



INDIANA RESILIENCE

INDIANA NATIONAL GUARD



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Upcoming RTA Courses

MAY 20-23

JUNE 24-27

AUGUST 5-8

*If you have soldiers who are good candidates to become RTAs, then this would be a good opportunity to get them trained. Talk to your Units about submitting soldiers for training. If you have any questions please contact any member of the State Resilience Team.

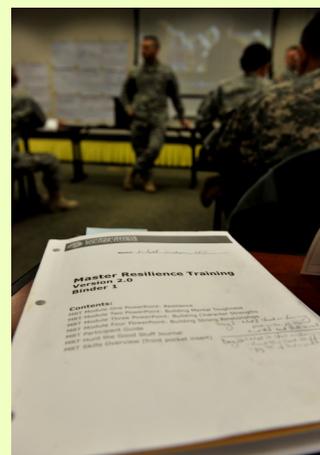
MRT Refresher Training

MRT 3.0 is scheduled to be executed in March. Once we have our team members trained with the new material, we need to update our current MRTs. This update will be important so that soldiers are receiving the most up to date training.

The Resilience Team's intent is to hold a two day refresher training in order to facilitate the

distribution of the new material. We are looking at few dates during the late spring –summer months, so that MRTs will have an opportunity to work around scheduling conflicts. This will be a good time to brush up on some skills, learn a few new resilience tools, and network with fellow MRTs.

Once funding has been approved and the dates are finalized a schedule will be distributed via e-mail.



ArmyFit Replaces Soldier Fitness Tracker

As of 25 January the CSF2 Division replaced the Soldier Fitness Tracker with ArmyFit.

ArmyFit is CSF2's online training environment for Soldiers, Family members and Army Civilians. After completion of the Global

Assessment Tool (GAT) 2.0, users are placed in the ArmyFit environment and are provided with tailored videos, information and people/organizations to follow based on their GAT 2.0 scores. Ref. (<http://csf2.army.mil/armyfit.html>)

**this program does not require a CaC card.*



Indiana State Resilience Team

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- **Ready and Resilient Campaign (R2C)**
Army Chief of Staff, Gen Odierno launched his R2C March 1, 2013. Here is what it means to you and your Commander.
<http://www.army.mil/readyandresilient>
- **This month's pillar is Spiritual Resilience.**
<http://www.realwarriors.net/active/treatment/spirituality.php>

We Are On The Web!

<http://www.in.ng.mil/WarriorResources/Resilience>
Check Out Our Facebook Page:
[INNG_Resilience](#)

INNG Resilience Program Update:

MRTs - 112 Active / 114 Trained

RTAs - 444 Active / 507 Trained

RESILIENCE

EMOTIONAL | SOCIAL | PHYSICAL | SPIRITUAL | FAMILY

COMPREHENSIVE SOLDIER FITNESS
PHYSICAL | SOCIAL | SPIRITUAL | FAMILY

COMPREHENSIVE AIRMAN FITNESS
Commit | Commitment | Spiritual

Conquering Life's Complications

Contact: Resilience Team ☎ 317-247-3300 ext. 85471 85483

LEARN TO MASTER THE PHYSICAL, EMOTIONAL, SOCIAL, SPIRITUAL, & FAMILY STRESSES OF MILITARY LIFE.

BECOME A MASTER RESILIENCE TRAINER

- LIVE AND TEACH RESILIENCE
- ASSIST COMMANDER IN PROVIDING TRAINING FOR FAMILIES
- PROVIDE TRAINING DURING NCO/DPD AND SERGEANT'S TIME
- TRAIN OTHER LEADERS
- SERVE AS COMMANDER'S PRINCIPAL ADVISOR ON COMPREHENSIVE SOLDIER FITNESS AND RESILIENCE
- ATTEND A 10-DAY HRT TRAINING COURSE AND BE AUTHORIZED THE BR ADDITIONAL SKILL IDENTIFIER.
- ASSIST THE TRAINING NCO

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A Ready & Resilient Force.

Find out more information at csf.army.mil

<https://www.milbooks.mil/books/grespu/emgtrn> <https://gtraining.army.gentagca.mil/>

CSF2 App for iPhone/Android

The app is free for everyone and only takes a minute to download on your phone or tablet device. To search for the app, simply go to the Apple store or the Google play store and search for Army Resilience. The first app to pop up will say “Goal Setting-Soldier Fitness”. Just click on the app and download it.

Once you download the app and open it, you will have the option of two choices to click on. The first option to choose is the U.S. Army Handbook.

Inside the handbook, you have seven options to choose from.

The options include: CG Foreword, How to Use This Book, GAT, CSF, Resilience Skills Overview, Goal Setting and Helpful Hints. Each icon once selected is basically an overview of what the Resilience program is all about. There are tips and pointers that a user can reference if they needed to reference Resilience with minimal time available.

The other option to choose is the Goal Circle. If you choose this option, it takes you to the Goal Circle in which a user can select each step for this process. Once you select one of the steps in the Goal Circle, it will go into greater detail regarding that step. It will give you a definition, references, and examples of that step. I find this option a little more detailed and helpful than the overview option.