

ALARACT 086/2011

DTG: P 042320Z MAR 11

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER
ON BEHALF OF DA WASHINGTON DC//DCS G-3/5/7-CSF//

SUBJECT: MOD 02 TO ALARACT 097-2010 COMPREHENSIVE SOLDIER FITNESS
EXECUTION

MSGID/ORDER/HQDA//

NARR/(U) FRAGMENTARY ORDER (FRAGO) 2 PROVIDES AN UPDATE ON THE
COMPREHENSIVE SOLDIER FITNESS PROGRAM TO DATE, UPDATES MASTER
RESILIENCE TRAINER (MRT) IMPLEMENTATION DATA, INFORMATION AND
COORDINATING INSTRUCTIONS IN THE CSF EXORD. IT DIRECTS UNITS TO
REVALIDATE AND PROVIDE STANDING REQUIREMENTS FOR MASTER RESILIENCE
TRAINERS (MRT) PROVIDES GUIDANCE FOR DERIVING THOSE MRT REQUIREMENTS
AND ADVISES RECIPIENTS OF ALLOCATION OF AVAILABLE MRT TRAINING SPACES
FOR THE REMAINDER OF FISCAL YEAR 2011.

REF/A/ARMY CAMPAIGN PLAN 2010, DTD 23APR10, ANNEX V (COMPREHENSIVE
SOLDIER FITNESS)

REF/B/ALARACT 097/2010 COMPREHENSIVE SOLDIER FITNESS EXORD, DTG:
061547ZAPR10

REF/C/ALARACT 192/2010 MOD 1 TO ALARACT 097/2010, DTG: 260256ZJUN10

REF/D/ALARACT 045/2011 GLOBAL ASSESSMENT TOOL AND COMPREHENSIVE
RESILIENCE MODULE COMPLETION REQUIREMENTS, DTG: 101854ZFEB11

TIMEZONE/Z//

1. (U) SITUATION.

1.A. (U) THE ARMY ESTABLISHED THE COMPREHENSIVE SOLDIER FITNESS (CSF)
PROGRAM TO INCREASE THE FITNESS, HEALTH, AND RESILIENCE OF SOLDIERS,
THEIR FAMILIES AND ARMY CIVILIANS. TO DATE, CSF HAS REACHED THOUSANDS
OF INDIVIDUALS ACROSS THE ARMY AND CONTINUES TO BUILD RESILIENCE
THROUGHOUT EVERY LEVEL OF THE ARMY. OVER 1 MILLION SOLDIERS, FAMILY
MEMBERS, AND DEPARTMENT OF THE ARMY CIVILIANS COMPLETED THE GLOBAL
ASSESSMENT TOOL (GAT), WITH AN AVERAGE OF APPROXIMATELY 3,000 NEW
USERS EVERY DAY. OVER 130,000 MEMBERS OF THE ARMY COMMUNITY HAVE
COMPLETED AT LEAST ONE OF THE WEB-BASED COMPREHENSIVE RESILIENCE
MODULES (CRM) AND THE NUMBERS GROW DAILY. WE HAVE MORE THAN 3,200
MASTER RESILIENCE TRAINERS (MRT) WORKING WITH UNITS ACROSS THE ARMY,
WITH APPROXIMATELY 270 NEWLY TRAINED MRT EVERY MONTH AT THE UNIVERSITY
OF PENNSYLVANIA (UPENN) AND VICTORY UNIVERSITY, FORT JACKSON, SC.

1.B. (U) WHETHER IT IS THROUGH PRINT, RADIO, TELEVISION, WEB, OR SOCIAL MEDIA PLATFORMS THROUGHOUT THE ARMY, THE PUBLIC PERCEPTION OF CSF REMAINS STRONG AND CONSISTENTLY POSITIVE. CSF IS AT A CRITICAL "TIPPING POINT" AS IT IS RAPIDLY BECOMING PART OF OUR CULTURE AND LEXICON. RESEARCH HAS SHOWN THAT HIGH PSYCHOLOGICAL FITNESS IS ASSOCIATED WITH GOOD PERSONNEL ACTIONS AND OUTCOMES, WHILE LOW PSYCHOLOGICAL FITNESS IS ASSOCIATED WITH HIGHER RATES OF A MULTITUDE OF INDISCIPLINE. MAXIMIZING PSYCHOLOGICAL FITNESS IS A READINESS IMPERATIVE.

2. (U) MISSION. COMPREHENSIVE SOLDIER FITNESS BUILDS SOLDIER, FAMILY, AND ARMY CIVILIAN FITNESS THROUGH A HOLISTIC PROGRAM DESIGNED TO ENHANCE PERFORMANCE AND BUILD RESILIENCE BY ASSESSING, TEACHING AND TRAINING RESILIENCE SKILLS.

3. (U) EXECUTION.

3.A. (U) INTENT. COMPREHENSIVE SOLDIER FITNESS (CSF) PROVIDES A SYSTEM FOR SOLDIERS, FAMILY MEMBERS AND ARMY CIVILIANS TO MASTER THE SKILLS NECESSARY TO ACHIEVE BALANCE IN THEIR LIVES AND BUILD RESILIENCE IN ORDER TO THRIVE IN AN ERA OF HIGH OPERATIONAL TEMPO AND PERSISTENT CONFLICT. THE OBJECTIVE OF THE PROGRAM IS TO ENHANCE OVERALL PERFORMANCE, IMPROVE UNIT AND INDIVIDUAL READINESS AND SUSTAIN A BALANCED, HEALTHY, CAMPAIGN CAPABLE EXPEDITIONARY ARMY.

3.B. (U) CONCEPT OF THE OPERATION.

3.B.1. (U) CHANGE TO ALARACT 097/2010 COMPREHENSIVE SOLDIER FITNESS EXORD, DTG: 061547ZAPR10

3.B.1.A. (U) RESCIND FROM PARAGRAPH 1.D THE LAST SENTENCE THAT READS "THE GLOBAL ASSESSMENT TOOL, COMPREHENSIVE RESILIENCE MODULES, AND RESILIENCE TRAINING ARE MANDATORY FOR SOLDIERS, BUT VOLUNTARY FOR FAMILY MEMBERS AND ARMY CIVILIANS".

3.B.1.B. (U) REFER TO FRAGO 2 PARAGRAPHS 3.B.3.B FOR NEW GAT COMPLETION REQUIREMENTS, 3.B.4 FOR NEW CRM COMPLETION REQUIREMENTS AND 3.B.8 FOR UPDATED RESILIENCE TRAINING REQUIREMENTS.

3.B.2. (U) CHANGE TO ALARACT 045/2011 GLOBAL ASSESSMENT TOOL AND COMPREHENSIVE RESILIENCE MODULE COMPLETION REQUIREMENTS, DTG: 101854ZFEB11.

3.B.2.A. (U) REFER TO FRAGO 2 PARAGRAPH 3.B.3.B. FOR NEW GAT COMPLETION REQUIREMENTS.

