraderie.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE: Up to 20 per group, 40 per day

LEAD TIME: 2 weeks

EXECUTION TIME: Up to 4 hours, dependent upon group size

COST: \$25 a person

MATERIALS: Provided by Warrior Adventure Quest

POC: Contact the Warrior Adventure Quest at 785-239-2364



TEAM CHALLENGE COURSE

DESCRIPTION: This obstacle course challenges teams to count on one another and conquer the course.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: Up to 40

LEAD TIME: 2 weeks

EXECUTION TIME: Up to 2 hours

COST: \$150 for groups, up to 40 people

MATERIALS: Provided by Warrior Adventure Quest

POC: Contact the Warrior Adventure Quest at 785-239-2364

ALCOHOL TOLERANCE MODULE

DESCRIPTION: Examines physical and mental tolerance of alcohol and discuss how the brain tricks us. This class can help with resiliency by empowering individuals with useful knowledge for maintaining a healthy lifestyle and identify signs that a teammate is having a problem.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: 14 max if at ASAP, varies on unit

LEAD TIME: 24 hours

EXECUTION TIME: 1 hr, 30 min

COST: \$0

MATERIALS: Everything provided by instructor with exception of display screen.



MENTAL GAMES

DESCRIPTION: Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand. Resilience is strengthened by temporarily shifting away from thoughts negatively impacting a task or goal.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hrs, 10 min

COST: \$0

MATERIALS: Class room, projector, guide

POC: Unit Master Resilience Trainer



RECOVERING ENERGY

DESCRIPTION: Self-regulate and become proficient at controlling your emotions and understanding your body's responses. Getting the body and mind synced enhances optimal functioning and resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: R2 Performance Center / 785-239-8835

FUELING FOR HEALTH

DESCRIPTION: Discuss obesity trends and implications, develop a better understanding of dietary guidelines and food labels, and learn the fundamental components of nutrition. When a person feels physically healthy, it increases mental resiliency.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: Dependent upon Accommodations. 10 max if at Wellness Center, more if hosted by unit with larger room

LEAD TIME: 30 days

EXECUTION TIME: 60 minutes

COST: \$0

MATERIALS: projector or TV with HDMI connection if hosted by unit

POC: Army Wellness Center, 785-239-9355

SPIRITUAL FITNESS RUN

DESCRIPTION: Running promotes esprit de corps and spiritual resiliency through physical fitness exercise. Soldiers can also have spiritual discussions with their Unit Ministry Team.

CATEGORY: Physical, Spiritual

CLASS SIZE: N/A

LEAD TIME: Less than 24 hours

EXECUTION TIME: 60 minutes

COST: \$0

MATERIALS: Guide On

POC: Unit Ministry Team (UMT)



ODYSSEY HIGH ROPES OBSTACLE COURSE & ZIP LINE

DESCRIPTION: Teams navigate a high ropes course with a zip-line dismount at the end. This event builds trust and cohesion among the teams, as they traverse the course.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: Up to 20

LEAD TIME: 2 weeks

EXECUTION TIME: Up to 3 hours

COST: \$0 for Soldiers who are 6 months pre deployment or 6 months post deployment. If not, then cost is \$20 per Soldier

MATERIALS: Provided by the Warrior Adventure Quest

POC: Contact the Warrior Adventure Quest at 785-239-2364

DRUGS & ALCOHOL: WHY PEOPLE DON'T JUST QUIT

DESCRIPTION: Describes alcohol/drug effects on the brain. Also walks through problem-solving scenario to set goals and reduce potential problems associated with drinking. Increases resiliency through understanding of effects of substances on the brain, increasing performance optimization.

CATEGORY: Emotional, Physical

CLASS SIZE: Non-COVID - no limit, COVID - based on state guidelines and venue

LEAD TIME: 72 Hours

EXECUTION TIME: 1 Hour

COST: \$0

MATERIALS: Instructor provides all materials with exception of screen to project presentation

POC: 785-239-1928

HOLISTIC PERFORMANCE TRAINING

DESCRIPTION: Focusing on strength, power and agility training techniques, this class builds resiliency by increasing physical fitness and boosting confidence.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: COVID limited to 15 indoors, 30 outdoors. NON-COVID limited to 30 indoors and 100 outdoors.

LEAD TIME: Reservation needs to be made 15 days in advance.

EXECUTION TIME: 90 minutes. OIC/NCOIC lead warm up and cool down. Instructor led class, provided by MWR Fitness.

COST: \$25 total for class. If additional instructor is needed, then \$50 total for class.

MATERIALS: All materials are provided.

POC: 785-239-2583

SUBSTANCE INFLUENCE MODULE

DESCRIPTION: Examines influence of substances on physiological and mental systems. Enhances resiliency through judgment enhancement.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: 14 max if at ASAP, varies on unit

LEAD TIME: 24 Hours

EXECUTION TIME: 1 hr, 30 min

COST: \$0

MATERIALS: Everything provided by instructor with exception of display screen.

POC: ASAP, 785-239-5075



WALKING / HIKING

DESCRIPTION: Hiking Ft. Riley trails is a great way for individuals and teams to build their physical endurance as well as social skills important to greater resiliency.

CATEGORY: Family, Physical, Social

CLASS SIZE: N/A

LEAD TIME: Varies

EXECUTION TIME: Varies

COST: \$0

MATERIALS: N/A

POC: More information about Ft. Riley hiking trails can be found at <https://home.army.mil/riley/index.php/about/things-to-do/post/fort-riley-trails>



STAYING FIT HOME AND AWAY

DESCRIPTION: Identify benefits and barriers to physical activity, discuss the components of an exercise session, identify types of equipment and exercises that can be utilized for home workouts, and develop an action plan for a home workout.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE:

- ◆ Non-COVID: 40 students in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom
- ◆ COVID: 8-10 in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom with physical distancing

LEAD TIME: 30 Days

EXECUTION TIME: 60 minutes

COST: \$0

MATERIALS:

- ◆ Class in AWC Classroom: no materials needed.
- ◆ Virtual Class: Students need a computer or phone to attend
- ◆ Unit designated classroom: projector or TV with HDMI connection

POC: Army Wellness Center, 785-239-9355

usarmy.riley.medcom-iach.mbx.iach-army-wellness-center-fort-rile@mail.mil



UPPING YOUR METABOLISM

DESCRIPTION: Define metabolism and how it works, discover what control an individual has over their metabolism, and learn tips, tricks, and resources to help up and individuals metabolism.

CATEGORY: Emotional, Family, Physical, Social

- ◆ Non-COVID: 40 students in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom
- ◆ COVID: 8-10 in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom with physical distancing

LEAD TIME: 30 Days

EXECUTION TIME: 60 minutes

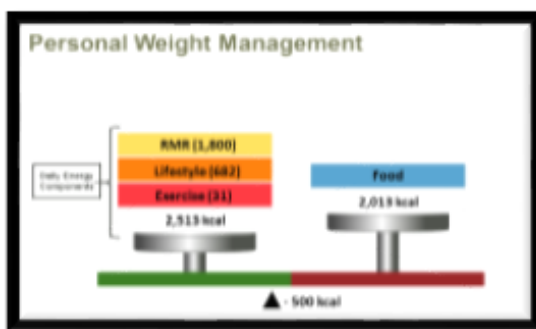
COST: \$0

MATERIALS:

- ◆ Class in AWC Classroom: no materials needed.
- ◆ Virtual Class: Students need a computer or phone to attend
- ◆ Unit designated classroom: projector or TV with HDMI connection

POC: Army Wellness Center, 785-239-9355

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RETIRE STRONG: LIFE AFTER THE MILITARY CLASS

DESCRIPTION: Address and discuss myths related to retirees and exercise, examine and discuss benefits of remaining active and healthy during retirement, and explore recommendations for healthy diet and exercise for an aging population.

CATEGORY: Emotional, Family, Physical, Social

- ◆ Non-COVID: 40 students in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom
- ◆ COVID: 8-10 in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom with physical distancing

LEAD TIME: 30 Days

EXECUTION TIME: 60 minutes

COST: \$0

MATERIALS:

- ◆ Class in AWC Classroom: no materials needed.
- ◆ Virtual Class: Students need a computer or phone to attend
- ◆ Unit designated classroom: projector or TV with HDMI connection

POC: Army Wellness Center, 785-239-9355

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GROUP BODY COMPOSITION ASSESSMENT

DESCRIPTION: An opportunity for group members to receive an assessment of their individual body composition using the BOD POD®. This measure can be used as an indicator of health and can help in fine tuning performance plans.

