



CHIEF NATIONAL GUARD BUREAU INSTRUCTION

NGB-JSG
DISTRIBUTION: A

CNGBI 0300.01
16 November 2018

NATIONAL GUARD WARRIOR RESILIENCE AND FITNESS PROGRAM

Reference: CJCS Instruction 3405.01, 01, 23 September 2013, "Chairman's Total Force Fitness Framework"

1. Purpose. This instruction establishes policy and assigns responsibilities for the National Guard (NG) Warrior Resilience and Fitness (WR&F) Program in accordance with the reference.
2. Cancellation. None.
3. Applicability. This instruction applies to all elements of the NG.
4. Policy. It is NG policy to integrate a holistic approach to wellness and fitness by promoting basic behavioral health self-care and performance improvement efforts; by strengthening and sustaining psychological health and resilience to improve readiness; and by ensuring the effectiveness and relevance of NG prevention strategies through the total force fitness (TFF) framework. The TFF framework provides guidance in the delivery of universal prevention strategies to mitigate a range of issues such as suicide, sexual assault, substance abuse, domestic violence, legal and financial difficulties, and relationship issues.
 - a. The WR&F Program ensures that the multiple programs supporting the well-being and resiliency of NG members and their families are synchronized to the greatest extent possible and meet the needs of the force. It integrates NG capabilities to support TFF for operational readiness through a comprehensive system that emphasizes prevention; addresses risky behaviors; provides early identification, targeted intervention, and continuity of care; is evidenced based; and supports innovation.
 - b. The TFF framework is a methodology for understanding, assessing, and maintaining Service members' well-being and sustaining their ability to carry

UNCLASSIFIED

out missions. It extends to strengthening resilience in families, communities, and organizations and consists of eight distinct domains as illustrated in Figure 1:

(1) Physical Fitness. The ability to physically accomplish all aspects of the mission while remaining healthy and uninjured.

(2) Environmental Fitness. The ability to perform mission-specific duties in any environment.

(3) Medical and Dental Fitness. The ability to meet established standards for medical readiness.

(4) Spiritual Fitness. The ability to adhere to beliefs, principles, or values needed to persevere and prevail in accomplishing missions.

(5) Nutritional Fitness. The ability to recognize and select the requisite nutrition to sustain and optimize physical and cognitive performance and health.

(6) Psychological Fitness. The ability to effectively cope with the unique mental stressors and challenges needed to ensure mission readiness.

(7) Behavioral Fitness. The relationship between one's behaviors and health, including personal financial resource management.

(8) Social Fitness. The ability to engage in healthy social networks that promote overall well-being and optimal performance.



Figure 1. Total Force Fitness Framework

5. Definitions. See Glossary.
6. Responsibilities. See Enclosure A.
7. Summary of Changes. This is the initial publication of CNGBI 0300.01.
8. Releasability. This instruction is approved for public release; distribution is unlimited. Obtain copies through <www.ngbpdc.ngb.army.mil>.

9. Effective Date. This instruction is effective upon signature and must be reissued, cancelled, or certified as current within five years from the date signed.



JOSEPH L. LENGYEL
General, USAF
Chief, National Guard Bureau

Enclosures:

A -- Responsibilities
GL -- Glossary

ENCLOSURE A

RESPONSIBILITIES

1. Chief of the National Guard Bureau (CNGB). The CNGB will:

- a. Establish a comprehensive WR&F Program targeting operational readiness by providing integrated psychological health and resilience capabilities and technology to Service members, psychological health providers (PHPs), units, and leaders at all levels.
- b. Ensure the Army National Guard (ARNG) and Air National Guard (ANG) maintain programs to address their unique wellness needs and ensure program efforts are effective across NG components.
- c. Appoint a National Guard Bureau (NGB) lead to direct the WR&F Program and ensure it is properly staffed and resourced to support the health of the force by promoting a culture of help-seeking behavior and enhancing Service members' access to wellness and support services.
- d. Establish a General Officer Advisory Council for WR&F to strengthen the total force of the NG by developing integrated strategies, oversight, and synchronization of psychological health, prevention, and resiliency efforts.
- e. Approve joint measures, definitions, and standards to be developed and provided by the NGB WR&F Office.

2. The Adjutants General (TAGs) and the Commanding General of the District of Columbia (CG). TAGs and the CG will:

- a. Ensure coordination between State Joint Force Headquarters and other Federal, State, and local and nongovernmental organizations and institutions of higher learning (for example, universities) that support psychological health, wellness, and resiliency of the total force and their families.
- b. Ensure all psychological health, prevention, and resiliency programs within the State are effective.
- c. Appoint a State lead to coordinate WR&F efforts; identify best practices, trends, issues, and corrective actions within the State; and ensure synchronization with joint NGB WR&F Program requirements.
- d. Ensure established metrics are provided to the NGB WR&F Office as required.

3. NGB WR&F Office. The NGB WR&F Office will:
- a. Serve as the CNGB's office of primary responsibility for standardizing plans, policy, and programs.
 - b. Enhance data collection and analysis processes to improve service delivery and operational support.
 - c. Develop, evaluate, and sustain technology-driven solutions and process improvement initiatives.
 - d. Shape and support training efforts to ensure standardized practices and techniques are being implemented.
 - e. Integrate the ARNG and ANG TFF efforts by developing joint measures and standards and, in close coordination with the ARNG and ANG program managers, consolidate joint metrics to be provided to the CNGB.
 - f. Monitor national healthcare performance measures, standards, and benchmarks in coordination with the Defense Health Agency and our sister Services.
 - g. Leverage efforts from existing ARNG Community Health Promotion Councils and ANG Community Action Boards to identify best practices, joint trends, isolated issues, and corrective actions taken or planned.
 - h. Collaborate with Federal partners and nongovernmental organizations to enhance the help-seeking culture within the NG and expand the wellness, prevention, and resilience networks by ensuring that the NGB leverages best practices from a broad range of interagency programs and initiatives to support the TFF and well-being of Service members and families.

GLOSSARY

PART I. ACRONYMS

ANG	Air National Guard
ARNG	Army National Guard
CG	Commanding General of the District of Columbia
CNGB	Chief of the National Guard Bureau
DPH	Director of Psychological Health
NG	National Guard
NGB	National Guard Bureau
PHP	Psychological health provider
TAG	The Adjutant General
TFF	Total force fitness
WR&F	Warrior Resilience and Fitness

PART II. DEFINITIONS

Continuity of Care -- A hallmark and primary objective of family medicine consistent with quality patient care provided through a patient-centered medical home. Continuity of care is facilitated by a physician-led, team-based approach to health care. It reduces fragmentation of care and thus improves patient safety and quality of care.

Holistic -- Characterized by treatment of the whole person, taking into account mental and social factors, rather than just the physical symptoms of a disease.

Resilience -- The ability to withstand, recover, grow, and adapt under challenging circumstances.