3.B.3. (U) PROGRAM EVALUATION. THE CSF PROGRAM EVALUATION BEGAN IN FEBRUARY 2010. SOLDIERS IN UNITS TASKED TO PARTICIPATE IN THE PROGRAM EVALUATION HAVE TAKEN THE GAT TWICE TO DATE, AND THE MOST RECENT GAT DATA COLLECTION WINDOW CLOSED ON 15NOV10.

3.B.3.A. (U) THE CSF PROGRAM EVALUATION WILL CONTINUE UNTIL 30APR11.

3.B.3.B. (U) AC UNITS INVOLVED IN THE PROGRAM EVALUATION ARE AS FOLLOWS: 1/4ID, 2/4ID, 3/4ID, 2/1ID, 3/1ID, 11ACR, 1/25IN, 170IN.

3.B.3.C (U) THE THIRD GAT DATA COLLECTION WINDOW OPENS O/A 01FEB11 AND CLOSES O/A 30APR11 FOR UNITS LISTED ABOVE. ALL SOLDIERS IN THESE UNITS

MUST COMPLETE THE GAT AGAIN DURING THIS WINDOW - THEY SHALL DO SO REGARDLESS OF HAVING COMPLETED THE GAT AT A PREVIOUS TIME. NO TIME EXTENSIONS WILL BE GRANTED FOR THIS WINDOW.

3.B.3.D (U) UNITS INVOLVED IN THE PROGRAM EVALUATION MAY TRACK BY-NAME COMPLIANCE VIA TWO METHODS. FIRST, UNITS MAY TRACK COMPLIANCE BY BUILDING A TASK FORCE REPORT IN SOLDIER FITNESS TRACKER THAT WILL GENERATE A BY-NAME ROSTER OF THOSE SOLDIERS WHO HAVE AND HAVE NOT COMPLETED THE GAT. SECOND, UNITS MAY TRACK COMPLIANCE BY REVIEWING RECORDS WITHIN THE DIGITAL TRAINING MANAGEMENT SYSTEM (DTMS).

3.B.3.E. (U) DESIGNATED UNITS INVOLVED IN THE PROGRAM EVALUATION HAVE SPECIFIC CONSTRAINTS PLACED AGAINST THEM FOR MASTER RESILIENCE TRAINER AUTHORIZATIONS AND GLOBAL ASSESSMENT TOOL COMPLETION REQUIREMENTS. CONTACT THE GAT POC LISTED IN PARAGRAPH 5.A.1 FOR EVALUATION CONSTRAINTS.

3.B.3.F. (U) UNITS INVOLVED IN THE PROGRAM EVALUATION WHO DO NOT CURRENTLY HAVE AN MRT MAY COORDINATE WITH THE GAT AND MRT POCS LISTED IN PARAGRAPHS 5.A.1 AND 5.A.3 FOR AN MRT CANDIDATE TO ATTEND AN MRT COURSE AT THE UNIVERSITY OF PENNSYLVANIA.

3.B.4. (U) THE GLOBAL ASSESSMENT TOOL (GAT) ([HTTPS://WWW.SFT.ARMY.MIL](https://www.sft.army.mil)). THE GAT IS A MULTIPLE ITEM QUESTIONNAIRE TAKEN BY SOLDIERS, ARMY CIVILIANS AND FAMILY MEMBERS THAT ACCURATELY DESCRIBES THEIR PSYCHOLOGICAL RESILIENCE. SOLDIERS, ARMY CIVILIANS AND FAMILY MEMBERS RECEIVE FEEDBACK THAT DESCRIBES THEIR RESILIENCE LEVEL ONCE THEY COMPLETE THE GAT. OVER 1,000,000 SOLDIERS, ARMY CIVILIANS AND FAMILY MEMBERS HAVE COMPLETED THE GAT TO DATE.

3.B.4.A. (U) THE GAT AND GAT FEEDBACK ARE NOT COMMAND SURVEILLANCE TOOLS; RATHER, THE GAT AND GAT FEEDBACK ARE SELF AWARENESS TOOLS FOR INDIVIDUAL SOLDIER/DA CIVILIAN/FAMILY MEMBER USE. THEREFORE, CSF WILL NOT PROVIDE DATA ANALYSIS OF COMMAND-LEVEL GAT DATA. THE ONLY GAT DATA CSF WILL SHARE WITH COMMANDS IS GAT COMPLIANCE - THOSE SOLDIERS WHO HAVE AND HAVE NOT COMPLETED THE GAT.

3.B.4.B. (U) COMPLETING THE GAT IS AN ANNUAL REQUIREMENT FOR ALL SOLDIERS. ALL SOLDIERS MUST COMPLETE THE GAT AT LEAST ONCE EVERY 365 DAYS. ARMY CIVILIANS ARE ENCOURAGED TO TAKE THE GAT, BUT ARE NOT REQUIRED TO OR MANDATED TO TAKE THE GAT. FAMILY MEMBERS ARE ENCOURAGED TO TAKE THE GAT, BUT ARE NOT REQUIRED TO OR MANDATED TO TAKE THE GAT.

3.B.4.C. (U) THE GAT MAY BE RETAKEN AT SOLDIER/DA CIVILIAN/FAMILY MEMBER DISCRETION EVERY 90 DAYS.

3.B.4.D. (U) SOLDIERS/ARMY CIVILIANS/FAMILY MEMBERS MAY VOLUNTARILY PROVIDE THEIR GAT SCORES TO OTHERS, BUT THEY CANNOT BE COMPELLED TO DO SO.

3.B.4.E. (U) THE CSA IS THE SOLE RELEASE AUTHORITY FOR AN INDIVIDUAL SOLDIER'S OR DA CIVILIAN'S GAT SCORE.

3.B.4.F. (U) THE GAT FEEDBACK IS NOW VASTLY IMPROVED. COMMANDS SHOULD ENCOURAGE THEIR SOLDIERS/ARMY CIVILIANS/FAMILY MEMBERS TO REVIEW THE

NEW FEEDBACK. TAILORED NARRATIVES ARE PROVIDED IN THE FEEDBACK THAT MAKE RECOMMENDATIONS FOR HOW SOLDIERS/ARMY CIVILIANS/FAMILY MEMBERS CAN BECOME MORE RESILIENT OVER TIME. LIKEWISE, THE IMPROVED FEEDBACK ALSO ALLOWS A SOLDIERS/ARMY CIVILIANS/FAMILY MEMBERS TO COMPARE THEMSELVES TO OTHER GROUPS OF SOLDIERS/ARMY CIVILIANS/FAMILY MEMBERS ALONG BROAD DEMOGRAPHICS (I.E., AGE, RANK, MOS, ETC). THE QUALITY OF FEEDBACK FOR PERSONNEL TAKING THE GAT WILL CONTINUE TO IMPROVE OVER TIME.

3.B.4.G. (U) GAT COMPLIANCE MAY NOW ALSO BE TRACKED IN DTMS.

