UNCLASSIFIED//

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

SUBJECT: COMPREHENSIVE SOLDIER FITNESS EXECUTION ORDER//

MSGID/ORDER/HQDA//
REFERENCES
TIMEZONE/Z//
1. (U) SITUATION.
1.A. (U) THIS IS AN EXECUTE ORDER.
1.B. (U) THE UNITED STATES AND ITS ARMY ARE IN THE EIGHTH YEAR OF WAR. OPERATIONAL DEMANDS HAVE PLACED TREMENDOUS STRESS ON SOLDIERS, FAMILIES AND ARMY CIVILIANS TO THE EXTENT THAT THE ARMY IS AT A POINT OF IMBALANCE GIVEN THE MISSIONS REQUIRED AND THE RESOURCES AVAILABLE. PEOPLE ARE THE MOST IMPORTANT RESOURCE IN MAINTAINING A WELL-TRAINED, STABLE AND EFFECTIVE FIGHTING FORCE THAT CAN FIGHT AND WIN THE NATION'S WARS. KEEPING THOSE SOLDIERS, THEIR FAMILIES AND THE ARMY CIVILIANS THAT SERVE AND SUPPORT THEM - HEALTHY IN MIND, BODY AND SPIRIT IS ONE OF THE MAJOR CHALLENGES FACING THE ARMY'S LEADERSHIP TODAY. THE ARMY HAS MADE GREAT PROGRESS TOWARDS ACHIEVING BALANCE, BUT MUST CONTINUE TO ADAPT AS AN INSTITUTION IN ORDER TO REACH THE DESIRED END STATE OF ENSURING SOLDIERS, FAMILY MEMBERS AND ARMY CIVILIANS POSSESS THE SKILLS TO ACHIEVE BALANCE IN THEIR LIVES AND BECOME RESILIENT TO THE CHANGING CONDITIONS AFFECTING THEIR LIVES AND FAMILIES.
1.C. (U) THE ARMY ESTABLISHED COMPREHENSIVE SOLDIER FITNESS (CSF) TO INCREASE THE FITNESS, HEALTH, AND RESILIENCE OF SOLDIERS, THEIR FAMILIES, AND ARMY CIVILIANS. RESILIENCE IS THE ABILITY TO GROW AND THRIVE IN THE FACE OF CHALLENGES AND BOUNCE BACK FROM ADVERSITY. CSF HELPS INCREASE FITNESS, HEALTH, AND RESILIENCE IN INDIVIDUALS BY ASSESSING THEIR STRENGTHS AND WEAKNESSES, THEN BY PROVIDING TRAINING IN THE FORM OF SELF-DEVELOPMENT MODULES AND RESILIENCE BUILDING TECHNIQUES THAT TEACH SPECIFIC MENTAL AND PHYSICAL SKILLS. THESE TECHNIQUES ARE DESIGNED TO INCREASE FITNESS AND HEALTH IN THE PHYSICAL, EMOTIONAL, SOCIAL FAMILY AND SPIRITUAL DIMENSIONS OF RESILIENCE.
1.D. (U) THERE ARE FOUR KEY ELEMENTS (LINES OF EFFORT) WITHIN THE CSF PROGRAM. THE GLOBAL ASSESSMENT TOOL (GAT), COMPREHENSIVE RESILIENCE MODULES (CRM), THE MASTER RESILIENCE TRAINER (MRT) PROGRAM AND RESILIENCE TRAINING (RT). THE GAT WAS DEVELOPED BY BOTH MILITARY AND ACADEMIC EXPERTS TO ASSESS AN INDIVIDUAL’S FITNESS AND HEALTH IN THE DIMENSIONS OF RESILIENCE. THE RESULTS OF THE GAT DIRECT THE INDIVIDUAL TO SELF-DEVELOPMENT TRAINING KNOWN AS COMPREHENSIVE RESILIENCE MODULES (CRM). CRMS ARE DESIGNED TO PROVIDE ON LINE, INFORMATION AND INSTRUCTION ON RESILIENCE TO INDIVIDUALS. MASTER RESILIENCE TRAINERS (MRT) ARE TRAINED TO PLAN AND PROVIDE RESILIENCE TRAINING TO SOLDIERS, FAMILIES AND ARMY
CIVILIANS AT THE UNIT AND INSTALLATION LEVEL. RESILIENCE TRAINING (RT) IS PROGRAMMED TO BE AVAILABLE WITHIN THE NEXT YEAR AT EVERY ARMY SCHOOL AND AT EVERY LEVEL OF MILITARY TRAINING FROM INITIAL ENTRY TRAINING THROUGH THE ARMY WAR COLLEGE. ADDITIONALLY, RT INSTRUCTION WILL BE PROVIDED IN OPERATIONAL UNITS AND AT INSTALLATIONS THROUGH THE EFFORTS OF THE MRTS. THE GLOBAL ASSESSMENT TOOL, COMPREHENSIVE RESILIENCE MODULES, AND RESILIENCE TRAINING ARE MANDATORY FOR SOLDIERS, BUT VOLUNTARY FOR FAMILY MEMBERS AND ARMY CIVILIANS.

