

Warrior Resilience & Fitness Division

Warrior Resilience & Fitness Innovation Incubator (WRFII)



WRFII aims to identify, evaluate, select, and disseminate evidence-based practices across the National Guard to promote resiliency and prevent harmful behaviors including suicide. Selected pilots receive funding and technical assistance to implement their programs and evaluate effectiveness. WRFII is supporting 27 pilots across 34 states, territories, and DC.

Identify Individuals at Risk

Behavioral Health Primary Prevention and Retention NM, SD ARNG/ANG	Proactively screen new recruits for pre-existing risk factors and provide preventative support to at-risk Service members (SMs). Screening for SMs during Recruit Sustainment Program to identify risk factors and provide proactive case management.
Start SC ARNG/ANG, in partnership with: HI, MD, MI, MN, MT, OH, OR, PA, RI, TN, WA, WI	Expand gatekeeper skills through online suicide prevention training. Online gatekeeper training distributed to leadership, SMs and spouses, and community partners to improve ability to identify and respond to SMs at risk for suicide.
Buddy Aid SD ARNG/ANG Receiving training WI, WY, IL, KY, MT, UT, VI	Operationalize sexual assault first response. Sexual assault prevention and response training designed to prepare <i>all</i> SMs to respond to disclosures of sexual assault and treat the threat of sexual assault as equally destructive as other common military threats.
Support Systems Coordinator OH ARNG/ANG	Create a protective environment around SMs through outreach to family/community gatekeepers. A coordinator promotes and coordinates NG and community resources to increase resource awareness and utilization of gatekeeper training and gun locks.
SASSI-4 Substance Abuse Assessment OK ARNG	Facilitate substance abuse referrals through online assessment. Online version of the Substance Abuse Subtle Screening Inventory (SASSI)-4 administered to self-referrals and positive urinalysis cases facilitates referral process.
Buddy Check TN ARNG/ANG	Target services to meet SM needs through an online survey. Online survey to identify SMs' psychosocial needs and connect them with resources and support within 72 hours.
Together Strong ND ARNG	Teach risk reduction communication skills through online training. Virtual role-playing training to teach participants how to identify and respond to those at risk for suicide and increase awareness of behavioral health resources.
Mental Health First Aid RI ARNG/ANG	Enhance prevention and intervention skills for a range of Behavioral Health (BH) issues. Full-day training teaches participants to recognize the signs of distress and intervene for a range of BH issues; offered to SMs, families, civilians, and contractors.

Provide Care and Treatment

Safe UTNG App UT ARNG/ANG	Reduce barriers to care through crisis intervention mobile app. A mobile app offers live chat with local clinicians, in partnership with the University of Utah, and allows SMs and their families to submit concerns about high-risk behavior.
NeuroWave VT ARNG/ANG	Provide a novel approach to optimize brain function through Magnetic e-Resonance Therapy. Treatment for PTSD, TBI, anxiety, and depression using a device that delivers a series of transcranial magnetic pulses tailored to the individual's brainwave activity.

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Create Protective Environments

Work for Warriors
GA ARNG/ANG

Streamline employment support services using online platform. Screening and referral to employment assistance for SMs, Veterans, and spouses through the online Zoho platform, which has built-in reporting capabilities to inform program efforts.

Crisis Response Plan
TX ARNG

Virtually train Behavioral Health Officers (BHO) and Chaplains on crisis response and lethal means safety counseling. Virtual training to enable BHOs and Chaplains to provide a brief evidence-based and client-centered intervention for SMs at risk of suicide.

Change Culture to Promote Help-seeking

Warrior F.I.T. (Functional, Intensive Training)
MA ARNG/ANG

Optimize performance through targeted health and nutrition resources. Physical readiness and healthy lifestyle training that triages SMs by need and provides in-person sessions, personalized feedback, and online learning tools.

CSF2 Resource Text Line
IN ARNG

Connect SMs with resources seamlessly through a text line. SMs receive an automatic response with contact information for military resources available to SMs and families.

Attack Exercise through Education (AXE)
KY ARNG

Partner with community fitness experts and SM mentors to promote fitness and nutrition. Education and coaching for selected SMs (APFT failures, height/weight concerns) on nutrition and fitness fundamentals.