CATEGORY: Physical

- ◆ Non-COVID: 40 students in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom
- ◆ COVID: 8-10 in AWC classroom, unlimited in virtual classroom, or capacity of unit designated classroom with physical distancing

LEAD TIME: 30 Days

EXECUTION TIME: 10 to 15 minutes per individual

COST: \$0

MATERIALS:

- ◆ Class in AWC Classroom: no materials needed.
- ◆ Virtual Class: Students need a computer or phone to attend
- ◆ Unit designated classroom: projector or TV with HDMI connection

POC: Army Wellness Center, 785-239-9355

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GROUP METABOLIC ASSESSMENT

DESCRIPTION: An opportunity for group members to receive an assessment of their individual resting metabolic rate. This measure can be used to help fine tune nutrition and performance plans. Service requires a follow up session to receive results.

CATEGORY: Physical

- ◆ Non-COVID: 6-8 individuals per hour
- ◆ COVID: 4 individuals per hour
- ◆ COVID mitigation: individuals are required to wear masks, conduct hand hygiene, and physically distance while in the facility.

LEAD TIME: 30 Days

EXECUTION TIME: 20 minutes per person

COST: \$0

MATERIALS: Individuals are required to complete a health assessment questionnaire prior to their appointment and follow strict pre-test and clothing requirements on the day of their appointment. Can be paired with other assessments with adjustments to group size and execution times.

POC: Army Wellness Center, 785-239-9355

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GROUP HEALTH COACHING

DESCRIPTION: Group health coaching sessions allow individuals to come together with their peers to discuss solutions to common barriers associated with sleep, activity, nutrition, and stress. These sessions are guided by a Health Educator, but allow peer-to-peer collaboration, learning and support.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE:

- ◆ Non-COVID: 12-15 individuals in AWC classroom
- ◆ COVID: 12-15 individuals in virtual session or unit designated space that allows physical distancing

LEAD TIME: 30 days

EXECUTION TIME: 60 minutes

COST: \$0

MATERIALS:

- ◆ In AWC Classroom: no materials needed
- ◆ Virtual Class: Students need a computer or phone with camera to attend
- ◆ Unit designated classroom: projector or TV with HDMI connection

POC: Army Wellness Center, 785-239-9355

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GROUP FITNESS ASSESSMENT

DESCRIPTION: An opportunity for group members to receive an assessment of their individual cardiorespiratory fitness. This measure can be used as an indicator of health and can help in fine tuning performance plans.

CATEGORY: Physical

CLASS SIZE:

- ◆ Non-COVID: 2 individuals per hour
- ◆ COVID: service suspended pending better COVID mitigation

LEAD TIME: 30 days

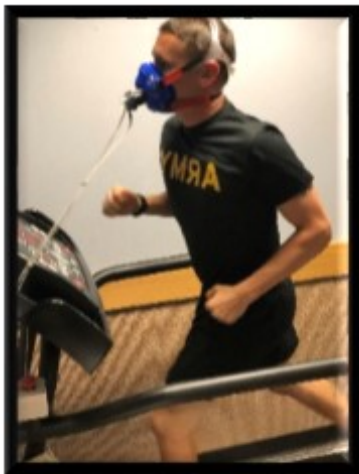
EXECUTION TIME: 45-60 minutes per individual

COST: \$0

MATERIALS: Individuals are required to complete a health assessment questionnaire prior to their appointment and follow strict pre-test and clothing requirements on the day of their appointment. Can be paired with other assessments with adjustments to group size and execution times.

POC: Army Wellness Center, 785-239-9355

usarmy.riley.medcom-iach.mbx.iach-army-wellness-center-fort-rile@mail.mil



PERFORMANCE OPTIMIZATION

DESCRIPTION: Learn exercise strategies that help boost performance, get a better understanding of the principles of reducing injury, and improve knowledge of the various aspects of fitness to optimize training.

CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE: Non-COVID: 40 - COVID: 8-10

LEAD TIME: 30 Days

EXECUTION TIME: 90 minutes

COST: \$0

MATERIALS: N/A

POC: Army Wellness Center, 785-239-9355



ARCHERY TAG

DESCRIPTION: Participants can engage in a unique sport that combines elements of dodgeball with the timeless skills of archery to promote team building and social strength.

SCF2 CATEGORY: Emotional, Physical, Social

CLASS SIZE: 16 max

LEAD TIME: 2 Weeks

EXECUTION TIME: 2 hours

COST: \$12 per person

MATERIALS: Protective face mask, bow, and arrows. All materials provided.

POC: Warrior Adventure Quest 785-239-5412



TRAP & SKEET RANGE

DESCRIPTION: Participants can enjoy these shooting sports as a means to overcome fear and to try something new. Each round is 25 shots, shot gun rentals available. Instruction not included. Reservations required. All reservations are required to shoot a minimum of 20 rounds (500 shots). Open to ages 12 + with adult supervision.

SCF2 CATEGORY: Emotional, Physical, Social

CLASS SIZE: 7 shooters per field (two fields)

LEAD TIME: 2 Weeks

EXECUTION TIME: Up to 2 hours

COST: \$7 per round of clays, \$13.25 ammo & clays with shot gun rental. All materials provided.

MATERIALS: Shooting clays, shotguns & ammo

POC: 785-239-5412

ATV RIDING

DESCRIPTION: Patrons are able to get out of their comfort zone by learning the basics of ATV riding exploring Fort Riley ATV trails. Open to ages 16+ with a valid driver's license.

SCF2 CATEGORY: Emotional, Physical, Social

CLASS SIZE: 10 max

LEAD TIME: 2 Weeks

EXECUTION TIME: 2 hours

COST: \$45 per person

MATERIALS: ATV, helmet, gloves and eye protection provided. Participants must provide long sleeves, full-length pants, heavy-duty boots. Patrons encouraged to bring eye protection and gloves. All materials provided

POC: 785-239-5412



FAMILY OBSTACLE COURSE

DESCRIPTION: Families are able to enjoy the challenge-by-choice obstacles together, and promote team building, balance and stability on the above ground Family Obstacle Course.

SCF2 CATEGORY: Emotional, Family, Physical, Social

CLASS SIZE: 13 max

LEAD TIME: 2 Weeks

EXECUTION TIME: 1 hr, 30 min

COST: \$7 per person

MATERIALS: Helmet, safety harness, and safety lines (lobster claws). All materials provided.

POC: 785-239-5412

FUTSAL

DESCRIPTION: Futsal is a form of "Football" (Soccer) played indoors with 5 players on each team. Score as many goals as you can within the time limits to get the "Victory" for your team.

SCF2 CATEGORY: Emotional, Physical, Social

CLASS SIZE: 30 max

LEAD TIME: 48 Hours

EXECUTION TIME: 2 hrs, 30 min

COST: \$100 per group

MATERIALS: Officials(1) Futsal Ball (2) Indoor Nets (2) Jerseys (50). All materials provided.

POC: 785-239-2583

DODGEBALL

DESCRIPTION: Dodgeball will include 2 opposing teams comprised of 6 players. The object of the game is to eliminate all opposing team members by hitting them with a thrown dodgeball on any part of their body except the head.

SCF2 CATEGORY: Emotional, Physical, Social

CLASS SIZE: 30 max

LEAD TIME: 48 hours

EXECUTION TIME: 2 hrs, 30 min

COST: \$100 per group

MATERIALS: Dodgeballs(12) Small Cones(6) Large Cones (4) Lysol Cleaner (2 bottles) Cleaning Rags (10). All materials provided

POC: 785-239-2583



MOUNTAIN BIKING

DESCRIPTION: There are many trails and bike friendly roads on and around Ft. Riley.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: Varies

LEAD TIME: N/A

EXECUTION TIME: Varies

COST: \$0

MATERIALS: Bike, PPE, water

POC: Consult the Kansas Mountain Bike Project at: <https://www.mtbproject.com/directory/8008308/junction-city-and-fort-riley>



ZIP LINING

DESCRIPTION: Patrons ascend a cargo net and zip-line off the high ropes odyssey course, while enjoying bird eye views of the Outdoor Adventure Park.

SCF2 CATEGORY: Emotional, Physical, Social

CLASS SIZE: 20 max

LEAD TIME: 2 Weeks

EXECUTION TIME: 2 hours

COST: \$15 per person

MATERIALS: Helmet, harness, safety lines (lobster claws), and zip line trolley. All materials provided.

POC: 785-239-5412



SOFTBALL AND BASEBALL BATTING CAGES

DESCRIPTION: Participants and their families can test their skills at Outdoor Adventure Park Fast Pitch batting cages for both softball and baseball.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: Varies

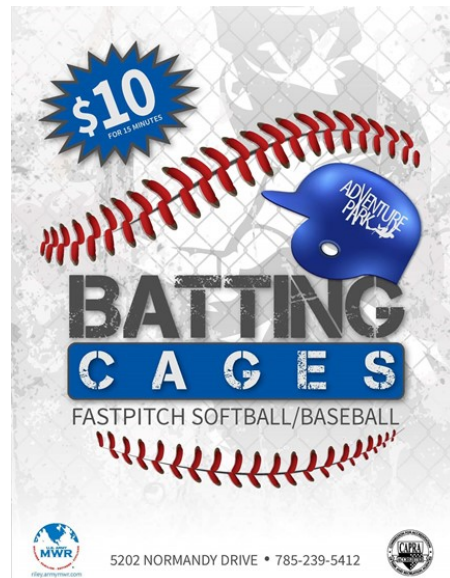
LEAD TIME: N/A

EXECUTION TIME: 15 Minutes

COST: 15 Minute Session - \$10

MATERIALS: **Equipment** Available upon Request or Bring Your Own

POC: 785-239-5412



ADVENTURE PARK OPEN ACCESS PASS

DESCRIPTION: Mix up your outdoor activities! Participants can enjoy the following activities included in Open Access at the Outdoor Adventure Park: foot golf, disc golf, archery, hatchet throwing, putting green, adult bicycles, strider bicycles, and fitness paths.

