

Warrior Resilience & Fitness Division

NGB J1 Programs



The National Guard Bureau (NGB) Manpower and Personnel Directorate's (J1) Warrior Resilience and Fitness (J1-W) Division supports evidence-informed activities with broad application across the National Guard (NG) to prevent harmful behaviors among Service members (SMs) and their Families by addressing risk and protective factors.

National Programs

J1-W administers National Programs and provides program training and implementation support to States, Territories, and the District of Columbia (DC). National Programs receive priority funding and technical support. Most National Programs begin as State Programs.

Connectedness and Relationship Education (CARE)	An integrated, comprehensive, person-centered (eco)system which builds connection, increases protective factors, and promotes holistic health in support of SMs and their Families throughout their careers. The system combines multiple courses and tools like the First Line Leader course which increases relational awareness, builds trust and connectedness, facilitates unit cohesion, and trains leaders to recognize and mitigate risks early to prevent harmful behaviors. The system also includes the Coaching Basics course which builds leaders self-efficacy and prepares them to develop their SMs more effectively.
Project SafeGuard	A lethal means safety training and counseling curriculum that uses peer-to-peer intervention to reduce the negative stigma associated with delivering lethal means training and provides SMs with tools to protect themselves, fellow SMs, and their Families.

National – Select Programs

National – Select Programs receive financial and technical support to develop an implementation plan and tools to become a National Program.

Sleep Solutions	An evidence-based protocol first adapted for Army Special Forces and then the Florida Air National Guard. Behavioral Health clinicians are trained to assess a SMs sleep behaviors and provide individualized action plans to improve their sleep.
Work For Warriors	A free employment assistance program that connects job seekers to military friendly employers. Military skills and experience are translated in a way that resonant with employers.

State Programs

State Programs fall into two categories: new programs that are under evaluation to determine their effectiveness and/or feasibility for national implementation, and programs that address a unique or underserved demographic.

CALM & Collect GU ANG/ARNG	A dual-purpose program: CALM (Counseling on Access to Lethal Means) focuses on reducing access to methods people use to harm themselves; and Collect provides safe storage locations for firearms and other unusually dangerous means for individuals who do not have other means to keep themselves and others safe in crisis.
DREEM UT ANG/ARNG	A program to collect sleep data from SMs in/out of drill status (not connected to specific individuals Personal Identifiable Information (PII)). The information informs commanders on best practices for managing and maintaining variables related to resilience, cognitive ability, and total brain health.
Firearm Safety and Suicide Prevention NY ANG	Firearm safety courses that educate SMs and their Families on safe storage practices and lethal means reduction for suicide prevention.
Mental Health First Aid RI ANG/ARNG	An enhanced prevention and intervention skills training for a range of behavioral health issues. Full-day training teaches participants to recognize signs of distress and intervene for a range issues; offered to SMs, Families, civilians, and contractors.
SOAR FL ANG/ARNG	A peer advocacy program that supports Airmen wellness, resilience, and reintegration. SMs are trained to support peers impacted by operational stress, trauma, or traumatic loss and encourage the use of helping resources and services.

For more information, please contact the WRF Partnerships and Programs Branch at ng.ncr.ngb-arng.mbx.j1-programs@army.mil.