1.E. (U) THE INAUGURAL GAT ASSESSMENT SURVEYS HAVE BEEN FIELDED AND ARE PRESENTLY BEING TAKEN BY SOLDIERS, FAMILY MEMBERS AND ARMY CIVILIANS. FOLLOW-ON GAT SURVEYS ARE IN DEVELOPMENT AND WILL BE FURTHER TAILORED TO BETTER SERVE THE NEEDS OF THE TOTAL ARMY FAMILY. INITIAL CRMS HAVE ALSO BEEN FIELDED AND ARE BEING TAKEN BY INDIVIDUALS. CSF IS CONSTANTLY EXPANDING THE LIBRARY OF CRMS TO ENSURE MODULES ADEQUATELY ADDRESS THE SPECIFIC NEEDS IDENTIFIED BY THE GAT FINDINGS. ADDITIONAL CRMS WILL BE BROUGHT ON LINE THROUGHOUT THIS YEAR AND INTO THE FORESEEABLE FUTURE. AN MRT TRAINING COURSE HAS BEEN ESTABLISHED AT THE UNIVERSITY OF PENNSYLVANIA AND CLASSES ARE BEING CONDUCTED MONTHLY. THE ARMY HAS ALSO ESTABLISHED A SECOND MRT TRAINING COURSE AT FT JACKSON, SC. THIS COURSE WILL BEGIN IN APRIL OF 2010. RT HAS BEGUN TO BE INTEGRATED INTO ARMY SCHOOLS, TRAINING GUIDANCE DOCUMENTS AND INTO ACTUAL UNIT AND INSTALLATION TRAINING.

2. (U) MISSION. EFFECTIVE 1 OCTOBER 2009, HEADQUARTERS, DEPARTMENT OF THE ARMY (HQDA) INITIATES CSF TO BUILD SOLDIER, THEIR FAMILY, AND ARMY CIVILIAN FITNESS, HEALTH, AND RESILIENCE IN ORDER TO ENHANCE PERFORMANCE AND IMPROVE INDIVIDUAL AND UNIT READINESS.

3. (U) EXECUTION.

3.A. (U) INTENT. THE COMPREHENSIVE SOLDIER FITNESS (CSF) PROGRAM WILL PROVIDE 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 CSF DIRECTORATE WILL FIRST ESTABLISH AN ON LINE SYSTEM TO ASSESS AN INDIVIDUAL'S RESILIENCE AND THEN PROVIDE FOLLOW-ON INFORMATION AND MODULES DESIGNED TO ASSIST IN BUILDING FITNESS, HEALTH, AND RESILIENCE. NEXT CSF WILL ESTABLISH A MASTER RESILIENCE TRAINER SPECIALTY WHOSE MISSION WILL BE TO SERVE AS THE SUBJECT MATTER EXPERT IN TRAINING RESILIENCE IN UNITS, AT INSTALLATIONS, AND IN ARMY SCHOOLS AND NCO ACADEMIES. FINALLY, CSF, IN COORDINATION WITH THE TRAINING AND DOCTRINE COMMAND, WILL IMPLEMENT RESILIENCE TRAINING IN ARMY SCHOOLS AND NCO ACADEMIES FROM INITIAL ENTRY TRAINING THROUGH THE ARMY WAR COLLEGE. 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) THE CSF DIRECTORATE WILL DEVELOP, FIELD, AND INSTITUTIONALIZE A COMPREHENSIVE SOLDIER FITNESS (CSF) PROGRAM FOR THE TOTAL ARMY. THE PROGRAM IS DIVIDED INTO THREE PHASES: PHASE 1. DEVELOP CONCEPTS, DEVELOP AND BEGIN FIELDING CSF PROGRAM PRODUCTS AND SYSTEMS, AND INITIATE A TRAINING PROGRAM FOR MASTER RESILIENCE TRAINERS (MRT); PHASE 2. IMPLEMENT RESILIENCE TRAINING, BUILD ADDITIONAL CAPACITY AND CAPABILITY WITHIN THE PROGRAM TO SERVE AN EXPANDING REQUIREMENT; PHASE 3. INITIATE STEADY STATE OPERATIONS AND INSTITUTIONALIZE THE COMPREHENSIVE SOLDIER FITNESS PROGRAM.


3.B.2. (U) PHASE 2: PROVIDE GUIDANCE AND RESOURCES TO INSTITUTE RESILIENCE TRAINING THROUGHOUT THE FORCE. BUILD ADDITIONAL CAPACITY AND CAPABILITY WITHIN THE CSF SUPPORT STRUCTURE, SYSTEMS, AND RESOURCING IN ORDER TO SUPPORT AN EXPANDING DEMAND FOR CSF PRODUCTS, TRAINING, AND SUPPORT.

3.B.2.A. (U) GAT. CSF WILL EXPAND THE NUMBER OF GAT SURVEYS TAILORED TO MEET THE NEEDS OF ALL COHORTS (SOLDIER, FAMILY, CIVILIAN, AND INITIAL ENTRY TRAINEE). ADDITIONALLY, CSF WILL PROVIDE THE SYSTEMS AND RESOURCES TO ENSURE THAT ALL SOLDIERS ARE ABLE TO SATISFY THE REQUIREMENT TO TAKE THE GAT SURVEY ANNUALLY. FINALLY, INSTITUTE A SYSTEM TO PERIODICALLY REVIEW, UPDATE, AND VALIDATE ALL GAT SURVEYS TO ENSURE EFFICACY AND EMPLOYMENT OF THE BEST PRACTICES, TECHNIQUES AND SCIENCE AVAILABLE.

