

Happy Holidays!!!

Volume 1, Issue 3

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INDIANA RESILIENCE



Show Me The Money!!!

We've all been anticipating the reduction in Defense spending—it has been more of a question of "When" rather than "If" it was going to happen. "When" is now.

In previous years, we have been able to conduct at least four RTA classes. With such a substantial reduction in our FY15 budget, virtually every military program felt the violent tug of the purse strings. The Resilience Program was no different. Under the current amount of money that Indiana has received for Resilience, we are unable to schedule any RTA classes.

Unfortunately, that is not

the only area of the program that took a hit. Master Resilience Trainer School seat funding is also affected. We were allocated 41 school seats but we were only given funding for less than half of those.

Needless to say, it's time to start really thinking outside the box.

Peer to Peer Classes were a great addition to repertoire for our E4s & below in 2014. The goal is to still provide that opportunity but obviously in a different way (i.e. Split Training, unit level training, etc) since there is not additional monies for it. If you and your Command

would like to see a 2-day peer to peer, RTA, MRT Refresher or another type of Resilience training class in your area, please [contact us](#).



Hopefully we have been good enough to get more money in the second half of the year!

Inside this issue:

Funding FY15	1
MRT-C MTT	1
R2C update	2
GAT & Command Profile	2
ArmyFit	2
MRT Vacancies	3
MRT Resource Center	3

Special points of interest:

- Creative thinking is the focus as the military faces budget reductions
- 28 MRT Seats available at Camp Atterbury from 13-24 July 2015
- GAT Results may soon be available to MRTs & Commanders
- Indiana needs to fill MRT vacancies

MRT Mobile Training Team comes to Indiana

It's official! A CSF2 Mobile Training Team is scheduled to conduct one Master Resilience Trainer Course for 28 select Indiana National Guard Members from 13-28 July 2015. This training will be conducted at the 138th Regional Training Institute. Lodging will be provided to all

attendees and food will be served at the post dining facility. Priority seating will go to units with a MRT vacancy. AT Funds for pay and travel may have to be utilized but this will be reviewed on a case by case basis. Units with a MRT currently assigned are welcome to pro-

vide names of a secondary MRT in the event that a seat becomes available. Secondary MRT candidates will be required to use AT funds and AT travel funds to attend the class.

Please pass this information on to your Command Teams as a resource to gain a MRT.



Ready & Resilient Update

The Ready and Resilient Campaign plan has taken flight. Each quarter, we now participate in a conference call at the National level. Each Adjutant General provides a briefing of very specific metrics of how we determine the readiness of the force at each State level. Some of these metrics include MRT fill rate, suicide completions, sexual assaults reported, safety incidents (such as car accidents) which resulted from risky behaviors, and so on. What this means to us as MRTs is—how much can we do

to help from a preventative / proactive standpoint? The answer is "A LOT". We need to lead the charge on prevention and education. This is not to suggest that we need to lead ALL programs dealing with prevention. However, we do need to make it our job to fully educate our Command Teams, Staff, Soldiers and Family Members in Resilience Skills and provide resource awareness. This is paramount in encouraging, establishing and maintaining a Ready and Resilient force and families. Many of those resources are located at Tyndall Armory (Service Member and Family Support Center). Check out the last page of this newsletter for more information on those resources.

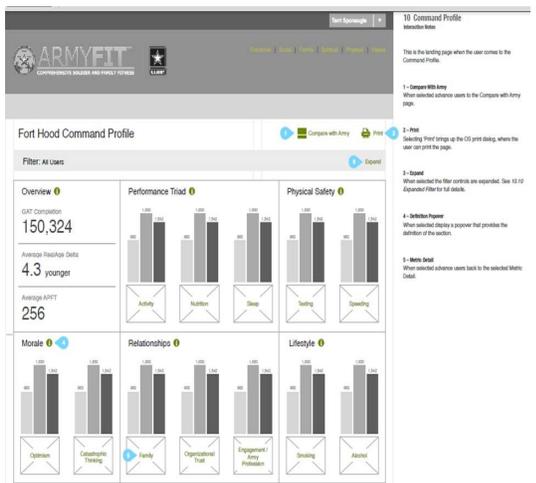


Ready & Resilient Logo

GAT & Command Profile

Previously, with the launching of GAT 2.0 CSF2 introduced a new tool called the Commanders Community Profile (CCP). This tool is designed to give the State/Territories (S/T) TAG and/or Army Commanders an awareness of specific issues/areas based on the GAT results within the S/T. The GAT is still confidential and the report will only give general information overall and not on specific unit information. The report

will only be issued at the S/T level at this time. Indiana is taking part in the piloting of the CCP for the Army National Guard. We should begin receiving monthly reports after the new year. If all works out well, we will be sharing that information with you in the next quarterly newsletter.