3.B.5. (U) COMPREHENSIVE RESILIENCE MODULES (CRM). CURRENTLY, THERE ARE 20 COMPREHENSIVE RESILIENCE MODULES (CRM) AVAILABLE ONLINE. CRM CAN BE ACCESSED THROUGH THE SOLDIER FITNESS TRACKER WEBSITE AT [HTTPS://WWW.SFT.ARMY.MIL/](https://www.sft.army.mil/). DURING THE REMAINDER OF FISCAL YEAR 2011, AN ADDITIONAL 30 CRM ARE PROGRAMMED FOR RELEASE.

3.B.5.A. (U) CRM ARE TRAINING REQUIREMENTS FOR SOLDIERS. LOCAL COMMANDERS, IN THE GRADE OF O-5 AND HIGHER, DETERMINE THE REQUIREMENTS FOR CRM COMPLETION IN THE FAMILY, EMOTIONAL AND SOCIAL DIMENSION CRM WITHIN THEIR APPROPRIATE COMMANDS. SPIRITUAL DIMENSION CRM ARE COMPLETELY VOLUNTARY AND SOLDIERS SHALL NOT BE MANDATED OR DIRECTED TO COMPLETE.

3.B.5.B. (U) CRM COMPLETION IS VOLUNTARY FOR FAMILY MEMBERS. FAMILY MEMBERS SHALL NOT BE DIRECTED TO COMPLETE A CRM.

3.B.5.C. (U) CRM COMPLETION IS VOLUNTARY FOR ARMY CIVILIANS. ARMY CIVILIANS SHALL NOT BE DIRECTED TO COMPLETE A CRM.

3.B.5.D. (U) CRM DEVELOPMENT. IN A CONTINUING EFFORT TO IMPROVE THE VALUE AND UTILITY OF CRMS, CSF CONDUCTS ROUTINE ASSESSMENT AND DEVELOPMENT FORUMS TO GATHER SOLDIER/DA CIVILIAN FEEDBACK. DURING 2ND QUARTER, FISCAL YEAR 2011, CSF WILL BE CONDUCTING ASSESSMENT AND DEVELOPMENT FORUMS TO GATHER INFORMATION TO IMPROVE CRM.

3.B.6. (U) MASTER RESILIENCE TRAINER (MRT) TRAINING. COMPREHENSIVE SOLDIER FITNESS' MASTER RESILIENCE TRAINING PROGRAM IS ON TRACK TO TRAIN MORE THAN 4,100 MASTER RESILIENCE TRAINERS DURING FISCAL YEAR 2011. THERE ARE TWO MASTER RESILIENCE TRAINING VENUES: UNIVERSITY OF PENNSYLVANIA (UPENN) AND VICTORY UNIVERSITY (VU). SEATS FOR BOTH COURSES ARE IN HIGH DEMAND ACROSS THE ARMY. IT IS IMPERATIVE THAT COMMANDERS AT ALL LEVELS ENSURE THAT DESIGNATED MRT STUDENTS ATTEND THEIR COURSES. UNFILLED SEATS AT ANY MRT TRAINING VENUE WASTE VALUABLE TRAINING TIME AND RESOURCES.

3.B.6.A. (U) MRT COURSE SCHEDULE.

3.B.6.A.1. (U) MRT COURSE SCHEDULE CAN BE FOUND IN THE ATTRS COURSE CATALOGUE BY QUERYING COURSE TITLE: "MASTER RESILIENCE TRAINER-COURSE LEVEL 1" (SCHOOL CODE - 0145) FOR THE UPENN TRAINING COURSE AND "MASTER RESILIENCE TRAINING (MRT)" (SCHOOL CODE - 805V) FOR THE VICTORY UNIVERSITY COURSE.

3.B.6.A.2. (U) COURSE CRITERIA ARE LISTED IN ATTRS DEFINING THE SCOPE

OF THE COURSE, STUDENT SELECTION CRITERIA AND TRAVEL/LODGING INFORMATION.

3.B.6.A.3. (U) ADDITIONAL INFORMATION ON THE UPENN MRT COURSE (0145) CAN BE FOUND AT THE FOLLOWING WEBSITE:

[https://www.atrrs.army.mil/atrrscc/courseInfo.aspx?fy=2011&sch=145&crs=MRT-C+\(UPENN\)&crstitle=MASTER+RESILIENCE+TRAINER-COURSE+LEVEL+1&phase=](https://www.atrrs.army.mil/atrrscc/courseInfo.aspx?fy=2011&sch=145&crs=MRT-C+(UPENN)&crstitle=MASTER+RESILIENCE+TRAINER-COURSE+LEVEL+1&phase=)

3.B.6.A.4. (U) ADDITIONAL INFORMATION ON THE VICTORY UNIVERSITY MRT COURSE (805V) CAN BE FOUND AT THE FOLLOWING WEBSITE:

<https://www.atrrs.army.mil/atrrscc/courseInfo.aspx?fy=2011&sch=805V&crs=9E-SI%2fASI8R%2f920->

[ASI8R&crstitle=MASTER+RESILIENCE+TRAINING+\(MRT\)&phase=](https://www.atrrs.army.mil/atrrscc/courseInfo.aspx?fy=2011&sch=805V&crs=9E-SI%2fASI8R%2f920-ASI8R&crstitle=MASTER+RESILIENCE+TRAINING+(MRT)&phase=)

3.B.6.B. (U) MRT SEAT ALLOCATION.

3.B.6.B.1. (U) MRT COURSE ALLOCATIONS ARE PROVIDED TO ACOM, ASCC, AND DRU LEVEL COMMANDS/UNITS. SEAT ALLOCATIONS ARE PROVIDED FOR FY 11 IN ANNEX A (2ND QTR, FY11), ANNEX B (3RD QTR, FY11), AND ANNEX C (4TH QTR, FY11).

3.B.6.B.2. (U) SUBORDINATE UNITS TO ACOMS, ASCCS, AND DRUS ARE DIRECTED TO COORDINATE WITH THEIR RESPECTIVE CSF/MRT POCs FOR ALLOCATIONS TO AN MRT COURSE.

3.B.6.B.3. (U) UNFILLED ALLOCATIONS WILL BE RETURNED TO CSF FOR REDISTRIBUTION. SUBORDINATE UNITS UNABLE TO FILL SEATS MUST NOTIFY DAMO-CSF THROUGH THEIR ACOM/ASCC/DRU POC NLT 10 WORKING DAYS PRIOR TO THE COURSE START DATE FOR ALLOCATIONS TO BE REDISTRIBUTED.