3.B.2.B. (U) CRM. CSF WILL OVERSEE THE DEVELOPMENT AND EXPANSION OF CRMS TO ENSURE MODULES CONTINUE TO ADEQUATELY ADDRESS THE SPECIFIC NEEDS IDENTIFIED BY THE GAT FINDINGS. CSF WILL ALSO INSTITUTE A SYSTEM TO PERIODICALLY UPDATE, VALIDATE AND PROVIDE CRITICAL REVIEW ALL CRMS ENSURING THAT THEY ARE CURRENT, EMPLOYING THE BEST PRACTICES AVAILABLE, AND ADDRESS THE NEED OF EVERY COHORT (SOLDIER, FAMILY MEMBER, ARMY CIVILIAN AND INITIAL ENTRY TRAINEE) AND DIMENSION (FAMILY, SOCIAL, EMOTIONAL, SPIRITUAL, PHYSICAL). CRMS WILL BE DEVELOPED AND BROUGHT ON LINE THROUGHOUT THIS YEAR AND INTO THE FORESEEABLE FUTURE.

3.B.2.C. (U) MRT. TRAINING AND ENSURING THE PROPER ASSIGNMENT OF MASTER RESILIENCE TRAINERS TO UNITS, SCHOOLS AND INSTALLATIONS ARE THE CRITICAL ELEMENT TO INSTITUTING AN ARMY WIDE RESILIENCE TRAINING PROGRAM. FIRST, CSF WILL INCREASE THE CAPACITY TO TRAIN MRTS BY CONTINUING, IN THE NEAR TERM, TO OPERATE THE MRT COURSE AT THE UNIVERSITY OF PENNSYLVANIA AND, IN COORDINATION WITH TRADOC, ESTABLISHING AN MRT COURSE AT FORT JACKSON, SC. THIS WILL ENSURE AN ADEQUATE NUMBER OF SCHOOL TRAINED RESILIENCE TRAINERS ARE IN EVERY UNIT, SCHOOL AND INSTALLATION. FINALLY, CSF WILL CONDUCT AN ASSESSMENT OF THE LONG TERM REQUIREMENTS FOR TRAINING MRTS IN ORDER TO SET STUDENT ENROLLMENT ALLOCATIONS FOR THE NEXT TWO YEARS. ENDSTATE IS TO SUBMIT ENROLLMENT BY COMMAND AND ALLOCATION PROJECTIONS TO THE ARMY TRAINING REQUIREMENTS AND RESOURCES SYSTEM (ATRRS).

3.B.2.D. (U) RESILIENCE TRAINING. CSF, IN COORDINATION WITH TRADOC, WILL DEVELOP AND FIELD A PROGRAM TO INTEGRATE RESILIENCE TRAINING IN EVERY ARMY SCHOOL AND NCO ACADEMY FROM INITIAL ENTRY TRAINING THROUGH THE SENIOR SERVICE COLLEGE. ADDITIONALLY, FORSCOM WILL ENSURE THAT RESILIENCE TRAINING IS INTEGRATED INTO TRAINING AT THE ARMY'S TRAINING CENTERS AND MOBILIZATION CENTERS. FINALLY, CSF, IN COORDINATION WITH THE UNIVERSITY OF PENNSYLVANIA AND TRADOC, WILL DEVELOP AND FIELD RESILIENCE TRAINING COURSES FOR USE BY MRTS IN UNITS AND AT INSTALLATIONS TO PROVIDE RESILIENCE TRAINING TO THE FIELD.
3.B.2.E. (U) DIRECTORATE. THE ARMY CSF DIRECTORATE WILL CONTINUE TO GO THROUGH INSTITUTIONAL CHANGES. THIS CHANGE WILL MOVE THE DIRECTORATE FROM A DEVELOPMENTAL FOCUSED PROGRAM TO AN IMPLEMENTING FOCUSED DIRECTORATE CAPABLE OF PLANNING, BUDGETING, PROGRAMMING, ASSESSING, IMPROVING, AND EXECUTING THE CSF PROGRAM. CSF WILL ASSESS AND ANALYZE MANNING AND RESOURCING REQUIREMENTS TO ACCOMPLISH THE AFOREMENTIONED PROCESSES AND TASKS. CSF WILL DEVELOP AND SUBMIT FOR APPROVAL A TDA TO ENSURE EFFICIENT OPERATION OF THE DIRECTORATE.

3.B.2.F. (U) PHASE 2 WILL BE COMPLETE WHEN EVERY SOLDIER IN THE TOTAL FORCE (ACTIVE, GUARD, AND RESERVE) HAS COMPLETED THE GLOBAL ASSESSMENT TOOL AND TAKEN THEIR INITIAL COMPREHENSIVE RESILIENCE MODULES. A SYSTEMATIC REVIEW IS UNDERTAKEN REGULARLY IN ORDER TO UPDATE GAT SURVEYS AND CRMS. THE ARMY WILL HAVE FIELDED NOT LESS THAN 1800 MASTER RESILIENCE TRAINERS, BE ON TRACK TO FIELD THE BALANCE OF THE 5400 REQUIRED, AND HAVE ACHIEVED INITIAL OPERATING CAPABILITY TO TRAIN 1800 MASTER RESILIENCE TRAINERS PER YEAR WITHIN THE ARMY INSTITUTIONAL SCHOOLS SYSTEM. IN ADDITION, AT THE END OF PHASE 2, RESILIENCE TRAINING HAS BEEN INSTITUTED IN ALL UNITS, ON INSTALLATIONS AND IN ALL ARMY SCHOOLS. FINALLY, A TDA MANNING DOCUMENT HAS BEEN DEVELOPED, SUBMITTED, AND APPROVED TO ENSURE CSF HAS THE PERSONNEL STRENGTH CAPABLE OF SUSTAINING, MAINTAINING AND, WHEN REQUIRED, EXPANDING THE CSF PROGRAM.