SCF2 CATEGORY: Emotional, Physical, Social

CLASS SIZE: Foot Golf & Disc Golf -10, Archery – 5, Hatchet Throwing – 5, Putting Green – 10, Adult & Strider Bikes -10

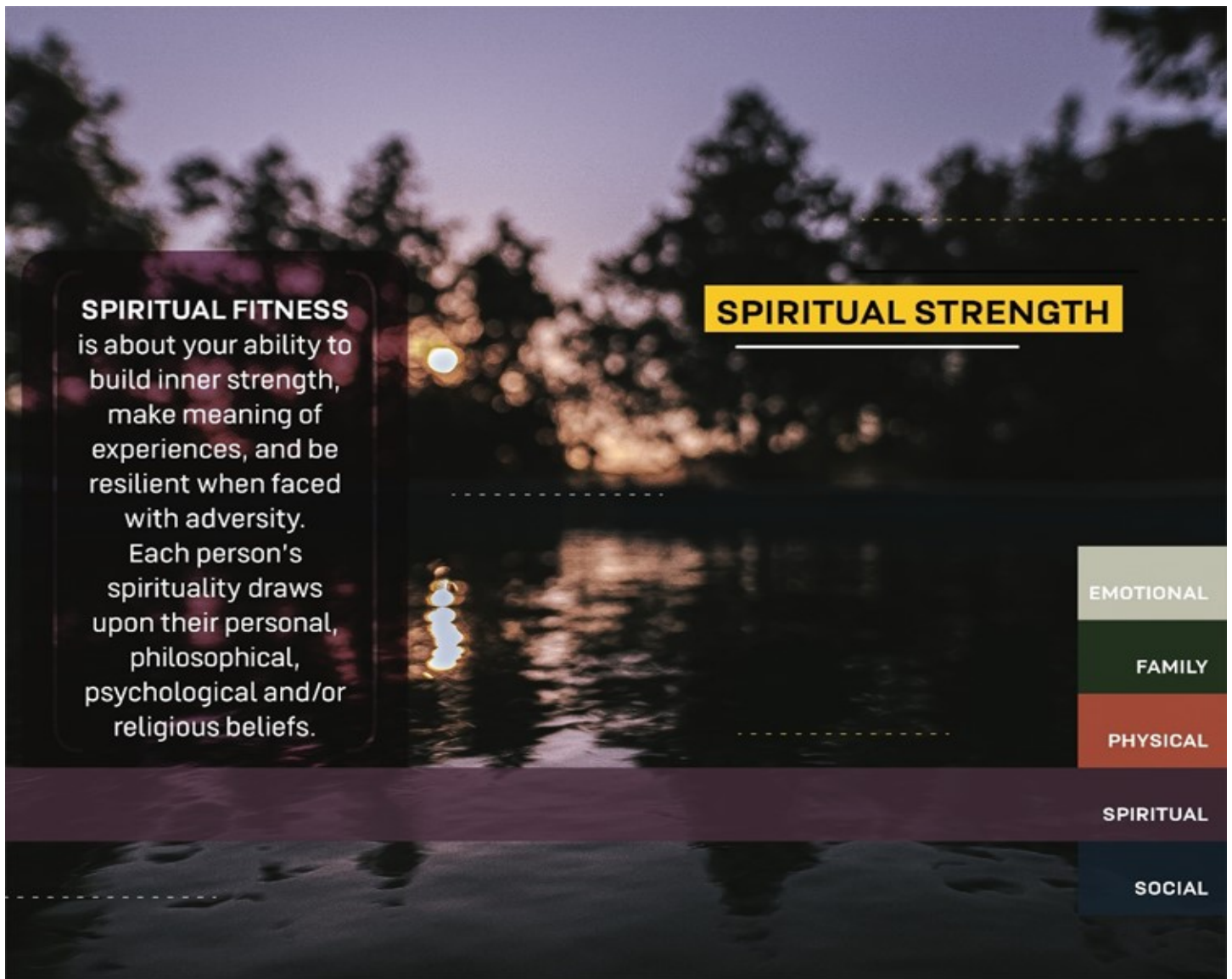
LEAD TIME: 15 minutes

EXECUTION TIME: 1-2 hours

COST: \$5 daily pass (without equipment rental), \$7 daily pass (with equipment rental), \$20 individual monthly pass, \$45 family monthly pass

MATERIALS: Discs, soccer balls, bow, 5 arrows, targets, helmet, hatchets, target, bikes, strider bikes and helmets. Participants are encouraged to bring their own equipment, when possible

POC: 785-239-5412



SPIRITUAL FITNESS

is about your ability to build inner strength, make meaning of experiences, and be resilient when faced with adversity.

Each person's spirituality draws upon their personal, philosophical, psychological and/or religious beliefs.

SPIRITUAL STRENGTH

- EMOTIONAL
- FAMILY
- PHYSICAL
- SPIRITUAL
- SOCIAL

A sense of purpose in life, core values, personal self-worth, and optimism are key factors that can help a person draw upon and channel inner strength and resolve in the face of adversity. Religious participation and/or a sense of spirituality are recognized as effective protective factors against certain negative behaviors.

Dr. Martin Luther King Jr. was a transformative leader in the United States during the 1950s and 1960s. Spirituality was a source of strength that fortified him as an individual. Dr. King grew up in difficult days, but just as he did through all of his life, he overcame. He fought through the battles and stepped over the obstacles. He held onto truth and stood up for what was right. He always kept the faith and used his strength to inspire others.

"Faith is taking the first step even when you don't see the whole staircase."

-Dr. Martin Luther King

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MORAL LEADER TRAINING

DESCRIPTION: The purpose of this training is to help soldiers understand how morals and ethics influence the decision making process. This class builds resiliency by strengthening moral and ethical character.

CATEGORY: Emotional, Spiritual

CLASS SIZE: Varies, contact UMT

LEAD TIME: 2 days

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Handouts provided

POC: Unit Ministry Team (UMT)

FINANCIAL PEACE UNIVERSITY

DESCRIPTION: Introduction to financial management bases on biblical principals. This class builds resiliency by reducing financial stress and infusing hope and personal empowerment for debt elimination.

CATEGORY: Emotional, Family, Spiritual

CLASS SIZE: Varies, contact UMT

LEAD TIME: 2 days

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Handouts provided

POC: Unit Ministry Team (UMT)



STRONG BONDS

DESCRIPTION: The purpose of this training is to provide tools to assist Soldiers & Families with resiliency skills. These events can help build resiliency that is tailored to the unit's needs / requests.

CATEGORY: Emotional, Family, Spiritual

CLASS SIZE: Only half-day trips available, contact UMT

LEAD TIME: 2 weeks

EXECUTION TIME: 6 hours

COST: Varies per requests, contact UMT

MATERIALS: Location, books

POC: Unit Ministry Team (UMT)



PRAYER BREAKFAST

DESCRIPTION: The purpose of this event is to promote spiritual readiness. This enhances resiliency through sharing of common faith with others and aligning oneself with the Devine.

CATEGORY: Emotional, Spiritual, Social

CLASS SIZE: Varies, based on chosen venue

LEAD TIME: 6 Weeks

EXECUTION TIME: 60 minutes

COST: Varies upon chosen venue

MATERIALS: N/A

POC: Unit Ministry Team (UMT)

SPIRITUAL FITNESS RUN

DESCRIPTION: Running promotes esprit de corps and spiritual resiliency through physical fitness exercise. Soldiers can also have spiritual discussions with their Unit Ministry Team.

CATEGORY: Physical, Spiritual

CLASS SIZE: N/A

LEAD TIME: Less than 24 hours

EXECUTION TIME: 60 minutes

COST: \$0

MATERIALS:

POC: Unit Ministry Team (UMT)

HALF-DAY COLLABORATIVE RETREATS

DESCRIPTION: The process of working collaboratively with internal on-post organizations (Behavioral Health, Resiliency Center Hospital Medical Team, Wellness Center, MWR, Army Substance Abuse Program, Emergency Service, Working Groups, etc.) to analyze common trends and collectively design and implement half Day retreats, workshops and/or seminars for Soldiers, Family members and Civilians that focus on improving marriage, relationships and personal short-falls.