3.B.7. (U) MASTER RESILIENCE TRAINER SELECTION CRITERIA

3.B.7.A. (U) MRT COURSE SELECTEES IDEALLY ARE NCOS IN LEADERSHIP POSITIONS. BATTALION AND BRIGADE LEVEL MRT SELECTEES ARE INDIVIDUALS WHO WILL ADMINISTER OR OVERSEE A BATTALION OR BRIGADE LEVEL PROGRAM AND ADVISE COMMANDERS ON THEIR RESILIENCE TRAINING PROGRAM. RESILIENCE TRAINING SELECTEES SHOULD HAVE AN INTEREST IN AND ABILITY TO TEACH AND MODERATE TO SMALL GROUPS. COMBAT EXPERIENCE IS A PLUS. SOME TYPE OF CIVILIAN/MILITARY COLLEGE EDUCATION IS ENCOURAGED. CURRENT OR PRIOR EXPERIENCE IN TRAINER-TYPE POSITIONS IS ALSO ENCOURAGED. SELECTEES SHOULD BE INDIVIDUALS WHO WILL CONDUCT RESILIENCE TRAINING TO SOLDIERS ON A REGULAR BASIS. MASTER RESILIENCE TRAINING IS NOT DESIGNED TO PROVIDE JUST AN ACADEMIC AWARENESS OF RESILIENCE SKILLS TO THE SELECTEE; THE SELECTEE MUST BE CAPABLE OF TRAINING THE SKILLS LEARNED TO THE SOLDIERS/ARMY CIVILIANS/FAMILY MEMBERS IN THEIR RESPECTIVE COMMANDS AND DEVELOPING A UNIT (BN/BDE) RESILIENCE TRAINING PROGRAM.

3.B.7.B. (U) MRT SELECTEES DISPLAY THE FOLLOWING QUALITIES: MENTAL AGILITY, STRENGTH OF CHARACTER, ASSERTIVE COMMUNICATOR, ATTENTIVE LISTENER, AND ADEPT PROBLEM IDENTIFIER AND PROBLEM SOLVER.

3.B.7.C. (U) SELECTEES SHOULD HAVE AT LEAST 12-24 MONTHS OF STABILIZATION REMAINING IN THEIR CURRENT ASSIGNMENT. THIS STABILIZATION REQUIREMENT IS DESIGNED TO BENEFIT THE UNIT'S RESILIENCE

TRAINING PROGRAM; ENHANCING AND SUSTAINING THE OVERALL TEAM/UNIT RESILIENCE FACTORS.

3.B.7.D. (U) CHAPLAINS, CHAPLAINS ASSISTANTS AND BEHAVIORAL HEALTH SPECIALISTS ARE NOT THE PRIMARY AUDIENCE OF THIS TRAINING. CHAPLAINS, CHAPLAINS ASSISTANTS AND BEHAVIORAL HEALTH SPECIALISTS HAVE SKILLS, SPECIFIED AND IMPLIED DUTIES AND SPECIALIZED ACADEMIC BACKGROUNDS THAT INTERFERE WITH THE TRAINING TRACK OF THE COURSE. CHAPLAINS, CHAPLAIN'S ASSISTANTS AND BEHAVIORAL HEALTH SPECIALISTS THAT REQUIRE ATTENDANCE TO THE MASTER RESILIENCE TRAINING COURSE MUST RECEIVE DAMO-CSF APPROVAL THROUGH THEIR APPROPRIATE ALLOCATION POC PRIOR TO ENROLLMENT IN ATRRS.

3.B.7.E. (U) AUTHORIZED COURSE SELECTEE GRADES FOR ATTENDANCE: ENLISTED SOLDIERS E6 TO E8, WARRANT OFFICER WO1 TO CW4, COMMISSIONED OFFICERS O1 TO O4, DEPARTMENT OF THE ARMY CIVILIANS GS7 TO GS12. EXCEPTIONS TO THE LISTED GRADE REQUIREMENTS MUST RECEIVE DAMO-CSF APPROVAL THROUGH THEIR APPROPRIATE ALLOCATION POC PRIOR TO ENROLLMENT IN ATRRS.

3.B.7.F. (U) DRILL INSTRUCTORS WHO ARE THE GRADE OF E5 ARE PERMITTED TO ATTEND THE MRT COURSE. THEY MUST HAVE THEIR INFORMATION SUBMITTED TO THE MANAGING COMMAND MRT QUOTA SOURCE POC FOR OVERRIDE TO BE REGISTERED INTO THE COURSE BY ATRRS.

3.B.7.G. (U) EXCEPTIONS TO THE ABOVE LISTED CRITERIA ARE GRANTED ON A CASE BY CASE BASIS. ONLY DAMO-CSF IS AUTHORIZED TO APPROVE EXCEPTION TO THE MRT SELECTEE CRITERIA.

3.B.8. (U) RESILIENCE TRAINING ASSISTANTS (RTA).

3.B.8.A. (U) COMPREHENSIVE SOLDIER FITNESS ENCOURAGES THE USE OF RESILIENCE TRAINING ASSISTANTS (RTA) TO SUPPORT RESILIENCE TRAINING. MASTER RESILIENCE TRAINERS (MRT) ARE HIGHLY ENCOURAGED TO TRAIN A CADRE OF RESILIENCE TRAINER ASSISTANTS (RTA) IN ORDER TO ASSIST THEM WITH THE EXECUTION OF RESILIENCE TRAINING WITHIN THEIR UNITS. RTA SHOULD BE UTILIZED AS THE FORCE POOL FOR ANY FUTURE MRT MANNING REQUIREMENTS. IT IS A UNIT COMMANDER'S DISCRETION FOR THE UTILIZATION OF RTA.

3.B.8.B. (U) RTA SELECTION CRITERIA. RTA CANDIDATES NEED TO MEET THE SAME STANDARDS AS MASTER RESILIENCE TRAINERS. SOLDIERS WHO ARE IN GOOD STANDING AND DEMONSTRATE PERSONAL AND EMOTIONAL COMMITMENT TO RESILIENCE TRAINING SHOULD BE SELECTED FOR RTA INSTRUCTION. SEE PARAGRAPH 3.B.7 FOR MRT SELECTION CRITERIA.

3.B.8.C. (U) RTA CANDIDATES MUST COMPLETE THE DAMO-CSF APPROVED RTA TRAINING PLAN IN ORDER TO BE RECOGNIZED AS AN APPROVED RTA. RTA TRAINING SHALL BE TAUGHT BY A CERTIFIED 8R MRT AND CONSIST OF THE 24 HOUR BLOCK OF MRT CORE COMPETENCIES. CSF RECOMMENDS THAT THE COMPLETE RTA BLOCK OF INSTRUCTION BE TAUGHT OVER A 3-4 DAY PERIOD. RTA TRAINING SHOULD BE DELIVERED IN SMALL GROUPS WITH NO MORE THAN 12 STUDENTS PER TRAINING CLASS.

3.B.8.D. (U) THE RTA TRAINING PLAN IS TO BE ADMINISTERED BY AN MRT USING CSF APPROVED TRAINING MATERIALS. RTA TRAINING MATERIALS CAN BE FOUND ON THE CSF/MRT WEBSITE ONCE ACTIVATED OR ON THE STUDENT HANDOUT CD CURRENTLY PROVIDED TO EACH MRT. SEE ANNEX D, RESILIENCE TRAINING POI OUTLINE FOR A SUMMARY OF THE RTA TRAINING PLAN.

