



Compendium of Warrior Resilience & Fitness (WRF) Strategies

CHANGE CULTURE TO PROMOTE HELP-SEEKING

- + Total Force Fitness
- + Awareness campaigns
- + Resource coordination
- + Peer and leadership support

ENHANCE LIFE SKILLS, CONNECTEDNESS, AND RESILIENCY

- + Community engagement
- + Family and relationship programs
- + Psycho-education
- + Social-emotional learning

LESSEN SECONDARY AND FUTURE HARM

- + Responsible media reporting
- + Outreach to survivors
- + Surveillance



IDENTIFY PEOPLE AT RISK

- + Gatekeeper training
- + Screening tools
- + Predictive analytics
- + Methods to detect imminent risk

PROVIDE CARE AND TREATMENT

- + Ensure access to care
- + Address substance abuse
- + Crisis lines / intervention
- + Active follow-up
- + Family education / involvement

CREATE PROTECTIVE ENVIRONMENTS

- + Strengthen economic support
- + Manage lethal means
 - Safe storage options
 - Means restriction counseling
 - Education for firearm distributors
 - Barriers at suicide hotspots

Examples of Evidence-based Programs



- + ASIST
- + QPR
- + Columbia - Suicide Severity Rating Scale



- + Caring Contacts
- + Safety Planning



- + Means Restriction Education
- + Firearm Safe Storage Devices



- + Connect Suicide Prevention



- + After Deployment, Adaptive Parenting
- + Life Guard



- + Sources of Strength

The Compendium of Warrior Resilience & Fitness (WRF) Strategies provides a common approach that states, territories, and DC can leverage as they design suicide prevention, psychological health, and resiliency programs that address their local needs.

METHODOLOGY

A review of academic research, suicide prevention strategies, evidence-based programs, National Guard Bureau expert input, and established military programs was conducted to compile programs and practices.

APPLICABILITY TO NATIONAL GUARD POPULATION

Senior leaders can utilize this model to identify gaps in their prevention programs and then further identify specific strategies and existing programs that may address those gaps. An effective prevention program aims to incorporate all six domains of evidence-based practices outlined in the Compendium of WRF Strategies.

WRF Innovation Incubator

WRFII aims to identify, select, evaluate, and disseminate evidence-based practices across the National Guard (NG) 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 working with 22 pilots across 29 states and territories.

	Assess Needs & Gaps	Survey the landscape to assess the needs of NG Soldiers and Airmen and determine related gaps in services and programs
	Invite Submissions	Invite submissions for innovative pilot programs from across the NG; designate priority areas based on current needs and related gaps
	Select Pilots to Fund	Evaluate and select pilots for funding using rigorous criteria + Addresses priority area + Based on a requirement + Effective + Suitable for population + Feasible + Robust evaluation plan + Novel
	Evaluate Effectiveness	Provide technical assistance to selected pilots to enable teams to evaluate program effectiveness
	Disseminate & Implement	Disseminate information about pilot outcomes and implement effective programs

Domain	FY19 Pilots	FY20 Pilots
 Identify and Assist Individuals at Risk	+ Supportive Services Council (SSC) - CA + Behavioral Health Primary Prevention and Retention – NM, SD + Start - SC, HI, MD, MI, MN, MT, OH, OR, PA, RI, TN, WA, WI + Buddy Aid - SD, WI, WY, IL, KY, MT, UT, VI	+ SASSI-4 Substance Abuse Assessment - OK
 Provide Care and Treatment	+ Embedded Clinician - CT	+ Safe UTNG App – UT + MeRT – VT
 Change Culture to Promote Help-seeking	+ Work for Warriors – GA + Warrior F.I.T. (Functional, Intensive Training) – MA + Support Systems Coordinator – OH + One Stop Shops - SC	+ CSF2 Resource Text Line – IN + AXE – KY + Embedded Resiliency Teams - OR
 Enhance Life-skills, Resiliency, and Connectedness	+ Alcohol and Drug Abuse Prevention Training (ADAPT) - MA + Comprehensive Airman Fitness Wellness Initiative - MT	+ Expedition NG and O28 – AR, MO, OK + Risk Reduction Psycho-education – CT + Electronic Couples Relationship Education – MI + Prime for Life – NM + First Line Leader Course, Relational Leadership - OH