

# Warrior Resilience & Fitness Division

## NGB-J1 Initiatives and Programs



The National Guard Bureau (NGB) Manpower and Personnel Directorate's (J1) Warrior Resilience and Fitness (WRF) Division supports 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.

NGB-J1 Initiatives receive technical and financial support to evaluate effectiveness and feasibility of expanding from local implementation to NG-wide execution. NGB-J1 Programs, which are administrated by NGB-J1, receive priority funding and ongoing technical support. Many NGB-J1 Initiatives and Programs began as State Initiatives (see [State Initiatives](#) fact sheet for details on current activities).

### NGB-J1 Initiatives

<b>Comprehensive Health and Wellness Program</b>	<b>Establish a culture of health and wellness within units.</b> Practical courses use behavior change, motivational interviewing, organizational development, and emotional intelligence to enable unit leaders and Service members (SM) to intervene at the root causes of risky behaviors across five wellness domains. This is a former State Initiative.
<b>Warfighter Brain Fitness</b>	<b>Increase productivity and improve mental acuity through an online cognitive training program.</b> Cognitive trainings and assessments delivered through a virtual portal to optimize online delivery of brain fitness program.
<b>Project SafeGuard</b>	<b>Provide lethal means safety training and counseling curriculum using peer-to-peer intervention.</b> The train-the-trainer model helps to reduce the negative stigma associated with delivering lethal means training and provide SMs with tools to protect themselves, fellow SMs, and their families.

### NGB-J1 Programs

<b>Start</b>	<b>Expand gatekeeper skills through online suicide prevention training.</b> Online gatekeeper training distributed to leadership, SM and spouses, and community partners to improve ability to identify and respond to SMs at risk for suicide. This is a former State Initiative.
<b>Prime for Life</b>	<b>Motivate SMs to change substance use behavior through nonjudgmental training.</b> Training provides substance abuse education and behavior change strategies for SMs identified as a substance abuse concern. Available as an in-person (Prime for Life) or online (MyPrime) training. This is a former State Initiative.
<b>Star Behavioral Health Providers (SBHP)</b>	<b>Improve military cultural competence of Behavioral Health (BH) providers.</b> Tier-based continuing education program to enhance BH providers' knowledge and skills for treating SMs, Veterans, and their families with reintegration- and deployment-related concerns. SBHP maintains an online registry to make it easy to find trained local support.
<b>Work for Warriors</b>	<b>Streamline employment support services using online platform.</b> Screening and referral to employment assistance and other NG resources for SMs, Veterans, and spouses through the online Zoho platform, which has built-in reporting capabilities to inform program efforts. This is a former State Initiative.

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