3.B.2.H. (U) GAT. CSF DEVELOPS AND INSTITUTES SUSTAINMENT AND MAINTENANCE PROCEDURES FOR THE GAT SURVEY SYSTEM. CSF CONTINUES TO PERIODICALLY REVIEW, UPDATE AND VALIDATE ALL GAT SURVEYS TO ENSURE EFFICACY AND THAT THE GAT IS EMPLOYING THE BEST PRACTICES, TECHNIQUES AND SCIENCE AVAILABLE. ADDITIONALLY, CSF WILL UPDATE GAT SURVEYS WITH A FREQUENCY TO ENSURE THAT SURVEY QUESTIONS CHANGE EACH TIME AN INDIVIDUAL TAKES THE GAT.

3.B.2.I. (U) CRM. CSF DEVELOPS AND INSTITUTES SUSTAINMENT AND MAINTENANCE PROCEDURES FOR THE CRM SYSTEM. CSF CONTINUES TO DEVELOP AND EXPAND THE LIBRARY OF CRMS TO ENSURE MODULES CONTINUE TO ADEQUATELY ADDRESS THE SPECIFIC NEEDS IDENTIFIED BY THE GAT FINDINGS. CSF DEVELOPS AND INSTITUTES A SYSTEM WHERE CRMS ARE DEVELOPED, PUT INTO THE VIEWING ROTATION, AND THEN RETIRED WITH A FREQUENCY TO ENSURE THAT INDIVIDUALS ARE NOT REFERRED TO THE SAME MODULE MULTIPLE TIMES.

3.B.2.J. (U) MRT. CSF WILL ASSESS LONG-TERM REQUIREMENTS FOR MRTS IN UNITS, ON INSTALLATIONS AND IN ARMY SCHOOLS IN ORDER TO ADJUST MRT REQUIREMENTS. CSF WILL ASSESS IF THE MRT PRODUCING COURSES ARE CAPABLE OF PRODUCING AN ADEQUATE NUMBER OF MRTS TO SATISFY THE REQUIREMENT. CSF WILL PHASE OUT THE MRT COURSE AT THE UNIVERSITY OF PENNSYLVANIA WHEN STUDENT REQUIREMENT PROJECTIONS INDICATE THAT THE TRADOC MRT COURSE CAN TRAIN THE REQUIRED NUMBER OF MRTS NEEDED FOR SERVICE. CSF, IN COORDINATION WITH TRADOC, WILL ESTABLISH A MASTER RESILIENCE TRAINER FACILITATOR TRAINING CAPABILITY AT THE TRADOC MRT COURSE.

3.B.2.K. (U) RT. CSF WILL INSTITUTIONALIZE RESILIENCE TRAINING AND THE CSF DIRECTORATE BY DEVELOPING AN ARMY REGULATION TO PROVIDE STRUCTURE,
MANNING, RESOURCES AND DIRECTION FOR THE CSF PROGRAM. CODIFY RESILIENCE TRAINING REQUIREMENTS IN AR 350-1 AND OTHER APPROPRIATE AND APPLICABLE TRAINING PUBLICATIONS TO ENSURE RESILIENCE TRAINING IS CONDUCTED TO STANDARD AND CONSISTENTLY THROUGHOUT THE FORCE.

3.B.2.L. (U) PHASE 3 WILL BE COMPLETE WHEN EVERY SOLDIER IS TAKING THE GAT ANNUALLY, COMPLETING THE APPROPRIATE CRM MODULES AND RECEIVING RESILIENCE TRAINING IN THE UNIT, ON INSTALLATIONS OR IN ARMY SCHOOLS WITH REGULARITY; FAMILY MEMBERS AND ARMY CIVILIANS ARE AFFORDED THE OPPORTUNITY TO PARTICIPATE VOLUNTARILY IN THE GAT, CRM AND RESILIENCE TRAINING; AND A COMPREHENSIVE SOLDIER FITNESS ARMY REGULATION HAS BEEN PUBLISHED. FINALLY, CSF HAS INSTITUTED A SYSTEM FOR REVIEWING, UPDATING, AND VALIDATING ALL SYSTEMS WITHIN THE CSF PROGRAM.

3.B.3. (U) TASKS TO SUBORDINATE UNITS.

3.B.4. (U) TRADOC.


3.B.4.B. (U) NLT 30 APRIL 2010 ESTABLISH A COURSE TO TRAIN MASTER RESILIENCE TRAINERS (MRT) IN ORDER TO PROVIDE RESILIENCE TRAINING TO THE UNIT LEVEL ACROSS THE FORCE. PLANNING FACTORS:

3.B.4.B.1. (U) INITIAL OPERATING CAPABILITY (IOC) - NLT 30 APRIL 2010. IOC DEFINED AS THE CAPACITY TO TRAIN AT LEAST 30 MRTS PER MONTH.