Embedded Resiliency Teams
OR ANG/AF

Reduce stigma by integrating mental health, physical health, and fitness services into unit assemblies. Embedded services at a rotating squadron-level provide educational/recreational programming for Total Force Fitness domains.

146th Airlift Wing Nutrition Initiative
CA ANG

Provide nutrition education, planning, and consultation for SMs and their families. In-person and virtual sessions with a nutritionist for SMs struggling to pass fitness tests and their immediate family.

Yoga Shield
IA ARNG/ANG

Reduce stress through yoga developed for military populations. SMs trained on the Yoga Shield model, including somatic and cognitive exercises, are embedded in units/squadrons to provide yoga classes on a regular basis.

Breaking through Barriers
DC, MD, VA ARNG

Eliminate stigma as a barrier to help-seeking through training and marketing. Social marketing materials and train-the-trainer sessions to teach trainers how to incorporate anti-stigma content within existing trainings (e.g., suicide and substance abuse prevention)

Enhance Life Skills, Resiliency, and Connectedness

Alcohol and Drug Abuse Prevention Training (ADAPT)
MA ARNG/ANG

Intervene early to restore substance-impaired Soldiers to duty. Educational services, using an updated version of the ADAPT curriculum, to respond to potential drug and alcohol concerns before they jeopardize readiness or careers.

Risk Reduction Psycho-education
CT ARNG

Advance a holistic approach to wellness through quarterly group education. Psycho-education group includes substance abuse, coping mechanisms, finances, employment, education, and insurance for SMs who failed drug tests or self-refer.

Electronic Couples Relationship Education
MI, RI ARNG/ANG

Build couples' relationship skills to promote psychological health. A mixed-methods initial efficacy trial, in partnership with Michigan State University, that assesses how relationship education impacts psychological health.



Enhance Life Skills, Resiliency, and Connectedness (continued)

Prime for Life/My Prime NM, NJ, ND ARNG	Motivate SMs to change substance use behavior through nonjudgmental training. 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.
First Line Leader Course – Relational Leadership OH ARNG	Build trust through counseling and relationship skills training for first line leaders. Advanced training for conducting effective individual counseling with SMs, building professional relationships with subordinates, and facilitating unit cohesion.
Ready and Resilient Warrior Workshop HI ARNG/ANG	Bolster self-esteem and sense of purpose for high-risk SMs. Seven-session workshop for high-risk SMs and post-deployment units focused on communication, relationships, coping, lifestyle, and finances.
142nd Air Wing Resiliency Team and Training OR ANG	Enhance resiliency through centralized resources and online training. Embedded one stop shop services and resources combined with EvenPulse training, a live, online, skill-based resilience training.
Purple Resolve NV ARNG/ANG	Promote collective resilience and connectedness through organization-level training. Annual organizational-level training focused on cultural change by enhancing connectedness and collective resiliency.

The table below presents pilots that WRFII supported in FY19 and FY20. Although these pilots are no longer receiving funding or active technical assistance, they are still invited to participate in pilot community calls and encouraged to share results of their ongoing evaluation efforts and request technical assistance as needed.

Pilots Previously Supported by WRFII

Supportive Services Council (SSC) CA ARNG/ANG	Targeted interventions for at-risk units. SSC evaluates Unit Risk Inventory results, develops a risk mitigation plan, distributes resources, and offers site visits and tailored trainings to units at high or medium risk.
Embedded Clinician CT ARNG/ANG	Increase access to care through embedded community providers. Community providers embedded at every drill weekend provide services and referrals in partnership with the CT Department of Mental Health and Addiction Services.
One Stop Shops SC ARNG/ANG	Integrate access to resources and services through One Stop Shops. One Stop Shops in each district provide holistic services (ID card, behavioral health, VA advisors, health/wellness, and transitional/employment) to SMs and Veterans.
Comprehensive Airman Fitness Wellness Initiative MT ANG	Promote SM connectedness through educational and social events. Provides monthly lunch and learns as well as day and evening events for SMs, families, and the community to promote wellness and social cohesion.
Expedition NG and O28 AR ARNG/ANG	Promote resiliency and connectedness through experiential learning. Outdoor-adventure trainings for new recruits build resilience, relationships, and leadership skills to increase accession and retention.

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