



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 provides access to evidence-informed activities 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 and 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 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 Service members more effectively. For additional information, please contact NG_Cares@Army.mil .
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.
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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.

CALM & Collect	A dual-purpose program that focuses on reducing access to methods of self-harm (CALM (Counseling on Access to Lethal Means)) and provides lethal means storage locations to keep Service members and others safe in crisis (Collect). Available to Guam ANG and ARNG Service members, families, and civilians.
DREEM	A program to collect anonymous sleep data from Service members in/out of drill status. This information informs commanders on best practices for managing and maintaining variables related to resilience, cognitive ability, and total brain health. Available to Utah ANG and ARNG Service members, families, and civilians.
Firearm Safety and Suicide Prevention	Courses that educate Service members and their families on safe storage practices and lethal means reduction for suicide prevention. Available to New York ANG Service members, families, and civilians.
Mental Health First Aid	An enhanced prevention and intervention skills training program for a range of behavioral health issues. This full-day training teaches participants to recognize signs of distress and intervene for a range of issues and is offered to Service members, families, civilians, and contractors. Available to Rhode Island ANG and ARNG Service members, families, and civilians.
Acute Crisis Care Essential to Service Member Support (ACCESS)	A 24/7/365 virtual system of access for Service members experiencing a suicidal crisis or 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. Available to South Dakota ANG and ARNG Service members, families, and civilians.
Sexual Violence Prevention through Education and Empowerment	An interpersonal violence prevention program that fills educational gaps by offering three voluntary, in-person trainings to equip junior enlisted Service members with skills to prevent sexual violence and harassment through bystander intervention, relationship/consent, and empowerment-based training. Available to Utah ANG and ARNG Service members, families, and civilians.

For more information on WRF Programs, email ng.ncr.ngb-arng.mbx.ngb-j1-programs@army.mil.