3.B.4.B.2. (U) FULL OPERATING CAPABILITY (FOC) - NLT 31 DECEMBER 2010. FOC IS DEFINED AS THE CAPACITY TO TRAIN 1800 MRTS ANNUALLY (OPTIMUM CAPACITY) ON AN ENDURING BASIS AND THE RESIDENT CAPACITY TO SURGE TRAINING TO 2400 MRTS ANNUALLY (MAXIMUM CAPACITY).

3.B.4.B.3. (U) MRT COURSE PROGRAM OF INSTRUCTION (POI) AND CADRE STRUCTURE WILL CONFORM TO THE UNIVERSITY OF PENNSYLVANIA (UPENN) MRT COURSE CURRENTLY PROVIDED TO THE ARMY UNDER CONTRACT. TRADOC WILL BUILD 2 MRT TRAINING TEAMS IN ORDER TO TRAIN THE OPTIMUM TRAINING CAPACITY (1800/YEAR). TRADOC IS AUTHORIZED TO BUILD ADDITIONAL MRT TRAINING TEAMS IN ORDER TO MEET THE MAXIMUM TRAINING CAPACITY (2400/YEAR). CADRE:

3.B.4.B.4. (U) ONE (1) PRIMARY INSTRUCTOR PER 60 STUDENT CLASS.

3.B.4.B.5. (U) TWO (2) TRAINERS PER 60 STUDENT CLASS.

3.B.4.B.6. (U) TWELVE (12) FACILITATORS PER 60 STUDENT CLASS (5 TO 1 RATION STUDENTS TO FACILITATOR).

3.B.4.B.7. (U) INTENT IS THAT FACILITATORS BE AN EQUAL MIX OF CIVILIAN AND MILITARY PERSONNEL.

3.B.4.B.8. (U) DIRLAUTH TO COORDINATE TRAINING AND CERTIFICATION OF THE MRT COURSE CADRE WITH UPENN.

3.B.4.B.9. (U) DIRLAUTH TO WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR RTRO) AND THE ARMY CENTER FOR ENHANCED PERFORMANCE (ACEP) TO SUPPORT THE SUSTAINMENT AND ENHANCEMENT PORTIONS OF THE MRT POI.


PRE-COMMAND COURSE (PCC), AND THE ARMY WAR COLLEGE (AWC). FOR WARRANT OFFICERS THIS INCLUDES: WARRANT OFFICER BASIC COURSE (WOBC), WARRANT OFFICER ADVANCED COURSE (WOAC), WARRANT OFFICER STAFF COURSE (WOSC), AND THE WARRANT OFFICER SENIOR STAFF COURSE (WOSSC). FOR ENLISTED PERSONNEL THIS INCLUDES: BASIC COMBAT TRAINING (BCT), WARRIOR LEADER COURSE (WLC), ADVANCED LEADERS COURSE (ALC), SENIOR LEADERS COURSE (SLC) AND THE SERGEANTS MAJOR’S COURSE (SMC). SRT LESSON PLANS ARE TO BE PROVIDED BY THE SPECIFIED TRAINING DEVELOPER, WRAIR-RTRO.

3.B.4.E. (U) NLT 1 OCTOBER 2010, IMPLEMENT THE INITIAL ENTRY TRAINEE (IET) GAT (GAT-I) AT BASIC COMBAT TRAINING (BCT) AND AT BASIC OFFICER LEADER COURSE - BRAVO (BOLC-B) IN ORDER TO ESTABLISH A SOLDIERS RESILIENCE BASELINE WITHIN THREE (3) WEEKS OF INITIATING INITIAL MILITARY TRAINING.

3.B.4.F. (U) NLT 1 OCTOBER 2010, ENSURE THAT EVERY BRANCH SCHOOL CONDUCTING INITIAL MILITARY TRAINING (IMT) AND PROFESSIONAL MILITARY EDUCATION (PME) HAS AT LEAST TWO (2) MRT TRAINED STAFF AND FACULTY MEMBERS TO SERVE AS RESILIENCE SUBJECT MATTER EXPERTS (SMES) TO ASSIST WITH THE INTEGRATION OF SRT INSTRUCTION THROUGHOUT IMT AND PME.

3.B.4.G. (U) NLT 1 OCTOBER 2010, EVERY COMMAND WITH AN ASSIGNED OR OPCONED NONCOMMISSIONED OFFICERS ACADEMY (NCOA) WILL ENSURE AT LEAST ONE (1) MRT IS AVAILABLE TO PROVIDE RESILIENCE SME SUPPORT TO THE NCOA AND TO ENABLE SRT INSTRUCTION TO BE PRESENTED.

3.B.4.H. (U) ALL OSUT DRILL SERGEANTS, AIT PLATOON SERGEANTS, AND BOLC-B INSTRUCTOR/TRAINERS (TAC OFFICER) AND 25% OF BCT DRILL SERGEANTS ASSIGNED AFTER 1 JANUARY 2010 ARE REQUIRED TO BE MRT QUALIFIED WITHIN 180 DAYS OF ASSIGNMENT.

3.B.4.I. (U) ALL AIT PLATOON SERGEANT COURSE STUDENTS GRADUATING AFTER 1 APRIL 2010 WILL ATTEND THE FOLLOW-ON TRADOC MRT COURSE, FORT JACKSON, SC, PRIOR TO REPORTING TO THEIR DUTY ASSIGNMENT.