3.B.8.E. (U) RTA WILL RECEIVE A CSF APPROVED CERTIFICATE OF COMPLETION FOR RTA TRAINING AND ARE NOT AUTHORIZED THE 8R ASI OR POINTS TOWARD PROMOTION.

3.B.9. (U) QUARTERLY RESILIENCE TRAINING REQUIREMENTS.

3.B.9.A. (U) ALL ACTIVE COMPONENT UNITS ARE REQUIRED TO CONDUCT A MINIMUM OF 2 HOURS OF RESILIENCE TRAINING QUARTERLY FOR EACH ASSIGNED SOLDIER. RESILIENCE TRAINING WILL BE CONDUCTED FROM APPROVED TRAINING MATERIALS PROVIDED EACH MASTER RESILIENCE TRAINER.

3.B.9.B. (U) MRT IN CONJUNCTION WITH UNIT LEADERSHIP WILL ASSESS AND DEVELOP UNIT LEVEL RESILIENCE REQUIREMENTS AND PLANS IN ACCORDANCE WITH COMMANDERS TRAINING GUIDANCE AND UNIT TRAINING SCHEDULE.

3.B.9.C. (U) UNIT LEVEL MRT WILL INSTRUCT RESILIENCE TRAINING FROM THE CSF APPROVED RESILIENCE TRAINING MODULES PROVIDED TO MRT.

3.B.9.D. (U) UNITS ARE REQUIRED TO DOCUMENT AND MAINTAIN TRAINING RECORDS IN DTMS.

3.C. (U) TASKS TO SUBORDINATE COMMANDS, SERVICE COMPONENT COMMANDS AND DIRECT REPORTING UNITS.

3.C.1. (U) ARMY COMMANDS (ACOM).

3.C.1.A (U) THE FOLLOWING TASKS APPLY TO: TRADOC, FORSCOM, AMC.

3.C.1.A.1. (U) REVALIDATE AND REPORT TO CSF MRT POC THE BASELINE MRT REQUIREMENT AS OUTLINED IN PARAGRAPH 3.E.2.B.1 - 3.E.2.B.9 NLT 1APR11. DO NOT FACTOR IN ANY CYCLIC REQUIREMENTS INTO THE BASE REQUIREMENT FOR MRT. DO NOT ACCOUNT FOR PERSONNEL TURNOVER, ARFORGEN CYCLE, OR UNIT BASED REQUIREMENTS.

3.C.1.A.2. (U) HIGHLIGHT AND EXPLAIN ANY UNIQUE PLANNING FACTORS AND SIGNIFICANT VARIATIONS FROM THE GUIDELINE ABOVE IN SEPARATE CORRESPONDENCE; FOR EXAMPLE, COMMANDS IN KOREA ADD A COMMENT/REMARK THAT PERSONNEL TURNOVER IS ANNUAL VERSUS BI-ANNUALLY, WHICH IN TURN IDENTIFY TO CSF PLANNERS A GREATER MRT TRAINING REQUIREMENT THAN THEY WOULD FOR, AN AIT PLATOON SERGEANT OR BOLC-B INSTRUCTOR WHO ARE NORMALLY ON STABILIZED TOURS OF TWO YEARS OR LONGER.

3.C.1.A.3. (U) IDENTIFY TO DAMO-CSF A PRIMARY AND ALTERNATE G-3/G-3 TRAINING POC TO LIAISE AND COORDINATE CSF/MRT MATTERS WITHIN YOUR COMMAND. PROVIDE CONTACT PHONE NUMBERS AND CONTACT EMAIL ADDRESSES TO DAMO-CSF.

3.C.1.B. (U) COMMANDER FORSCOM.

3.C.1.B.1. (U) RESILIENCE DEVELOPMENT EFFORTS. CSF IS AN EVIDENCE-BASED PROGRAM THAT WILL CONTINUE TO DEVELOP AND CHANGE OVER TIME BASED ON THE NEEDS OF THE ARMY AND THE RESILIENCE OF THE FORCE. GIVEN THIS, RESEARCH AND DEVELOPMENT ARE CRITICAL ELEMENTS OF THE CSF PROGRAM IN

ORDER TO KEEP THE PROGRAM RELEVANT TO THE FORCE AND ON THE CUTTING EDGE OF SCIENTIFIC ADVANCES.

3.C.1.B.1.A. (U) IDENTIFY ONE COMBAT ARMS UNIT (BATTALION SIZED) TO PARTICIPATE IN A PILOT STUDY AT THE UNIT'S HOME STATION 1APR-31APR11 IN SUPPORT OF A CSF RESEARCH PROJECT.

3.C.1.B.1.B. (U) BPT IDENTIFY 2 X BRIGADE COMBAT TEAMS TO PARTICIPATE IN A STUDY AT THE UNIT'S HOME STATION IN SUPPORT OF A CSF RESEARCH PROJECT. LAUNCHING THIS STUDY WILL BE PREDICATED ON THE OUTCOME OF THE PILOT STUDY OUTLINED IN PARAGRAPH 3.C.1.B.1.A. ABOVE, WITH DECISION AUTHORITY RETAINED BY THE DIRECTOR OF CSF. ADDITIONAL SELECTION CRITERIA: A) BOTH BCTS MUST BE SCHEDULED TO DEPLOY IN SUPPORT OF CONTINGENCY OPERATIONS LATE IN 1ST QUARTER FY12 OR EARLY IN 2ND QUARTER, FY12; B) BOTH BCTS MUST BE LOCATED AT THE SAME HOME STATION.

3.C.1.B.1.C. (U) INITIAL POC FOR THESE ACTIONS IS CPT PAUL LESTER, PAUL.LESTER@CONUS.ARMY.MIL, 703-545-4338, (DSN: 332). HE WILL REMAIN POC UNTIL INITIAL COORDINATION IS MADE BETWEEN THE UNIT LEADERSHIP AND THE RESEARCH TEAM.

3.C.1.B.2. (U) IDENTIFY 4 COMMANDS TO PROVIDE 3 PLATOON SIZED ELEMENTS EACH FOR CRM FOCUS GROUP ASSESSMENT AND DEVELOPMENT SESSIONS DURING THE MONTHS OF MARCH AND APRIL. THE PURPOSES OF THE FOCUS GROUPS ARE TO GATHER OPINIONS, BELIEFS, AND ATTITUDES ABOUT COMPREHENSIVE RESILIENCE MODULE ISSUES.

3.C.1.B.2.A. (U) EACH FOCUS GROUP WILL TAKE BETWEEN 90 AND 120 MINUTES TO COMPLETE. EACH FOCUS GROUP WILL BE ADMINISTERED SEPARATELY BY CSF PERSONNEL. TASKED UNIT WILL PROVIDE A CLASSROOM TO CONDUCT EACH FOCUS GROUP.

