



# WARRIOR RESILIENCE & FITNESS DIVISION PROGRAMS

The National Guard Bureau's (NGB) Manpower Personnel Directorate Warrior Resilience and Fitness (WRF) Division administers National, National-Select, and State Programs, which provide program training and implementation support to States, Territories, and District of Columbia.

WRF Programs provide access to evidence-informed support with broad application across the National Guard (NG) to prevent harmful behaviors among Service members and their families by addressing risk and protective factors.

National Programs receive priority funding and technical support. Most National Programs begin as State programs.	
National Guard Connectedness & Relationship Education System (CARES)	An integrated, comprehensive, person-centered (eco)system that builds connection, increases protective factors, and promotes holistic health in support of Service members and their families throughout their careers. The system combines multiple courses and tools like the <b>First Line Leader</b> 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 <b>Coaching Basics</b> course, which builds leaders' self-efficacy and prepares them to develop their Service members more effectively. For additional information, please contact <a href="mailto:NG_Cares@Army.mil">NG_Cares@Army.mil</a> .
Project Safe Guard	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 Service members with tools to protect themselves, fellow Service members, and their families.
National – Select Programs receive financial and technical support to develop an implementation plan and tools to become a national program.	
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 resonates with employers.

For more information on WRF Programs, email [nq.ncr.ngb-arng.mbx.ngb-j1-programs@army.mil](mailto:nq.ncr.ngb-arng.mbx.ngb-j1-programs@army.mil).



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**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.

<b>Acute Crisis Care Essential to Service Member Support (ACCESS)</b>	A 24/7/365 virtual system for Service members experiencing a suicidal crisis or an acute behavioral health issue. ACCESS provides an established, accredited system of care by licensed, trained behavioral health nurses and/or social workers with access to psychiatry provider(s) as needed. <b>Available to South Dakota ANG and ARNG Service members, families, and civilians.</b>
<b>EvenPulse</b>	Practice-based training that teaches Airmen and their family's self-regulation and resiliency skills through breathwork, posture, and awareness exercises, directly influencing the body's response to stress. <b>Available to Colorado ANG Service members, families, and civilians.</b>
<b>Firearm Safety and Suicide Prevention</b>	Courses that educate Service members and their families on safe storage practices and lethal means reduction for suicide prevention. <b>Available to New York ANG Service members, families, and civilians.</b>
<b>Peer Influencer</b>	Training that assists junior enlisted in recognizing and responding to potential issues within their units and squadrons, such as sexual harassment, assault, suicidal ideation, bullying, and connecting impacted individuals to resources and services. <b>Available to Wyoming ANG and ARNG Service members, families, and civilians.</b>
<b>Risk Reduction and Suicide Prevention Program</b>	Scenario-based virtual reality training informs participants to safely interact with a virtual person in a crisis to promote the practices of ask, care, and escorting skills. <b>Available to Pennsylvania ARNG Service members, families, and civilians.</b>
<b>STRIKE</b>	Performance-based prevention activities and campaigns to improve help-seeking behavior and reduce suicide risk. <b>Available to California ANG and ARNG Service members, families, and civilians.</b>