3.B.4.J. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT TRAVEL OF FORSCOM PERSONNEL AttENDING THE MRT COURSE.

3.B.4.K. (U) COORDINATE WITH FORSCOM TO ASSIST IN INSTITUTIONALIZING RT AT ALL FORSCOM UNITS AND TRAINING CENTERS (NTC, JRTC, CMTC, CRC AND 1ST ARMY MOBILIZATION STATIONS).

3.B.4.L. (U) DEVELOPMENT AND IMPLEMENT A TWO HOUR PRE-COMMISSIONING, RESILIENCE TRAINING COURSE (MODULE) TO BE ADDED TO THE CADET CURRICULUM. THIS COURSE WILL BE TAUGHT AT THE BEGINNING OF ACADEMIC YEAR 2010-2011. THIS MODULE WILL BE DEVELOPED BY THE WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR-RTRO) AND WILL BE TAUGHT ONCE DURING A CADET’S PRE-COMMISSIONING TRAINING.

3.B.4.L.1. (U) COORDINATE WITH AND ASSIST USMA IN THE DEVELOPMENT AND IMPLEMENTATION OF A TWO HOUR PRE-COMMISSIONING, RESILIENCE TRAINING COURSE (MODULE) TO BE ADDED TO THE CADET CURRICULUM.

3.B.4.M. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM IN TRADOC.

3.B.5. (U) FORSCOM

3.B.5.A. (U) NLT 1 OCTOBER 2010, DEVELOP AND IMPLEMENT PLANS, POLICIES AND PROCEDURES TO IMPLEMENT CSF IN ALL FORSCOM UNITS AND INSTALLATIONS.