3.C.1.B.2.B. (U) FOCUS GROUPS NEED TO BE ORGANIZED IN THE FOLLOWING MANNER: GROUP 1 - 18-23 YEAR OLD MALES, GROUP 2 - 18-23 YEAR OLD FEMALES, GROUP 3 - 18-23 YEAR OLD MALE/FEMALE MIXED.

3.C.3.B.2.C (U) IDENTIFY POC FOR COORDINATION. PROVIDE CONTACT PHONE NUMBERS AND CONTACT EMAIL ADDRESS TO DAMO-CSF CRM POC. DIRLAUTH AUTHORIZED BETWEEN TASKED UNIT AND CSF CRM POC.

3.C.1.B.3. (U) IDENTIFY A SQUAD SIZED ELEMENT DURING THE MONTH OF AUGUST TO ACT AS ROLE PLAYERS DURING THE DEVELOPMENT OF CRM THAT REQUIRE VIDEO FOOTAGE OF INDIVIDUAL SOLDIERS OR A SQUAD PERFORMING MOUNTED AND DISMOUNTED TASKS OF SHOOT, MOVE, AND COMMUNICATE WHILE NEGOTIATING A MOUT SITE.

3.C.3.B.3.A (U) IDENTIFY POC FOR COORDINATION. PROVIDE CONTACT PHONE NUMBERS AND CONTACT EMAIL ADDRESS TO DAMO-CSF. DIRLAUTH AUTHORIZED BETWEEN TASKED UNIT AND CSF POC.

3.C.3.B.3.B. (U) INITIAL POC FOR THESE ACTIONS IS LTC JESSE HENDERSON, JESSE.HENDERSON@CONUS.ARMY.MIL, 703-545-1921, (DSN: 332). HE WILL REMAIN POC UNTIL INITIAL COORDINATION IS MADE BETWEEN THE UNIT LEADERSHIP AND THE RESEARCH TEAM.

3.C.1.C (U) COMMANDER TRADOC. ALL CONTRACTED ROTC CADETS ARE HIGHLY

ENCOURAGED TO TAKE THE GAT NLT 30SEP11.

3.C.2. (U) ARMY SERVICE COMPONENT COMMANDS (ASCC).

3.C.2.A. (U) THE FOLLOWING TASKS APPLY TO: U.S. ARMY CENTRAL (ARCENT), U.S. ARMY EUROPE (USAREUR), U.S. ARMY NORTH (USARNORTH), U.S. ARMY SOUTH (USARSO), U.S. ARMY PACIFIC (USARPAC), U.S. ARMY SPECIAL OPERATIONS COMMAND (USASOC), MILITARY SURFACE DEPLOYMENT AND DISTRIBUTION COMMAND (SDDC), U.S. ARMY SPACE AND MISSILE DEFENSE COMMAND/ARMY FORCES STRATEGIC COMMAND (USASMDC/ARSTRAT), EIGHTH U.S. ARMY (EUSA).

3.C.2.A.1. (U) REVALIDATE AND REPORT TO CSF MRT POC THE BASELINE MRT REQUIREMENT AS OUTLINED IN PARAGRAPH 3.E.2.B.1 - 3.E.2.B.9 NLT 1APR11. DO NOT FACTOR IN ANY CYCLIC REQUIREMENTS INTO THE BASE REQUIREMENT FOR MRT. DO NOT ACCOUNT FOR PERSONNEL TURNOVER, ARFORGEN CYCLE, OR UNIT BASED REQUIREMENTS.

3.C.2.A.2. (U) HIGHLIGHT AND EXPLAIN ANY UNIQUE PLANNING FACTORS AND SIGNIFICANT VARIATIONS FROM THE GUIDELINE ABOVE IN SEPARATE CORRESPONDENCE; FOR EXAMPLE, COMMANDS IN KOREA ADD A COMMENT/REMARK THAT PERSONNEL TURNOVER IS ANNUAL VERSUS BI-ANNUALLY, WHICH IN TURN IDENTIFY TO CSF PLANNERS A GREATER MRT TRAINING REQUIREMENT THAN THEY WOULD FOR, AN AIT PLATOON SERGEANT OR BOLC-B INSTRUCTOR WHO ARE NORMALLY ON STABILIZED TOURS OF TWO YEARS OR LONGER.

3.C.2.A.3. (U) IDENTIFY TO DAMO-CSF A PRIMARY AND ALTERNATE G-3/G-3 TRAINING POC TO LIAISE AND COORDINATE CSF/MRT MATTERS WITHIN YOUR COMMAND. PROVIDE CONTACT PHONE NUMBERS AND CONTACT EMAIL ADDRESSES TO DAMO-CSF.

3.C.3. (U) DIRECT REPORTING UNITS (DRU).

3.C.3.A. (U) THE FOLLOWING TASKS APPLY TO: U.S. ARMY NETWORK ENTERPRISE TECHNOLOGY COMMAND (NETCOM)/9TH SIGNAL COMMAND, U.S. ARMY MEDICAL COMMAND (MEDCOM), U.S. ARMY INTELLIGENCE AND SECURITY COMMAND (INSCOM), U.S. ARMY CRIMINAL INVESTIGATION COMMAND (USACID), U.S. ARMY CORPS OF ENGINEERS (USACE), U.S. ARMY MILITARY DISTRICT OF WASHINGTON (MDW), U.S. ARMY TEST AND EVALUATION COMMAND (ATEC), U.S. MILITARY ACADEMY (USMA), U.S. ARMY RESERVE COMMAND (USARC), U.S. ARMY ACQUISITION SUPPORT CENTER (USAASC), U.S. ARMY INSTALLATION MANAGEMENT COMMAND (IMCOM).

3.C.3.A.1. (U) REVALIDATE AND REPORT TO CSF MRT POC THE BASELINE MRT REQUIREMENT AS OUTLINED IN PARAGRAPH 3.E.2.B.1 - 3.E.2.B.9 NLT 1APR11. DO NOT FACTOR IN ANY CYCLIC REQUIREMENTS INTO THE BASE REQUIREMENT FOR MRT. DO NOT ACCOUNT FOR PERSONNEL TURNOVER, ARFORGEN CYCLE, OR UNIT BASED REQUIREMENTS.

3.C.3.A.2. (U) HIGHLIGHT AND EXPLAIN ANY UNIQUE PLANNING FACTORS AND SIGNIFICANT VARIATIONS FROM THE GUIDELINE ABOVE IN SEPARATE CORRESPONDENCE; FOR EXAMPLE, COMMANDS IN KOREA ADD A COMMENT/REMARK THAT PERSONNEL TURNOVER IS ANNUAL VERSUS BI-ANNUALLY, WHICH IN TURN IDENTIFY TO CSF PLANNERS A GREATER MRT TRAINING REQUIREMENT THAN THEY

WOULD FOR, AN AIT PLATOON SERGEANT OR BOLC-B INSTRUCTOR WHO ARE NORMALLY ON STABILIZED TOURS OF TWO YEARS OR LONGER.