CATEGORY: Emotional, Family, Spiritual, Social

CLASS SIZE: Varies, contact UMT

LEAD TIME: 2 weeks

EXECUTION TIME: 2-5 hours

COST: Approximately \$100-\$300 for refreshments

MATERIALS: Handouts provided

POC: Unit Ministry Team (UMT)

COMMUNITY OUTREACH / VOLUNTEERING

DESCRIPTION: The process of working collaboratively with external off-post organizations (The Salvation Army, The American Red Cross, Urban Mission, YMCA, Union Mission, Soup Kitchens, Veterans Homes, Worship Centers, Local Schools, Animal Shelters, etc.) to codify a presence in the local community and allow Soldiers, Family members and Civilians to focus on something greater than themselves.

CATEGORY: Emotional, Family, Spiritual, Social

CLASS SIZE: Varies, contact UMT

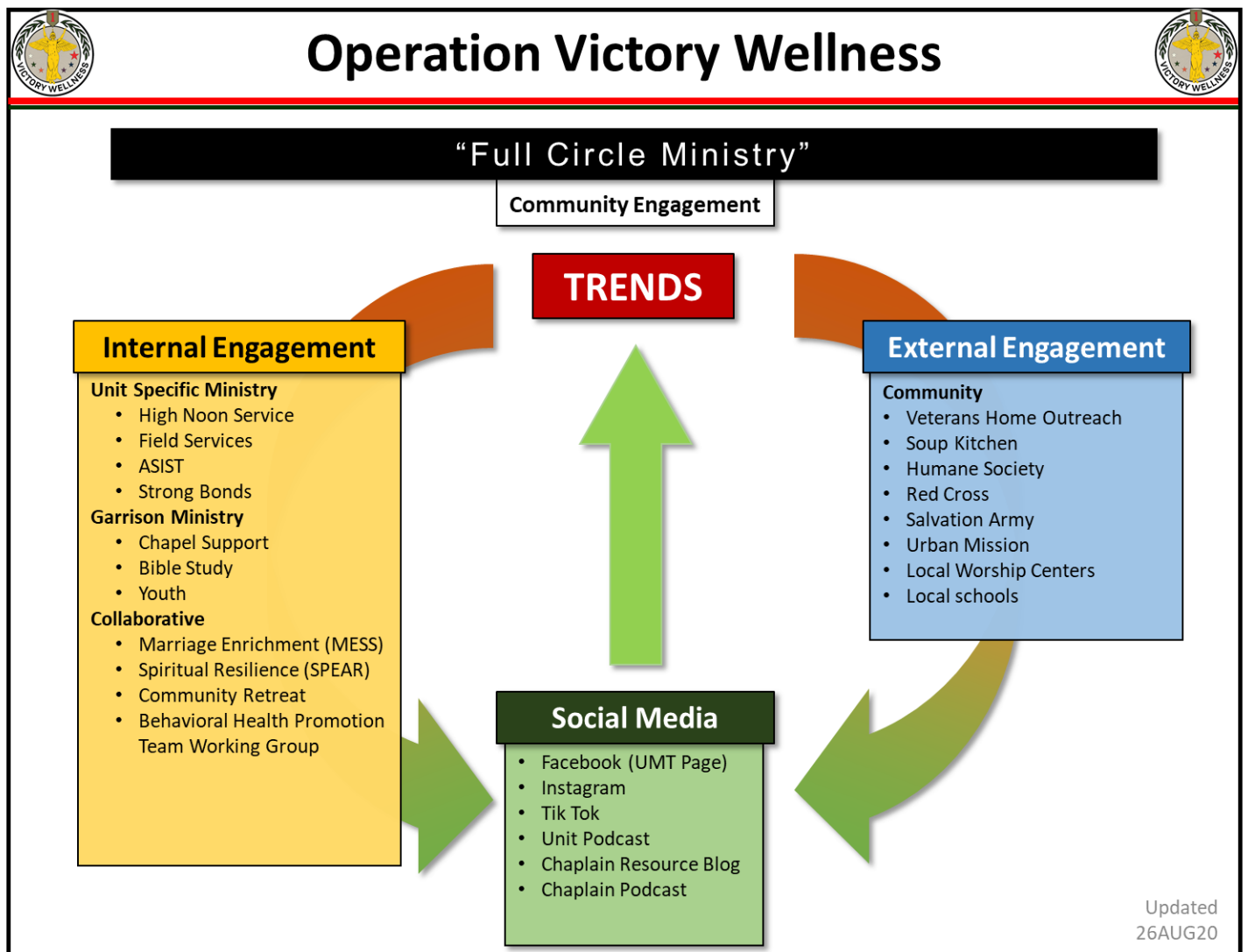
LEAD TIME: 2 weeks

EXECUTION TIME: Varies

COST: \$0

MATERIALS: N/A

POC: Unit Ministry Team (UMT)



VOLUNTEER / COMMUNITY OUTREACH

Volunteer Organization	Organization Address	Phone Number	What the Organization Does	Volunteer Opportunities
Better Opportunities for Single Soldiers	Warrior Zone	785-239-2677	Program that supports the overall quality of life for the Single Soldiers	Assist with community outreach events
Fort Riley USO	6918 Trooper Dr. Fort Riley, KS 66442	785-240-5326	Thanking the troops with shows that boost morale	Greet S.M. assist with community events or work inside the USO
Operation Homefront Kansas		816-5341245	Helping military families thrive at home by building strong, stable, and secure military families	Help hand out meals to military families, direct traffic, box meals
Crisis Center	Manhattan and Junction City	785-539-7935	Assist those who may be experiencing domestic violence	Help with food drives, assist in training those in need on domestic violence, drug abuse etc.
Flint Hill Volunteer Center	2601 Anderson Ave #200 Manhattan, KS 66502	785-776-7787	Inspiring volunteers and efficiently connecting them with the needs of our community	Distribute education cards and assist with other community outreach programs such as Suicide Prevention, Project Optoids, Elder Justice Initiative
Habitat for Humanity	514 Pillsbury Dr Manhattan, KS 66502	785-537-7545	Building homes.... changing lives	Assist in helping build a home for homeless or low income families
Flint Hill Breadbasket	905 Yuma St, Manhayyan, KS 66502	785-537-0730	Assist with projects that help alleviate hunger and poverty	Work donation booths, assist with newsletters, drive to local pickups, inventory and package donations
Aimed Service YMCA Junction City YMCA	111 E 16th St Junction City, KS 66441	785-239-2972 785-762-4780	Youth development for healthy living for social responsibilities	Coaching, assist with events
Big Brothers/Big Sister Mentoring	132 S Eisenhower Dr. Junction City, KS 66441	785-238-1650	Mentoring young children	Mentor children
Delivering Change	1106 St Marys Rd 3467 suite 196, Junction City KS 66441	785-238-0300	Healthy Moms= Healthy Babies	Educate moms, assist with events
The Food Pantry	136 W 3rd St Junction City, KS 66441	785-762-8830	Distribute Food	Help package and load food boxes
The Open Door	136 W 3rd St Junction City, KS 66441	785-238-3599	Homeless Shelter	Serve meals and hand out meals
Special Olympics	429 Maple ST Junction City, KS 66441	785-209-1996	Provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities	Coaches, trainers m officials, event organizers, fundraisers and managers
Sunflower Bridge Child Visitation and exchange Center	115 N 4th St. Manhattan, KS 66502	785-537-6867	Volunteer to advocate for the best interest of children and youth who come into the court system of the 21st and 2nd Judicial District	Advocate for, help with upcoming events, office support, recruit volunteers, fundraising
Breaking Bread	1102 W 12th St Junction City, KS 66441	785-587-9529	Local soup kitchen to provide free meals to the JC area on Fridays	Help cook and serve meals
Senior Citizen Center	1025 S Spring Valley Rd. Junction City, KS 66441	785-238-4015	Drive meals to the Elderly	Driver for Meals on Wheels
Historical Society and Museum Helping Hands Community	530 N Adams St. Junction City, KS 66441	785-238-1666 1-855-955-3353	Geary County History Museum	Help greet and guide tours of the museum
American Legion	201 E fourth ST Junction City KS 66441	785-238-2432	Connect high-risk COVID concerned patients with America's largest veterans service organization works every day to uphold time-honored values	Grocery shop for high-risk patients Assist with events
American Red Cross	2601 Anderson Ave Manhattan KS 66502	785-238-3163	American Red Cross	Communication outreach, fundraising, presenter, IT, leadership, team empowerment
VFW Post 8773	1215 S Washington St Junction City 66441	785-238-7511	Provide scholarships, educational outreach, youth activities and community volunteerism	Assist with community outreach programs
Ogden Community Center	220 Willow St. Ogden, KS 66517	785-537-0351	The central meeting spot for the community: assisting libraries, parks and rec, and meels on wheels	Assist with events/ coach youth
Dorothy Bramlage Public Library	230 W 7th St Junction City, KS 66441	785-238-4311	Dedicated to serving the people of Junction City, Geary County, and Fort Riley, KS by supplying books, movies, and internet access	Become a friend of library by helping with children and teen reading programs
Geary Community Hospital Junction City	1102 St Marys Rd Junction City, KS 66441	785-210-3307	Provide quality healthcare and promoting the well-being of those we serve	Serve refreshments at the hospital reception, fill candy jars at Christmas time, work gift shop or information desk
Riley County Humane Society	P.O. Box 1202, Manhattan, KS 66505	785-776-8433	An all-volunteer, non-profit, no-kill animal rescue organization dedicated to the welfare of animals	Show pets at adoption events, adopt a pet, brainstorm fundraisers
T. Russel Reitz Animal Shelter	605 Levee Dr. Manhattan, KS 66502	785-587-2783	Serve the citizens and animals of our community by upholding the laws enacted for their protection	Assist with events within the facility
Junction City Animal Shelter	2424 N Jackson St Junction City, KS 66441	785-238-1359	Providing a safe place for animals	To help out in the facility when the facility is over loaded with animals
Junction City Pet Pantry	514 Sheridan Dr. Junction City, KS 66441		Help those who can not supply food for their pets	Accept pet donations as a door drop off due to COVID
Riley County Fire District	115 N 4th St Manhattan Kansas	785-537-6333	Assist families of fire or emergency needs	Men and women 18 and older to help others within your neighborhood