3.B.5.B. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM IN FORSCOM.
3.B.5.C. (U) COORDINATE WITH TRADOC TO INSTITUTIONALIZE RT AT ALL FORSCOM UNITS AND TRAINING CENTERS (NTC, JRTC, CMTC, CRC AND 1ST ARMY MOBILIZATION STATIONS).
3.B.5.D. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.
3.B.5.F. (U) NLT 1 OCTOBER 2010 EVERY COMMAND WITH AN ASSIGNED OR OPCONED NONCOMMISSIONED OFFICERS ACADEMY (NCOA) WILL ENSURE AT LEAST ONE (1) MRT IS AVAILABLE TO PROVIDE RESILIENCE SME SUPPORT TO THE NCOA AND TO ENABLE SRT INSTRUCTION TO BE PRESENTED.
3.B.5.G. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM IN FORSCOM.
3.B.6. (U) 1ST ARMY
3.B.6.A. (U) NLT 1 OCTOBER 2010 DEVELOP AND IMPLEMENT PLANS, POLICIES AND PROCEDURES TO IMPLEMENT CSF IN ALL 1ST ARMY UNITS AND ACTIVITIES.
3.B.6.B. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.
3.B.6.C. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM IN 1ST ARMY.
3.B.7. (U) MEDCOM.
3.B.7.A. (U) ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL (AMEDDC&S) PROVIDES DIRECT SUPPORT TO WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR RTRO) BY ASSISTING IN THE DEVELOPMENT OF RESILIENCE TRAINING LESSON PLANS AND TRAINING SUPPORT PACKAGES.
3.B.7.B. (U) ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL (AMEDDC&S) PROVIDES DIRECT SUPPORT TO WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR RTRO) AND THE ARMY CENTER FOR ENHANCED PERFORMANCE (ACEP) IN THE DEVELOPMENT AND CONDUCT OF THE SUSTAINMENT PORTION OF THE MRT TRAINING COURSE UNTIL TRADOC’S MRT COURSE ASSUMES THE FULL TRAINING MISSION TO INCLUDE SUSTAINMENT.
3.B.7.C. (U) SUSTAINMENT RESILIENCE TRAINING LESSON PLANS ARE TO BE DEVELOPED AND PROVIDED BY THE WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING RESEARCH OFFICE (WRAIR-RTRO) WHO SERVES AS THE SPECIFIED TRAINING DEVELOPER.
3.B.8. (U) USMA.
3.B.8.A. (U) THE ARMY CENTER FOR ENHANCED PERFORMANCE (ACEP) WILL DEVELOP AND CONDUCT THE SUSTAINMENT PORTION OF THE MRT TRAINING COURSE AT THE UNIVERSITY OF PENNSYLVANIA AND AT FT JACKSON'S VICTORY UNIVERSITY UNTIL TRADOC’S MRT SCHOOL ASSUMES THE FULL TRAINING MISSION TO INCLUDE SUSTAINMENT.
3.B.8.B. (U) COORDINATE WITH TRADOC TO INCLUDE A TWO HOUR PRE-
COMMISSIONING RESILIENCE TRAINING MODULE IN THE USMA CADET CURRICULUM TO
BE FIRST TAUGHT BEGINNING IN ACADEMIC YEAR 2010-2011. THIS MODULE WILL BE
DEVELOPED BY THE WALTER REED ARMY INSTITUTE OF RESILIENCE TRAINING
RESEARCH OFFICE (WRAIR-RTRO) TO BE TAUGHT ONCE DURING A CADET'S PRE-
COMMISSIONING TRAINING.
3.B.9. (U) ARMY CHIEF OF STAFF OF INSTALLATION MANAGEMENT (ACSIM)/
INSTALLATION MANAGEMENT COMMAND (IMCOM)
3.B.9.A. (U) GARRISONS WILL TRAIN AT LEAST TWO (2) ACS STAFF MEMBERS AS
MRTS PER INSTALLATION TO PROVIDE CSF RESILIENCE TRAINING, TO INCLUDE
DEPLOYMENT CYCLE RESILIENCE TRAINING, TO ARMY FAMILIES.
3.B.9.B. (U) IN COORDINATION WITH ARMY CSF, IMPLEMENT THE STRATEGIC
COMMUNICATION PLAN TO ENSURE THAT ARMY FAMILIES ARE AWARE OF THE CSF
PROGRAM FOR SOLDIERS, FAMILIES AND DA CIVILIANS.
3.B.9.C. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT
TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.
3.B.9.D. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE
UNIQUE PLANNING, BUDGETING, AND IMPLEMENTING REQUIREMENTS ASSOCIATED WITH
INSTALLATIONS AND FAMILY MEMBERS.
3.B.10. (U) ARMY NATIONAL GUARD (ARNG)
3.B.10.A. (U) NLT 1 OCTOBER 2010, DEVELOP AND IMPLEMENT PLANS, POLICIES,
AND PROCEDURES TO IMPLEMENT CSF IN THE ARNG.
3.B.10.B. (U) COORDINATE WITH TRADOC TO INSTITUTIONALIZE RT WITHIN ARNG
TRAINING INSTITUTIONS.
3.B.10.C. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT
TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.
3.B.10.D. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE
UNIQUE PLANNING, BUDGETING, AND IMPLEMENTING REQUIREMENTS ASSOCIATED WITH
THE NATIONAL GUARD.
3.B.10.E. (U) DETERMINE BUDGETING AND PROGRAMMING FOR THE NATIONAL GUARD
PERSONNEL, ARMY (NGPA) AND MTSA REQUIREMENTS TO SUPPORT SENDING SOLDIERS
TO THE MRT COURSE.
3.B.11. (U) UNITED STATES ARMY RESERVE COMMAND (USARC)
3.B.11.A. (U) NLT 1 OCTOBER 2010, DEVELOP AND IMPLEMENT PLANS, POLICIES,
AND PROCEDURES TO IMPLEMENT CSF IN THE USAR.
3.B.11.B. (U) COORDINATE WITH TRADOC TO INSTITUTIONALIZE RT WITHIN USAR
TRAINING INSTITUTIONS.
3.B.11.C. (U) DETERMINE RESOURCE REQUIREMENTS ASSOCIATED WITH STUDENT
TRAVEL OF FORSCOM PERSONNEL ATTENDING THE MRT COURSE.
3.B.11.D. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE
UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED
WITH INITIATING THE CSF PROGRAM IN USARC.
3.B.12. (U) HQDA, G1
3.B.12.A. (U) SUPPORT ESTABLISHMENT OF AN ADDITIONAL SKILL IDENTIFIER
(ASI) UNDER THE PROVISIONS OF AR 611-1 AND DA PAM 611-21 TO SUPPORT
IDENTIFICATION OF CERTIFIED MRTS AND TO SUPPORT PROPER UTILIZATION OF
THIS CRITICAL CAPABILITY.
3.B.12.B. (U) ENSURE ALL CLASSES ARE MAINTAINED ON THE ARMY TRAINING
REQUIREMENTS AND RESOURCES SYSTEM (ATRRS) IN ORDER TO ALLOW THE ARMY TO
TRACK WHO HAS ATTENDED THE MRT COURSE.
3.B.12.C. (U) SOLDIERS SELECTED FOR MRT TRAINING AND TO SERVE AS AN MRT
WILL BE STABILIZED FOR 24 MONTHS EXCEPT FOR THOSE SOLDIERS DEPLOYED OR
STATIONED IN AN AREA WHERE LESS THAN 24 MONTHS TIME ON STATION IS THE
STANDARD.
3.B.12.D. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, MANNING, AND IMPLEMENTING REQUIREMENTS ASSOCIATED WITH FIELDING THE ARMY CIVILIAN ACTION PLAN FOR CSF.

3.B.13. (U) HQDA, G3/5/7

3.B.13.A. (U) ICW THE DCS G-1 AND THE PROVISIONS OF AR 611-1 AND DA PAM 611-21, SUPPORT ESTABLISHMENT OF IDENTIFIER CODE TRACKING MECHANISM(S) TO IDENTIFY THOSE INDIVIDUALS TRAINED AS MASTER RESILIENCE TRAINERS (MRT) AND MRT- FACILITATORS AND DOCUMENT THE HQDA APPROVED REQUIREMENTS IN THE ARMY FORCE MANAGEMENT SYSTEM (FMS) FOR MRTS AND MRT FACILITATORS TO SUPPORT UTILIZATION IN DOCUMENTED POSITIONS.

3.B.13.B. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE PLANNING, BUDGETING AND IMPLEMENTED THE REQUIREMENTS ASSOCIATED WITH INITIATING THE CSF PROGRAM.