3.C.3.A.3. (U) IDENTIFY TO DAMO-CSF A PRIMARY AND ALTERNATE G-3/G-3 TRAINING POC TO LIAISE AND COORDINATE CSF/MRT MATTERS WITHIN YOUR COMMAND. PROVIDE CONTACT PHONE NUMBERS AND CONTACTS EMAIL ADDRESSES TO DAMO-CSF.

3.C.3.B (U) SUPERINTENDENT U.S. MILITARY ACADEMY (USMA). ALL USMA CADETS MUST TAKE THE GAT NLT 30SEP11.

3.C.3.C. (U) CHIEF U.S. ARMY RESERVE COMMAND (USARC). IN CONJUNCTION WITH DAMO-CSF, DEVELOP ANNUAL RESILIENCE TRAINING STANDARDS FOR SOLDIERS UNDER THE COMMAND OF U.S. ARMY RESERVE COMMAND.

3.C.3.C.1. (U) REVALIDATE AND REPORT TO CSF MRT POC THE BASELINE MRT REQUIREMENT AS OUTLINED IN PARAGRAPH 3.E.2.B.1 - 3.E.2.B.9 NLT 1APR11. DO NOT FACTOR IN ANY CYCLIC REQUIREMENTS INTO THE BASE REQUIREMENT FOR MRT. DO NOT ACCOUNT FOR PERSONNEL TURNOVER, ARFORGEN CYCLE, OR UNIT BASED REQUIREMENTS.

3.D. DIRECTOR ARMY NATIONAL GUARD (DARNG)

3.D.1. (U) REVALIDATE AND REPORT TO CSF MRT POC THE BASELINE MRT REQUIREMENT AS OUTLINED IN PARAGRAPH 3.E.2.B.1 - 3.E.2.B.9 NLT 1APR11. DO NOT FACTOR IN ANY CYCLIC REQUIREMENTS INTO THE BASE REQUIREMENT FOR MRT. DO NOT ACCOUNT FOR PERSONNEL TURNOVER, ARFORGEN CYCLE, OR UNIT BASED REQUIREMENTS.

3.D.2. (U) HIGHLIGHT AND EXPLAIN ANY UNIQUE PLANNING FACTORS AND SIGNIFICANT VARIATIONS FROM THE GUIDELINE ABOVE IN SEPARATE CORRESPONDENCE; FOR EXAMPLE, COMMANDS IN KOREA ADD A COMMENT/REMARK THAT PERSONNEL TURNOVER IS ANNUAL VERSUS BI-ANNUALLY, WHICH IN TURN IDENTIFY TO CSF PLANNERS A GREATER MRT TRAINING REQUIREMENT THAN THEY WOULD FOR, AN AIT PLATOON SERGEANT OR BOLC-B INSTRUCTOR WHO ARE NORMALLY ON STABILIZED TOURS OF TWO YEARS OR LONGER.

3.D.3. (U) IDENTIFY TO DAMO-CSF A PRIMARY AND ALTERNATE G-3/G-3 TRAINING POC TO LIAISE AND COORDINATE CSF/MRT MATTERS WITHIN YOUR COMMAND. PROVIDE CONTACT PHONE NUMBERS AND CONTACT EMAIL ADDRESSES TO DAMO-CSF.

3.D.4. (U) IN CONJUNCTION WITH DAMO-CSF, DEVELOP ANNUAL RESILIENCE TRAINING STANDARDS FOR SOLDIERS IN THE NATIONAL GUARD.

3.E. (U) COORDINATING INSTRUCTIONS.

3.E.1. (U) THE HQDA PROPONENT FOR ALL COMPREHENSIVE SOLDIER FITNESS ISSUES (GAT, MRT, CRM, AND RT) IS THE DCS G-3/5/7-COMPREHENSIVE SOLDIER FITNESS DIRECTORATE. COMPREHENSIVE SOLDIER FITNESS DIRECTORATE HIGHLY ENCOURAGES SUBORDINATE ACOM, ASCC, DRUS AND THE DARNG TO PLACE PROPONENCY AND RESPONSIBILITY FOR ALL COMPREHENSIVE SOLDIER FITNESS (GAT, MRT, CRM, AND RT) RELATED ISSUES UNDER THE STAFF RESPONSIBILITY OF THE G-3/G-3 TRAINING.

3.E.2 (U) MASTER RESILIENCE TRAINER REQUIREMENTS.

3.E.2.A. (U) FOR THE DURATION OF FY11, DAMO-CSF RECOMMENDS THAT ALL

MASTER RESILIENCE TRAINERS AT THE BATTALION AND BRIGADE LEVELS BE FULL TIME POSITIONS. THIS WILL FACILITATE THE BRIDGING STRATEGY TO GET RESILIENCE TRAINING CONDUCTED DOWN TO THE PLATOON LEVEL. ADDITIONALLY, THIS FULL TIME MRT POSITION ALLOWS FOR MRT SHARING ACROSS LOCAL COMMANDS AND ALLOWS MRT TO GATHER GREATER EXPERIENCE.

3.E.2.B. (U) MASTER RESILIENCE TRAINER REQUIREMENTS ARE BASED ON THE BELOW DESCRIBED GUIDANCE. ALL ACOM, ASCC, DRUS AND THE DIRECTOR ARMY NATIONAL GUARD ARE DIRECTED TO REVALIDATE AND REPORT MRT REQUIREMENTS TO HQDA NLT 1 APRIL 2011. FIELD OPERATING AGENCIES (FOA) SUBORDINATE TO ACOM, ASCC, OR DRUS WILL BE CONSOLIDATED UNDER THEIR HIGHER HEADQUARTERS REQUIREMENTS.

3.E.2.B.1 (U) ONE (1) MRT TRAINED OFFICER AND ONE NCO PER BRIGADE, GROUP, GARRISON COMMANDED BY A COLONEL (O-6), ROTC BRIGADE, AND RECRUITING BRIGADE. ONE ADDITIONAL MRT TRAINED PERSON FOR EVERY 4 STAND ALONE SECTIONS, PLATOONS, COMPANIES OR RECRUITING BATTALIONS (ORGANIZATIONS SMALLER THAN A STANDARD BATTALION) PERMANENTLY LOCATED MORE THAN 50 MILES AWAY FROM THEIR BRIGADE LEVEL HEADQUARTERS.

3.E.2.B.2. (U) ONE MRT TRAINED NCO PER BATTALION, SQUADRON, RECRUITING BATTALION OR GARRISON COMMANDED BY A LIEUTENANT COLONEL (O-5). ONE ADDITIONAL MRT TRAINED PERSON FOR EVERY 4 STAND ALONE SECTIONS, PLATOONS OR COMPANIES PERMANENTLY LOCATED MORE THAN 50 MILES AWAY FROM THEIR BATTALION LEVEL HEADQUARTERS.