Our connection to other people is a critical component of remaining resilient over the course of life. Even if you have just one close relationship in your life, you are significantly more likely to be able to overcome challenges and setbacks than if you're in it alone. Building and maintaining relationships is tough. These skills can help you learn how to get close and stay close to people you care about.

As a young Second Lieutenant, Daniel K. Inouye led an assault on a heavily defended ridge in World War II. As a leader he understood the importance of social bonds and acknowledged that often while speaking of his experience.

"I've always felt that if I am deserving of the Medal of Honor, there are many, many others who are. I felt a little bad receiving it, so I received it on behalf of the fellows, because there's no such thing as a single-handed war. There's always a support group, and if you didn't have people who supported you, you couldn't fight a war."

-Senator Daniel Inouye, MOH Recipient

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INTEGRATING IMAGERY

DESCRIPTION: Rehearse successful performance (e.g. training, executing, recovering, healing, etc.) to program the mind and body to perform automatically and without hesitation.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: COVID 20 max, non-COVID 30 max

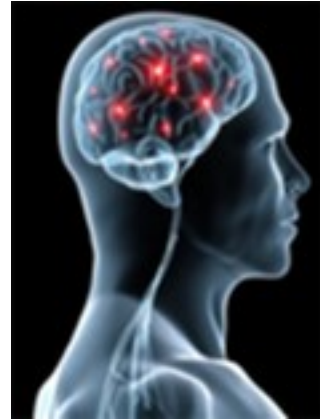
LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: R2 Performance Center, 785-239-8835



ENGAGE

DESCRIPTION: A prevention model that emphasizes peer-to-peer engagement at the earliest sign of deviation from normal behavior. Enables bystander intervention and develops a Culture of Trust within the unit to enhance resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: COVID 20 max, non-COVID 30 max

LEAD TIME: 3 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: R2 Performance Center, 785-239-8835

ANNUAL SHARP TRAINING

DESCRIPTION: Discuss the SHARP program: the reporting options and the processes of sexual violence reporting.

CATEGORY: Emotional, Social

CLASS SIZE: Conducted at unit level and can vary based on social distancing

LEAD TIME: Based on unit schedule

EXECUTION TIME: 30 to 60 minutes

COST: \$0

MATERIALS: Required slide show from ATN. Can be given by any leader with a VA or SARC present to oversee training

POC: Lead SARC, 785-239-3379

BYSTANDER INTERVENTION

DESCRIPTION: To discuss the interventions that can be used to intervene when someone witnesses sexual harassment or sexual violence.

CATEGORY: Emotional, Social

CLASS SIZE: 30 - COVID / unlimited non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 30 to 90 minutes

COST: \$0

MATERIALS: N/A

POC: Division SHARP trainers, 785-239-0683 or 785-239-0613

STRONG BONDS

DESCRIPTION: Unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training.

CATEGORY: Emotional, Spiritual, Family

CLASS SIZE: Only half-day trips available, contact UMT

LEAD TIME: 2 weeks

EXECUTION TIME: 6 hours

COST: Varies per requests, contact UMT

MATERIALS: Location, books

POC: Unit Ministry Team (UMT)



ACTIVATING EVENTS, THOUGHTS and CONSEQUENCES

DESCRIPTION: Identify your thoughts about an Activating Event and the consequences of those thoughts. Understanding ATC can increase self-awareness leading to greater resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hrs, 30 min

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: Unit Master Resilience Trainer



OUTDOOR HIGH-INTENSITY WORKOUT

DESCRIPTION: Utilize pull up bars, exterior equipment, graded field and running track field located next to Whitside Fitness Center for a multi-station workout. This activity strengthens resiliency by building confidence and feel-good endorphins.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: COVID limited to 30, NON-COVID unlimited.

LEAD TIME: Site cannot be reserved. Any equipment needed should be reserved 2 weeks in advance.

EXECUTION TIME: 90 minutes. OIC/NCOIC led program

COST: \$0

MATERIALS: All materials provided on site.

POC: Whitside Fitness Center, 785-239-2573

MORAL LEADER TRAINING

DESCRIPTION: The purpose of this training is to help soldiers understand how morals and ethics influence the decision making process. This class builds resiliency by strengthening moral and ethical character.

CATEGORY: Emotional, Spiritual

CLASS SIZE: Varies, contact UMT

LEAD TIME: 2 days

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Handouts

POC: Unit Ministry Team (UMT)

KARAOKE

DESCRIPTION: A fun, interactive activity that fosters group engagement through music and singing. This activity helps remove inhibitions that often stifle openness and sharing.

CATEGORY: Social, Family

CLASS SIZE: Varies, using proper social distancing

LEAD TIME: 2 weeks

EXECUTION TIME: Varies

COST: \$0

POC: Spare Time, 785-239-4366



HIKING TRAILS

DESCRIPTION: Opportunity to utilize established and maintained trails biking, hiking, or walking. This activity boosts positive endorphins in the brain while providing an opportunity for solitary or collective activity.

CATEGORY: Emotional, Physical, Social

CLASS SIZE: N/A

LEAD TIME: Varies

EXECUTION TIME: Varies

COST: \$0

MATERIALS: N/A

POC: <https://home.army.mil/riley/index.php/about/things-to-do/post/fort-riley-trails>



AVOID THINKING TRAPS

DESCRIPTION: Identify and correct counterproductive patterns in thinking through the use of Mental Cues and Critical Questions. Avoiding Jumping to Conclusions or Mindreading can enhance relationships increasing resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hrs, 5 min

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: Unit Master Resilience Trainer

DETECT ICEBERGS

DESCRIPTION: Identify your thoughts about an Activating Event and the consequences of those thoughts. Resilience is enhanced by having greater self-awareness about why you reacted out of character and the impact of those around you

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: Unit Master Resilience Trainer



CHARACTER STRENGTHS

DESCRIPTION: Use Character Strengths in yourself and in others to build on the best of yourself and the best of others. Resilience is enhanced by feeling energized when using your Signature Character Strengths living a more authentic life.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: Unit Master Resilience Trainer

ASSERTIVE COMMUNICATION

DESCRIPTION: Communicate clearly and with respect, especially during a conflict or challenge. Use the IDEAL model to communicate in a Confident, Clear, and Controlled manner. Resilience is strengthened due to stronger relationships.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hrs, 50 min

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: Unit Master Resilience Trainer



REAL-TIME RESILIENCE

DESCRIPTION: Shut down counterproductive thinking to enable greater concentration and focus on the task at hand. Resilience is increased as you get back in the game and perform at an optimum level.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hrs, 10 min

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: Unit Master Resilience Trainer

PUT IT IN PERSPECTIVE

DESCRIPTION: Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the Worst, Best, and Most Likely outcomes of a situation. Lowering anxiety to take purposeful action to address your concerns enhances resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 1 hr, 30 min

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: Unit Master Resilience Trainer

EFFECTIVE PRAISE / ACTIVE CONSTRUCTIVE RESPONDING

DESCRIPTION: Praise to build mastery and winning streaks. Respond to others with authentic, active and constructive interest to build strong relationships and enhance resilience.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hrs, 10 min

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: Unit Master Resilience Trainer



BUILDING CONFIDENCE

DESCRIPTION: Build confidence by identifying personal strengths and by learning how high performers interpret failure and success. Resilience is built by understanding where confidence comes from and how to strengthen it.