3.B.14. (U) HQDA, ASA(FMC)

3.B.14.A. (U) FUNDING FOR CSF AND ITS' FOUR (4) LINES OF EFFORT WILL CONTINUE TO BE FUNDED AS A YEAR OF EXECUTION BILL DURING FY10. FY11 FUNDING FOR REQUIREMENTS ABOVE THOSE SUBMITTED IN THE FY11 BUDGET WILL BE SUBMITTED AS A YEAR OF EXECUTION BILL. CSF WILL SUBMIT REQUIREMENTS TO BE INCLUDED IN THE POM 12-17. SENIOR LEADER POM DECISIONS WILL DIRECT FINANCIAL MANAGEMENT OF CSF REQUIREMENTS.

3.B.14.B. (U) PROVIDE AN LNO TO THE DIRECTOR, ARMY CSF TO SUPPORT THE UNIQUE BUDGETING AND PROGRAMMING REQUIREMENTS ASSOCIATED WITH FIELDING CSF.

3.C. (U) COORDINATING INSTRUCTIONS.

3.C.1. (U) THIS EXORD IS EFFECTIVE UPON RELEASE.

3.C.2. (U) LINES OF EFFORT ARE DEFINED BELOW.

3.C.2.A. (U) GLOBAL ASSESSMENT TOOL (GAT). THE GAT IS A SURVEY BASED INSTRUMENT USED TO ASSESS THE DIMENSIONS OF EMOTIONAL, SPIRITUAL, SOCIAL, FAMILY AND PHYSICAL FITNESS. DEVELOPED BY SUBJECT MATTER EXPERTS FROM THE U.S. MILITARY AND ACADEMIA, THE GAT COMPRISES A SERIES OF QUESTIONS, DRAWN FROM SCIENTIFICALLY VALIDATE D SCALES. ADMINISTERED ONLINE VIA ARMY KNOWLEDGE ONLINE (AKO), IT TAKES ABOUT 10 TO 15 MINUTES TO COMPLETE, AND Rapidly estimates an individual's fitness in these five dimensions of strength. the global assessment tool is MANDATORY FOR SOLDIERS, BUT VOLUNTARY FOR FAMILY MEMBERS AND ARMY CIVILIANS.


3.C.2.A.2. (U) REQUESTS FOR ACCESS TO GAT RESPONSES OF A DECEASED SOLDIER MUST BE PROCESSED FOR RELEASE IN ACCORDANCE WITH THE FREEDOM OF INFORMATION ACT AND ARMY REGULATION 25-55.

3.C.2.A.3. (U) GAT RESPONSES, RESULTS AND STATISTICS. REQUESTS FOR ACCESS TO DOCUMENTS REFLECTING GAT STATISTICS, ANALYSIS OR TRENDS MUST BE

3.C.2.C. (U) MASTER RESILIENCE TRAINERS (MRT). THE MASTER RESILIENCE TRAINER (MRT) PROVIDES RESILIENCE TRAINING PLANNING, CONDUCTS CLASSES ON RESILIENCE AND IS THE ORGANIZATIONS POINT OF CONTACT FOR INFORMATION REGARDING RESILIENCE TRAINING AND COMPREHENSIVE SOLDIER FITNESS. A SOLDIER OR CIVILIAN SERVING AS AN MRT MUST HAVE GRADUATED FROM A DEPARTMENT OF THE ARMY APPROVED MASTER RESILIENCE TRAINER COURSE. MRTS WILL BE GRADUATES OF THE MRTC WILL RECEIVE AN 8R SQI AND WILL BE CERTIFIED AS AN MRT.

3.C.2.D. (U) RESILIENCE TRAINING (RT). RT FOCUSES ON RESILIENCE FUNDAMENTALS, LEADER EDUCATION AND DEPLOYMENT CYCLE RESILIENCE AS WELL AS IMPROVING PERSONAL AND PROFESSIONAL PERFORMANCE. PREPARATION TRAINING IS BASED ON EDUCATIONAL RESEARCH, SUSTAINMENT TRAINING IS BASED ON ARMY BEHAVIORAL HEALTH RESEARCH AND ENHANCEMENT TRAINING IS BASED ON PERFORMANCE AND SPORTS PSYCHOLOGY RESEARCH. RT PROGRAMS PROMOTE POSITIVE, STRENGTH BASED, ACTION-ORIENTED PRINCIPLES AND INCLUDE THE RECURRING THEMES OF SELF-AWARENESS, SELF-REGULATION AND POSITIVE LEADER ATTRIBUTES.

3.D. (U) FUNDING.

3.D.1. (U) HQDA WILL NOT PROVIDE FUNDING FOR ACOM, ASCC, DRU OR UNIT COMMANDER RESILIENCE PROGRAMS WITHOUT PRIOR APPROVAL.

3.D.2. (U) TRAVEL EXPENSES ASSOCIATED WITH PERSONNEL ATTENDING AN AUTHORIZED MRT COURSE ARE CENTRALLY FUNDED WITH ACTIVE DUTY SOLDIERS APPROVED FOR MTSA USE.

4. (U) COMMAND AND SIGNAL.

4.A. (U) COMMAND.

4.B. (U) CONTROL.

4.B.1. (U) REPORTS.


4.C. (U) SIGNAL.


4.C.2. (U) ACKNOWLEDGE RECEIPT BY E-MAIL TO POC IN PARA 3.

4.D. (U) EXPIRATION DATE FOR THIS MESSAGE CANNOT BE DETERMINED.
LIEUTENANT GENERAL, GS
DEPUTY CHIEF OF STAFF, G-3/5/7

EXPIRATION DATE FOR THIS MESSAGE CANNOT BE DETERMINED.