3.E.2.B.3. (U) TWENTY FIVE PERCENT (25%) OF ALL AC DRILL SERGEANTS, 10% OF ALL RC DRILL SERGEANTS, 100% OF AIT PLATOON SERGEANTS, 100% OF BOLC-B INSTRUCTOR/TRAINERS (SENIOR CAPTAINS/JUNIOR MAJORS WHO TRAIN/MENTOR BOLC LT), AND 25% OF BOLC-A (ROTC) INSTRUCTORS/TRAINERS WILL BE MRT. TWENTY FIVE PERCENT (25%) OF RESERVE COMPONENT RECRUIT SUSTAINMENT PROGRAM (RSP) CADRE WILL BE MRT TRAINED TO PROVIDE RESILIENCE TRAINING TO INITIAL MILITARY TRAINEES ASSIGNED TO THEIR RSP UNITS. INSTRUCTORS/TRAINERS ASSIGNED AFTER 1 JANUARY 2011 ARE REQUIRED TO BE MRT QUALIFIED WITHIN 180 DAYS AFTER ASSIGNMENT.

3.E.2.B.4. (U) ONE (1) MRT TRAINED OFFICER OR NCO FOR EACH NAMED TEAM AT THE NTC, JRTC AND CMTc (SCORPION, TARANTULA, ETC.). ONE (1) MRT TRAINED OFFICER OR NCO AT EACH RESERVE COMPONENT AND ACTIVE COMPONENT POWER PROJECTION PLATFORM AND POWER SUPPORT PLATFORM.

3.E.2.B.5. (U) TWO MRT TRAINED NCOS PER NON COMMISSIONED OFFICERS ACADEMY.

3.E.2.B.6. (U) TWO MRT TRAINED STAFF AND FACULTY MEMBERS AS APPROPRIATE PER BRANCH SCHOOL. TWO MRT TRAINED STAFF AND FACULTY MEMBERS PER ARNG REGIONAL TRAINING INSTITUTE (RTI), TOTAL ARMY SCHOOL SYSTEM (TASS) TRAINING BATTALION AND GENERAL STUDIES TRAINING BATTALION.

3.E.2.B.7. (U) TWO MRT TRAINED OFFICERS OR NCOS AS APPROPRIATE AT THE SERGEANTS MAJOR ACADEMY, THE COMMAND AND GENERAL STAFF COLLEGE AND THE ARMY WAR COLLEGE. TWO MRT TRAINED STAFF AND FACULTY MEMBERS AT THE

PROFESSIONAL EDUCATION CENTER (PEC), THE NATIONAL TRAINING CENTER FOR THE ARNG.

3.E.2.B.8. (U) EACH STAND ALONE NATIONAL GUARD ARMORY AND RESERVE CENTER: THE FACILITY COMMANDER SHALL BE RESPONSIBLE FOR MRT TRAINING FOR ALL ARMY PERSONNEL WITHIN THAT FACILITY REGARDLESS OF UNIT AFFILIATION. TRAINED MRT WILL BE ALLOCATED AS FOLLOWS: O-6 FACILITY COMMANDER - ONE OFFICER AND ONE NCO; O-5 FACILITY COMMANDER - ONE NCO.

3.E.2.B.9. (U) ONE MRT TRAINED OFFICER AND NCO FOR EACH ARMY NATIONAL GUARD STATE JOINT FORCE HEADQUARTERS. TWO MRT TRAINED PERSONS FOR EACH FAMILY ASSISTANCE CENTER TO PROVIDE REACHBACK CAPABILITIES TO GEOGRAPHICALLY DISPERSED FAMILIES AND SOLDIERS.

3.E.2.B.10. (U) UTILIZING THE GUIDELINES ABOVE, EACH ACOM, ASCC, DRU, FOA AND THE DIRECTOR ARMY NATIONAL GUARD WILL DETERMINE THEIR STANDING MRT REQUIREMENT.

3.E.2.B.11. (U) HIGHLIGHT AND EXPLAIN ANY UNIQUE PLANNING FACTORS AND SIGNIFICANT VARIATIONS FROM THE GUIDELINE ABOVE IN SEPARATE CORRESPONDENCE; FOR EXAMPLE, COMMANDS IN KOREA ADD A COMMENT/REMARK THAT PERSONNEL TURNOVER IS ANNUAL VERSUS BI-ANNUALLY, WHICH IN TURN IDENTIFY TO CSF PLANNERS A GREATER MRT TRAINING REQUIREMENT THAN THEY WOULD FOR, AN AIT PLATOON SERGEANT OR BOLC-B INSTRUCTOR WHO ARE NORMALLY ON STABILIZED TOURS OF TWO YEARS OR LONGER.

3.E.2.B.12. (U) SUBMIT REQUIREMENT FOR VALIDATION TO THIS HQ, ATTENTION POC IN PARA 5.A. BELOW, NLT 1APR11.

3.E.3. (U) MRT CONTINUE TO EXECUTE DEPLOYMENT CYCLE RESILIENCE TRAINING USING CSF APPROVED TRAINING MODULES PROVIDED BY MRT. THE TRANSITION TO MRT REPLACING CHAPLAINS AS THE PROPONENT FOR DELIVERING DEPLOYMENT CYCLE RESILIENCE TRAINING (FORMERLY BATTLEMIND DEPLOYMENT-CYCLE RESILIENCE TRAINING) FOR ALL ACTIVE COMPONENT DEPLOYING UNITS WAS DIRECTED TO BE COMPLETED BY 1JAN11. ALL RESERVE COMPONENT UNITS WILL BE COMPLETED BY 1JAN12.

4. (U) ADMINISTRATION AND LOGISTICS. NOT USED.

5. (U) COMMAND AND SIGNAL.

5.A. (U) HQDA DAMO-CSF POC FOR THIS FRAGO: LTC COBB LASLIE, JAMES.LASLIE@CONUS.ARMY.MIL, 703-545-4333, (DSN: 865).

5.A.1. (U) GLOBAL ASSESSMENT TOOL (GAT) POC: CPT PAUL LESTER, PAUL.LESTER@CONUS.ARMY.MIL, 703-545-4338, (DSN: 865).

5.A.2. (U) COMPREHENSIVE RESILIENCE MODULES (CRM) POC: LTC JESSE HENDERSON, JESSE.HENDERSON@CONUS.ARMY.MIL, 703-545-1921, (DSN: 865).

5.A.3. (U) MASTER RESILIENCE TRAINING (MRT) POC: LTC COBB LASLIE, JAMES.LASLIE@CONUS.ARMY.MIL, 703-545-4333, (DSN: 865).

5.A.3.A. (U) ALTERNATE MRT POC: MSG RICHARD GONZALES, RICHARD.GONZALESJR@CONUS.ARMY.MIL, 703-545-4334, (DSN: 865).

5.A.3.B. (U) ALTERNATE MRT POC (ATTRS POC): MSG BRUCE KIDD, BRUCE.A.KIDD@CONUS.ARMY.MIL, 703-545-4328, (DSN: 865).

5.B. (U) ACKNOWLEDGE RECEIPT OF THIS FRAGO BY E-MAIL TO POC IN PARA

5.A.

5.C. (U) EXPIRATION DATE FOR THIS MESSAGE CANNOT BE DETERMINED.//