CATEGORY: Emotional, Family, Physical, Spiritual, Social

CLASS SIZE: 20 - COVID / 35 - non-COVID

LEAD TIME: 2 weeks

EXECUTION TIME: 2 hours

COST: \$0

MATERIALS: Class room, projector, participant guide

POC: R2 Performance Center, 785-239-8835

MEALS IN MINUTES

DESCRIPTION: Address myths and challenges of healthy eating, examine tools and strategies to get healthy meals on the table quickly, and create a plan of action.

CATEGORY: Emotional, Physical, Social, Family

CLASS SIZE: Non-COVID: 40 students / COVID: 8-10

LEAD TIME: 30 Days

EXECUTION TIME: 60 minutes

COST: \$0

MATERIALS: N/A

POC: Army Wellness Center - 785-239-9355

TEAM TRIVIA CHALLENGE

DESCRIPTION: Patrons compete in teams in trivia challenges. Groups can select trivia topic for trivia questions.

SCF2 CATEGORY: Emotional, Physical, Social

CLASS SIZE: 40 max

LEAD TIME: 2 weeks

EXECUTION TIME: 2 Hr.

COST: \$100 per group

MATERIALS: Trivia materials will be provided.

POC: 785-239-2807

CRAFT & HOBBY STUDIO

DESCRIPTION: Inclusive of framing, sewing, wood work, adult & child craft classes, the Craft & Hobby Studio can tailor a session to requests. This can help resiliency through shared activity and mental focus.

CATEGORY: Emotional, Family, Social

CLASS SIZE: No more than 10

LEAD TIME: 2 weeks

EXECUTION TIME: Varies by craft

COST: Varies, at or under \$20.00 per person

MATERIALS: Provided

POC: 785-239-9205



THINGS TO DO

DESCRIPTION: This is an informative class on activities in and around Fort Riley, as an alternative to consuming alcohol.

CATEGORY: Emotional, Physical, Family, Social

CLASS SIZE: Non-COVID – no limit, - based on state guidelines and venue

LEAD TIME: 72 hours

EXECUTION TIME: 1 Hour

COST: \$0

MATERIALS: Instructor provides all materials with exception of screen to project presentation

POC: 785-223-1553



COMMUNITY OUTREACH / VOLUNTEERING

DESCRIPTION: The process of working collaboratively with external off-post organizations (The Salvation Army, The American Red Cross, Urban Mission, YMCA, Union Mission, Soup Kitchens, Veterans Homes, Worship Centers, Local Schools, Animal Shelters, etc.) to codify a presence in the local community and allow Soldiers, Family members and Civilians to focus on something greater than themselves.

CATEGORY: Emotional, Family, Spiritual, Social

CLASS SIZE: Varies, contact UMT

LEAD TIME: 2 weeks

EXECUTION TIME: Varies

COST: \$0

MATERIALS: N/A

POC: Unit Ministry Team (UMT)

SUPPORT GROUPS

Meet and Greet Playtime

- ◆ Join the New Parent Support for an informal meetup! Parents have the chance to get together and socialize. Children have the opportunity to build skills and socialization through play. Free for families with children ages 36 months and younger.

Moms Together

- ◆ Don't just survive, thrive! Pregnancy-12 months, meet and support other new moms, talk about crying, feeding, diaper changes, and sleep. Learn to care for yourself and your baby. Toddler group: 13-24 months, structured playgroup including story time, songs, activities, plus social time for mom!

Just For You!

- ◆ Is your spouse away from home? Are you bored? Need a break from the kids and work? Join Just For You! Meet other spouses receive free mini manicures, free lunch, and a chance to win prizes.

Multicultural Gathering

- ◆ If you are looking to meet new people, network, or find out information on areas such as medical services offered, employment, gaining citizenship, or immigration services, getting a stateside driver's license, and English as a Second Language (ESL), this is the place for you.

Exceptional Family members (EFMP)

- ◆ EFMP parents, you are not alone! Come connect with other parents. Children welcome! Learn more about community resources, information and referral, advocacy, and programs available for families with special needs. This class provides information on resources (on and off post) that are available for individuals with special needs.

POC: Army Community Service, 785-239-9435

<https://home.army.mil/riley/index.php/about/dir-staff/dfmwr/acs>

DISCUSSIONS



Effective communication and thoughtful discussion can build a stronger team. It enhances relationships, both in the workplace and at home. In addition to strength, we gain understanding of one another's feelings and are offered different perspectives that are as diverse as our Army.

As a member of a team, communication can boost productivity, efficiency, and innovation. We can increase loyalty, while simultaneously mitigating conflict. The understanding of ourselves and our teammates are key elements on the path to wellness.

“Try not to force your idea on someone, but rather think about it with him. If you feel you have won the discussion, that is the wrong attitude. Try not to win the argument; just listen to it.”

-Shunryu Suzuki, *Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice*

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NUTRITION

(Emotional, Physical)

Good food is more than just great taste, it's the best thing you do for your body, mind, and emotional health outside exercise.

1. What is your favorite food? Why?
2. What is your favorite vegetable? Why?
3. Do you drink soda, Gatorade, or energy drinks?
4. Do you use food to cope with stress?
5. Does your family make your favorite meal when you go home?
6. Do you eat mostly by yourself or with others?

EXERCISE

(Emotional, Physical, Social)

Physical exertion strengthens not only our bodies but all other pillars of fitness as well.

1. What kind of physical exercise makes you feel energized?
2. Besides physical conditioning, how is exercise helpful to you?
3. Do you like watching sports or would you rather participate?
4. Did you play many sports when you were growing up?
5. Can you tell me a story about sports and exercise from your childhood? What is your fondest memory?

CONFIDENCE

(Emotional, Social)

Confidence is an individual ability to apply knowledge and skills to a problem or challenge and expect a positive outcome.

1. What personal skills are you most confident about?
2. What would help you increase your confidence in certain skills?
3. What resiliency skills can help increase your confidence level?
4. Do you notice confidence in others? How?
5. When you notice a confident individual, what skills do you think they use to make themselves confident?

STRESS

(Emotional, Family, Physical, Spiritual, Social)

Stress is our reaction to a challenge that motivates us. Through stress, we make a choice; Let a stressor beat us or for us to beat the stressor. The more stressors we beat the greater our resiliency.

1. Is there any type of stress that is healthy?
2. Can stress be managed? How?
3. What have you learned today about managing stress?
4. Name a situation where you didn't do a very good job managing stress? What did you do wrong?
5. Name a situation where you managed stress well. What did you do right?

ANGER

(Emotional, Family, Physical, Spiritual, Social)

Anger can be debilitating or it can be helpful. When channeled and coupled with resiliency and patience, anger can be used in a positive way to perform tasks outside our comfort zones.

1. Can anger be used in a positive way? How?
2. How can others respect your opinion? Does anger help?
3. What is the most challenging aspect of a discussion?
4. Have you ever lost your temper to the point where you couldn't speak well?
5. Can you name a couple ways to cope with anger?

COURAGE

(Emotional, Family, Physical, Spiritual, Social)

Courage is resiliency in motion. It is the counter to fear and low confidence. Courage allows us to do things others won't or can't do.

1. Are there different types of courage?
2. How do members of your team increase your courage?
3. What resiliency skills can help increase your courage level?
4. Do you think it takes courage to admit some type of weakness?
5. When you were growing up, what activities made you feel more courageous?

CONNECTION

(Emotional, Family, Physical, Spiritual, Social)

Having a sense of connection allows us to experience the best of us as individuals and team members. We feel connected to who we are at the same time that we feel connected to our team. Because of this connectivity, synergy is created and resiliency increases.

1. How do you connect with those who are important to you?
2. What is the best way that other people can connect with you?
3. What signals from others tells you that you have made a connection with them?
4. Is it better to connect with someone in person or through a video chat?
5. How has COVID19 affected your ability to connect with others?

RESPECT

(Emotional, Family, Social)

Through respect, we admire the strengths and skills of our team as well as what we individually bring to the table.

1. What can others do to show you respect as an individual?
2. What are ways you can communicate respect to others?
3. Have you ever felt disrespected? How? Did you do anything to change it? Could you?
4. When you were growing up, what ways did you earn respect from other people?
5. Is it possible to earn respect once it is lost?

PATIENCE

(Emotional, Family, Spiritual, Social)

Rushing into any situation usually ends with poor results. Patience allows us as individuals to judge a situation, create solutions, and allow the solutions to happen without a rush.

1. What are things that you do to help you when you have to wait?
2. In what ways do you think patience is rewarded?
3. Is patience a learned trait or something we naturally have?
4. How might you increase the amount of patience that you have?

TRUST

(Emotional, Family, Social)

Trust is a pact that allows us to grow and expect positive results. When our trust is diminished, it means someone did not perform to our expectations. This is where we grow trust in ourselves to manage expectations and builds our ability to trust others.

1. How does trust strengthen bonds between unit members?
2. What can others do to earn your trust?
3. How do you show others that you can be trusted?

FAITH

(Emotional, Spiritual)

Faith is not only a belief in a higher power, it is recognizing a power within ourselves and others to face any challenge and expect positive outcomes.