Army Fit

If you haven't been able to explore the ArmyFit website yet, hopefully you can find the time soon.

Remember that ArmyFit is the main hub for all things "Soldier". It looks much more like a social media site than the traditional military website. Further, when you log in, it is personalized to the Soldier. In addition to Leadership Re-

ports capability and MRT Resource Center access, once a Soldier takes the extremely in depth Global Assessment Tool (GAT) - which is required annually—everything becomes personalized to their lifestyle.

If you haven't completed your GAT within the last 90 days, check it out! It has changed....A LOT!



The Performance Triad



MRT Vacancies

As you well know, MRTs are a required input on a unit NetUSR. We currently have 53 UICs with a MRT vacancy (Out of 155 UICs). Here is a list of UICs with a MRT vacancy:

W78CAA	WPGGAA
W7MBAA	WPHEA0
W90RAA	WPHEB0
WPCPE0	WPJLC0
WPCPF0	WPN9A1
WPCTA0	WPPCC0
WPCTB0	WPPGA0
WPCTC0	WPPQT0
WPCTD0	WPPRA0
WPEAAA	WPPRB0



How many MRTs does it take to change a light bulb?

WPPRC0	WTQVF0	W90RA1
WPPTA0	WV7QC0	W90RA2
WPPWA0	WVCQAA	W90RA3
WPPWB0	WVCUAA	W90RA4
WPPWC0	WVCUB0	W90RB1
WPPWD0	WVCUC0	W90RB2
WPPQB0	WVCVA0	W90RB3
WPSFAA	WVMSAA	W90RB4
WPXJAA	WX6FAA	W90RC1
WPYDAA	WX9XAA	W90RC2
WQPEAA	WY1FAA	W90RC3
		W90RC4

RSDs— 25% of cadre must be MRT qualified!

Typically, a prerequisite to become a MRT is to have completed the RTA course. However, with funding constraints as they are, as qualified MRTs understand the requirements and demands of becoming and serving as a unit MRT, MRT endorsements for those who have not completed RTA Training will be honored. Submit all endorsements to the [State Resilience Coordinator](#).

IMPORTANT NOTE:

The above UIC list is as of 10 December 2014 and based upon the definition of a Company for units reporting of MRTs in USR, "having a Commander and or 100 PAX". **HOWEVER, as of 15 December 2014, the above roster will change based upon the NEW definition of a MRT reportable Company "a unit with an authorized First Sergeant and 50 or more PAX".**

MRT Resource Center

As you already know, all documents and resources are available to qualified MRTs in the MRT Resource Center which can be accessed through the ArmyFit website. This includes all version 3.0 refresher videos, power point presentations, participant worksheets, regulations and more. Most of these items are located under the Training Support Package (TSP). This is a great way to brush up on or revitalize your

skills as an instructor.

RTAs still do not have access to this site and it does not look as though they will in the future either. Sorry RTAs.

If you are a qualified MRT and do not have access or know how to get into the MRT Resource Center, [let us know](#).



As always, we want feedback from you! We want to hear how you and your Command are implementing and incorporating Resilience training into your drill schedules. Also, please share your personal experiences of how you have seen Resilience training working in the lives you have touched.

Please send [feedback!](#)



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Resources & Events



Holiday Toy Packing Party
JFHQ-IN-J9

It is definitely a busy time of the year for everyone! It is fun and stressful too.

Keep the following resources in your repertoire of services within the Indiana National Guard and within the community.

AMERICAN REDCROSS:

1-877-272-7337

ARMY NATIONAL GUARD CHAPLAIN:

317-508-2573

CRISIS INTERVENTION TEAM:

317-247-3114

DIRECTOR PSYCHOLOGICAL HEALTH:

317-247-3155

FAMILY ASSISTANCE 24 HR HOTLINE:

800-237-2850 ext. 73192

INDIANA NATIONAL GUARD CHILD & YOUTH PROGRAM:

317-247-3300 X 85441

MILITARY ONESOURCE:

800-342-9647

NATIONAL CALLCENTER FOR HOMELESS VETERANS:

877-424-3838

NATIONAL SUICIDE PREVENTION LIFE-LINE:

800-273-8255

SEXUAL ASSAULT RESPONSE COORDINATOR:

317-247-3172

TRANSITION ASSISTANCE ADVISOR:

317-247-3300 ext. 85444 & 85472

TRICARE

877-874-2273

**HAPPY
HOLIDAYS
FROM ALL
OF US TO
ALL OF
YOU!!!!**