1. How does your faith help you endure hardships?
2. How is faith important to your resiliency?
3. In what ways do you experience or express your faith?
4. Can you share some of the lessons that you've learned from your faith that can apply to everyone on the team?

PARENTING

(Emotional, Family, Physical, Spiritual, Social)

Raising a child is one of the most stressful yet rewarding periods of life. Doing a good job at parenting is a personal challenge that there are no manuals written. You have to learn as you go, and take cues from other parents who've been where you are now.

1. Do you have children?
2. What do you think is the most rewarding aspect of parenting?
3. What is the most challenging aspect of parenting?
4. What skills, of parenting, did you learn from your own parents?
5. What is one of the things that you learned from your father that you would like to teach your children?

RELATIONSHIPS

(Emotional, Family, Physical, Spiritual, Social)

Relationships are fundamental building blocks for all of life's challenges. Building and maintaining relationships are especially important for maintaining high levels of resiliency.

1. What are the most important relationships to you?
2. How do you maintain important relationships?
3. Which ones do you consider long term relationships?
4. Have you ever been in a relationship that you knew you should not be in?

SELF-AWARENESS

(Emotional, Physical)

Being comfortable with oneself, knowing how you feel, and sharing those feelings are hallmarks of a balanced individual. Admitting your faults, knowing your triggers, and not letting the triggers control your interactions is true personality mastery.

1. What physical signs does your body give you when you feel angry, sad, guilty, happy, fear?
2. When you feel those symptoms, how can you use them to help regulate your emotions?
3. Do you use any negative strategies to regulate your emotions? What are some positive/ productive strategies?

EDUCATION



Education can lead to longer, healthier lives. According to studies conducted at Virginia Commonwealth University, education in schools and other learning opportunities outside the classroom build skills and foster traits that are important throughout life. It can have profound and positive effects on a person's health, perseverance, flexibility, as well as an individual's ability to form relationships and establish social networks.

In the following pages, you will find educational opportunities that can improve your future. Getting a better education is your key to a more successful military and civilian career.

Education is the most powerful weapon which you can use to change the world.

-Nelson Mandela

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DHR/Education Services-Army Continuing Education System (ACES)

Location: 211 Custer Avenue, Room 100

Phone: 785-239-6481

Website: <https://home.army.mil/riley/index.php/about/dir-staff/dhr/ed-svcs>

Facebook: <https://www.facebook.com/fortrileyeducationservices/about/>

Email: usarmy.riley.imcom.mbx.education-service@mail.mil

Hours: Monday-Thursday, 0730-1700 and Friday, 0730-1600 (non-RDO or Holidays)

EDUCATION SERVICES

Counseling: Professional guidance counselors are available to inform each Soldier of opportunities to achieve educational and career goals. They provide information on College programs available on and off Post, Credentialing Assistance Program, Commissioning programs assistance, GT Improvement, Tuition Assistance, Financial Aid, GI Bill/Incentive Education Benefits, Joint Services Transcript (JST) and Army Personnel Testing.

Testing Services: Provide Army Personnel Testing (APT) such as Defense Language Aptitude Battery (DLAB), Defense Language Proficiency Test (DLPT), Oral Proficiency Interview (OPI), Selected Instrument for Flight Training (SIFT), Basic Math & Science Test, Air Force and Fire Fighter exams. NOTE: Only 5 soldiers scheduled per test exam due to social distancing.

Tuition Assistance (TA): Effective August 5, 2018, Soldiers are eligible to utilize TA after completing Advanced Individual Training. To continue TA eligibility, Soldiers must maintain a 2.0 GPA for undergraduate work and 3.0 for graduate work.

College Level Examination Program (CLEP) and DANTES Subject Standardized Test (DSST): Are the most widely accepted credit-by-exam programs. These tests assess college-level knowledge in thirty-six subject areas and provide a mechanism for earning college credits without taking college courses. There are about 2,900 colleges which grant CLEP/DSST credit. These tests are useful for individuals who have obtained knowledge outside the classroom, such as through independent study, military service schools, or professional development. You can receive college credit for what you already know. NOTE: Appointments are scheduled at the Tutor Center and only 3 soldiers scheduled per test exam due to social distancing.

TRIO/Financial Aid Advisor: The advisor provides one-on-one assistance with filling out the Free Application for Student Aid (FAFSA) and applying for scholarships. They can provide workshops on Financial Aid, Money matters, Student success and Test taking strategies. Located in the Education center Monday through Thursday, by appointment.

POC: Coordinator/Academic Advisor
Central Kansas Educational Opportunity Center
Grandview Plaza: 100 Continental Ave.
(785) 238-5200, Ext. 17 Fax: (785) 762-3078

Computer Lab: Provides computer resources and internet access located in the Education center. Tuesdays-Thursdays from 0830-1600.

Tutor Center: Free tutoring for any student taking college level courses. No appointment needed, walk in hours:

Monday	0900-1700
Tuesday	0900-1700
Wednesday	0900-1900
Thursday	0900-1700
Friday	0900-1500
Saturday	1100-1500
Sunday	Closed

Location: 7656 Graves Street
Phone: 785-240-3617

Unit Briefings/Classes: At your request, we can provide an educational services briefing to your Soldiers at your Unit. We can also offer BSEP and LSEC classes to be taught in a classroom at your Unit at your convenience. For classes, we would need at least 10 interested Soldiers, in order to conduct the course. POC: 785-239-9243.

EDUCATION SERVICES PROGRAMS

Leadership Skills Enhancement Courses (LSEC): These skill-enhancement courses expand on an individual's interpersonal and communication skills in the NCO leader development process and support structured self-development.

- ◆ Courses are offered at no cost to students, as the courses are fully covered by scholarship.
- ◆ Classes consist of your first two years of college General education requirements; such as English, Math, Humanities, Social Sciences and Sciences.
- ◆ LSEC Classes are available to Active duty military, reservists, retired military, veterans, DoD Civilians, and the family members of each category.

Basic Skills Education Program (BSEP)/GT Improvement: BSEP provides academic instruction to support Soldier's job-related learning, performance of military duties, career progression, and lifelong learning. BSEP curriculum and instruction develops skills in such areas as reading, mathematical computation, writing, and language.

A Soldier's objectives for enrollment in BSEP may include:

- ◆ Increase General Technical (GT) score for Military Occupation Specialty (MOS) reclassification
- ◆ Establish eligibility for commissioning programs
- ◆ Increase chances for promotion
- ◆ Eligibility to Re-class

Credentialing Assistance: While on Active Duty, a credential may be required for an occupation, it could enhance promotion potential, and contribute to personal and Professional development. Once in the civilian workforce, a credential may be required by law or employer, it can lead to higher pay and improved prospects for promotion, and demonstrates to civilian employers that training and skills attained in the military are on par with those gained through traditional civilian pathways.

- ◆ The CA program increases the Soldier's value to and competitiveness of the Army through helping Soldiers attain industry recognized credentials.
- ◆ Funding is provided for voluntary off-duty courses and/or exams leading to an industry-recognized academic or vocational credential listed in the Army COOL website at www.cool.osd.mil/army/ .

- ◆ Credentialing Assistance will pay for all necessary books, supplies, and associated materials required for an approved training course and/or exam. Soldiers may use both Federal Tuition Assistance (TA) and Credentialing Assistance (CA); however, the combined usage shall not exceed the \$4,000 fiscal year limit.
- ◆ Effective August 17, 2020, Soldiers must submit FY21 requests in ArmyIgnitED at <https://www.armyignited.com/app/> at least 30 business days prior to the start date of the course or exam.

Joint Services Transcript (JST): Provides documented evidence to college and universities of the professional military education, training, and occupation experiences of Service Members. Typically, schools require 3-6 credit hours of course work completed with the evaluating school prior to evaluating military credits to academic credits. Transferring JST to Institutions: <https://jst.doded.mil>

Green to Gold Briefing: Every Friday BLDG 206, RM 112 Time: 0900-100 Brief and 1100-1400
Application Assistance POC: 785-532-5173

ON POST COLLEGE PROGRAMS

Barton Community College

fortriley@bartonccc.edu (785)239-0404 / (785)784-6606, Room 211

Central Michigan University

fort.riley@cmich.edu OR <https://www.cmich.edu/Global/> (785)784-4402, Room 104

Central Texas College

director.riley@ctcd.edu OR www.ctcd.edu/riley (785)209-3179, Room 201

Hutchinson Community College

fortriley@hutchcc.edu (785)239-2551, Room 108

Kansas State University

<http://global.k-state.edu/military/> (785)239-0685 / 0686, Room 111

Southwestern College

785)784-9930, Room 111

University of Mary

www.umary.edu (785)784-2158, Room 110

Upper Iowa University

www.uiu.edu/fortriley (785)784-5225, Room 102

Recommended Reading List

Emotional:

- ◆ *Surviving the Shadows: A Journey of Hope into Post Traumatic Stress*; Bob Delaney
- ◆ *What it is Like to go Through War*; Karl Marlantes
- ◆ *The Resiliency Factor*; Andrew Shatte, Karen Reivich

Family:

- ◆ *The 5 Love Languages* (any book from the series); Gary Chapman
- ◆ *The Intentional Family: Simple Rituals to Strengthen Family Ties*; William Doherty

Physical:

- ◆ *Essentials of Strength and Conditioning*; National Strength and Conditioning Association
- ◆ *The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding your True Strength*; Aaron Horschig
- ◆ *Fast After 50*; Joe Friel
- ◆ FM 7-22. Holistic Health and Fitness (October 2020)

Spiritual:

- ◆ *The Purpose Driven Life*; Rick Warren

Social:

- ◆ *Difficult Conversations: How to Discuss what Matters Most*; Douglas Stone
- ◆ *How to Win Friends & Influence People: The Only Book You Need to Lead You to Success*; Dale Carnegie
- ◆ *Start with Why*; Simon Sinek

Additional Reading & Reference: <https://soldierforlife.army.mil/health-and-wellness>

FORT RILEY SERVICE DIRECTORY

EMERGENCY

Suicide & Crisis Hotline	800-784-2433
Suicide & Crisis Hotline (TALK)	800-273-8255
Irwin Army Community Hospital Emergency Room	785-239-7777/7778
Kansas Poison Center	800-222-1222
Military Police Emergency	911
- Military Police Non-Emergency (MPMP)	785-239-6767
Fire Department Emergency	911
- Fire Department Non-Emergency	785-239-1859
Domestic Violence & Sexual Assault 24hr Hotline	785-307-1373
American Red Cross	877-272-7337
- Fort Riley Office	785-239-1887
Emergency Operations Center	785-239-2222
Junction City Police Department	785-762-5912
Geary County Sheriff's Department	785-238-2261
Riley County Police Department	785-537-2112

ALCOHOL • DRUGS • SUICIDE

Alcohol Substance Abuse Program (ASAP)	785-239-5075
Substance Use Disorder Clinical Care (SUDCC)	785-240-8283/8208
Suicide Prevention Awareness & Education	785-239-1012
Crisis Hotline (Text: 838355)	800-273-8255
Drunk Driving Prevention Program Free Rides	785-693-0303

ABUSE • NEGLECT

IACH Family Advocacy Program	785-239-7060
Sexual Harassment/Assault Response & Prevention Program	785-239-2277/3379
Victim Advocates	785-239-5484/9026/2991
The Crisis Center 24hr Hotline	800-727-2785
- Junction City	785-762-8835
- Manhattan	785-539-2785
Kansas Department of Children and Families (DCF)	
- Junction City	785-762-5445
- Manhattan	785-776-4011
Report Adult & Child Abuse/Neglect	800-922-5330
Department of Emergency Services	785-239-6767

FINANCIAL

Army Emergency Relief (AER)	785-239-9435
Financial Questions (ACS)	785-239-9435
Thrift Savings Plan FAQ	877-968-3778
Defense Military Pay Office (Finance Office)	785-239-6188/6189/6028

CHILD CARE

ACS Family Advocacy Program	785-239-9435
ACS Parent Support Program	785-239-9435
ACS Exceptional Family Member Program	785-239-9435
IACH Exceptional Family Member Program	785-239-7198
Child and Youth Services (CYS)	
- Parent Central (Registration Office)	785-239-9885
- Family Child Care	785-239-4313
- 1st Division Child Development Center	785-239-9011
- Forsyth Child Development Center	785-239-4846
- Warren Child Development Center	785-239-9935
- Warren East Child Development Center	785-240-0822
- Whitside Child Development Center	785-239-4978
- Whitside North Child Development Center	785-240-6739
- Custer Hill Youth Center	785-239-9222
- Custer Hill School Age Center	785-239-9220
- Forsyth East School Age Center	785-240-5820
- SKIES	785-240-2822
- Youth Sports and Fitness	785-239-9223
Women Infant and Children (WIC)	
- Fort Riley WIC Office	785-239-5493
- Geary County WIC Office	785-762-5682
- Manhattan / Ogden WIC Office	785-776-4779 ext. 7661

HEALTH CARE

Irwin Army Community Hospital (IACH)	
- Information Line	785-239-7000
- Appointment Line (DOCS)	785-239-3627
- Nurse Advice Line (DOCS)	785-239-3627
- Patient Advocate:	785-239-7739/7103
- Chaplain	785-239-7872/7871
Dental Care MetLife	www.Tricare.mil/tdp
Immunization Clinic	785-239-7972
Family Advocacy (IACH) Abuse/Neglect	785-239-7060
Behavioral Health	785-239-7208
Social Work Services (SWS)	785-240-7471/7472
TRICARE	888-874-9378
- TRIWEST	785-240-7103/239-7968
Outpatient Pharmacy	785-239-7619

FORT RILEY SERVICE DIRECTORY

SOLDIER & FAMILY OUTREACH

Army Wellness Center (9365)	785-239-WELL
R2 Performance Center	785-239-8835
Family Readiness Group Training	785-239-9435
Mobilization & Deployment Readiness	785-239-9435
Outreach/Unit Service Coordinators	785-239-9435
Employment Readiness	785-239-9435
Family Advocacy Program	785-239-9435
Stress Management	785-239-9435
Marriage and Relationship Classes	785-239-9435
Military & Family Life Counselors	785-239-1883
- Military & Family Life After Hours	785-221-9483
Survivor Outreach Services	785-239-0630
Soldier & Family Assistance Center (SFAC)	
- Wounded/Injured Soldier and Family Assistance	785-239-8430

CHAPLAINS • CHAPELS

Installation Chaplain	785-239-3359
Chaplain's Family Life Counseling Center	785-239-3430
After Duty Hours Chaplain: (4367)	785-239 HELP
St. Mary's Chapel	785-239-0597
Normandy Chapel	785-239-3436
Morris Hill Chapel	785-239-4315
Kapaun Chapel	785-239-4818
IACH Chapel	785-239-7871

LEGAL

Legal Assistance	785-239-3117
Administration	785-239-2217
Tax Center Seasonal	785-239-1040
Claims	785-239-3830
Magistrate Court	785-239-3918
DEERS ID Cards and AG ID Cards	785-239-3654
Immigration and Naturalization	785-239-3117

LEISURE & OUTDOOR

Leisure Travel Services	785-239-5614
Outdoor Adventure Park	785-239-5412
Equipment Checkout Center	785-239-2363
Automotive Skills Center & Car Wash	785-239-9764
Hobby Studio	785-239-9205
Warrior Zone	785-240-6618
SpareTime Interactive Entertainment	785-239-4366
Riley's Community Center	785-784-1000
Barlow Theater	785-239-9574
Post Library	785-239-5305

BASIC NEEDS

Post Exchange (PX)	785-784-2026
Commissary	785-239-6621
Taxi: Junction City	785-238-6161
Taxi: Manhattan (DDPP)	800-747-2524
Taxi: Free Rides	785-693-0303
Armed Services YMCA Child Care:	785-238-2972
Operation Wheels	785-762-4730
Better Opportunities For Single Soldiers (BOSS)	785-239-2677
US Department of Veterans Affairs	800-310-4107
- US Department of Veterans Affairs (Local)	785-587-3257
Post Office	785-784-2305
Visitor Control Center	785-239-3874
Post Thrift Shop	785-735-3874

UNITED SERVICE ORGANIZATION (USO)

Fort Riley USO	785-240-
5326/6918	

HOUSING

Housing Service Office (<i>Off Post</i>)	785-239-3525
Corvias Military Housing	785-717-2258
- Colyer-Forsyth	785-717-2260
- Ellis Heights	785-717-2252
- Historic Main Post	785-717-2240
- McClellan Place	785-717-2243
- Warner Peterson	785-717-2248
Household Goods (<i>Personal Property</i>)	785-239-5583
ACS Relocation Assistance	785-239-9435
On-Post Lodging (<i>IHG Candlewood Suites</i>)	785-962-3080

SCHOOLS

School Liaison Officer	785-240-3261
Fort Riley Education Services	785-239-5431
Geary County USD 476	785-717-4000
Manhattan USD 383	785-537-2000
English as a Second Language (ESL) Junction City	785-238-4311
English as a Second Language (ESL) Manhattan	785-539-9009

FITNESS

Whitside Fitness Center	785-239-2573
- Intramural Sports & Fitness Office	785-239-2813
King Field House	785-239-3868
Craig Fitness Center	785-239-5562
Long Fitness Center & Training Pool	785-239-4683
Leonard Fitness Center	785-239-5771
Robinson Fitness Center	785-239-4480
Eyster Indoor Pool	785-239-4854



*People are the 1st Infantry Division and Fort Riley. We build our team on trust, resiliency, and discipline. Ready to fight and win, we proudly stand committed to our legacy of **Victory!***

