

# Response/Recovery (RE) Leadership Integrated Engagement Framework (RELIEF)



For examples of resources across all domains, click [here](#) to view the expanded list of resources in the RELIEF Resource Guide. For examples of resources specific to each domain, click on the headers.

## TRAIN & PREPARE FIRST RESPONDERS & LEADERS

- Psychosocial support training
- Crisis/grief leadership training
- Rapid skill training for new operational demands
- Preparation for reintegration

## PROMOTE CONNECTEDNESS & RESILIENCY

- Family/relationship support
- Leadership support
- Community engagement
- Resiliency training
- Peer support and unit cohesion
- Guidance for and access to communication platforms

## COORDINATE & COMMUNICATE ABOUT RESOURCES

- Clear communication about crisis and relief efforts
- Access to online resources
- Coordination of communication and response across organizations



## IDENTIFY AREAS OF NEED

- Screening to identify individuals at risk
- Assessments to identify strengths and areas of need
- Continual assessment, monitoring, and evaluation

## PROVIDE TIERED BEHAVIORAL HEALTH SUPPORT

- Universal – wellness, stress management, self-care
- Selective – interventions for at risk groups (e.g., military first responders)
- Indicated – treatment for individuals in need

## ADDRESS BASIC NEEDS & SAFETY

- Employment/finances
- Housing instability
- Childcare
- Food security and nutrition
- Access to care
- Interpersonal violence
- Lethal means safety (e.g., managing access to firearms, medications, etc., for those at risk)

# RELIEF Overview



The **Response/Recovery (RE) Leadership Integrated Engagement Framework (RELIEF)** provides a unified crisis response and recovery strategy for the National Guard (NG). RELIEF outlines key activities and areas of support states should consider to ensure that NG Service members are resilient during and after crisis response.

**Leaders** can identify the key domains on which to focus to develop a strong crisis response and state/territory recovery plan. Specific resources and programs are provided under each domain of RELIEF for illustrative purposes; however, leaders should work with state-level SMEs to identify the national and local resources that best meet the needs of their NG Service members.

**NGB/NG State Program** staff can explore how existing programs fit into evidence-based broader response and recovery strategies, identify related programs and resources with which they can collaborate, and ensure that programs are aligned to meet the specific needs of NG Service members during and after crisis response.

**NG Service Members and Families** can gain a clear understanding of the NG's response and recovery plan and learn about specific resources and programs they can access to receive the support they need.

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# Identify Areas Of Need: Examples Of Resources



Resource Name	Description	Link
<b>SAMHSA Disaster Response Needs Assessment Template</b>	Guidance for conducting a needs assessment to inform crisis response and outreach services.	<a href="https://www.samhsa.gov/dtac/dbhis-collections/disaster-response-template-toolkit/needs-assessment">https://www.samhsa.gov/dtac/dbhis-collections/disaster-response-template-toolkit/needs-assessment</a>
<b>Assessment Tools for First Responders</b>	Description of key survey instruments to assess the wellbeing of first responders and emergency workers.	<a href="https://www.cstsonline.org/resources/resource-master-list/assessment-instruments-for-first-responders-and-public-health-emergency-workers">https://www.cstsonline.org/resources/resource-master-list/assessment-instruments-for-first-responders-and-public-health-emergency-workers</a>
<b>Ready and Resilient Initiative Evaluation Process Guide</b>	Army toolkit to provide guidance on program evaluation.	<a href="https://readyandresilient.army.mil/policydocs/IEP_Guide_Final_Jun_2019.pdf">https://readyandresilient.army.mil/policydocs/IEP_Guide_Final_Jun_2019.pdf</a>
<b>Suicide Assessment Five-step Evaluation and Triage (SAFE-T)</b>	Five step process of suicide behavior evaluation and intervention, including identifying risk and protective factors and inquiring about behavior and plans.	<a href="https://store.samhsa.gov/product/SAFE-T-Pocket-Card-Suicide-Assessment-Five-Step-Evaluation-and-Triage-for-Clinicians/sma09-4432">https://store.samhsa.gov/product/SAFE-T-Pocket-Card-Suicide-Assessment-Five-Step-Evaluation-and-Triage-for-Clinicians/sma09-4432</a>

An expanded list of resources can be found [here](#)

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# Provide Tiered Behavioral Health Support: Examples Of Resources



Resource Name	Description	Number/Link
<b>Psychological Health Resource Center</b>	Psychological health information and resources related to combat stress, depression, reintegration, how to get into treatment, types of treatment, and other topics.	1-866-966-1020 or <a href="https://www.pdhealth.mil/resources/cal-centers/psychological-health-resource-center">https://www.pdhealth.mil/resources/cal-centers/psychological-health-resource-center</a>
<b>SAMHSA's FIND Treatment</b>	Information on thousands of state-licensed providers who specialize in treating substance use disorders and addiction.	1-800-662-4357 or <a href="https://findtreatment.gov/">https://findtreatment.gov/</a>
<b>Give an Hour</b>	Mental Health Professionals that offer National Guard members no cost mental health services.	<a href="https://giveanhour.org/">https://giveanhour.org/</a>
<b>Disaster Behavioral Health Intervention Inventory</b>	SAMHSA's inventory of behavioral health interventions specifically for those experiencing trauma related to disasters.	<a href="https://www.samhsa.gov/sites/default/files/dtac/supplemental-research-bulletin-may-2015-disaster-behavioral-health-interventions.pdf">https://www.samhsa.gov/sites/default/files/dtac/supplemental-research-bulletin-may-2015-disaster-behavioral-health-interventions.pdf</a>
<b>Psychological First Aid</b>	Intervention delivered by response workers to reduce distress among those impacted by disasters in the immediate aftermath; can also be provided to first responders.	<a href="https://www.ptsd.va.gov/professional/treat/type/psych_firstaid_manual.asp">https://www.ptsd.va.gov/professional/treat/type/psych_firstaid_manual.asp</a>
<b>VA App Store</b>	Free wellness and mental health apps (e.g., breathing exercise apps, meditation, PTSD, family coaching).	<a href="https://mobile.va.gov/appstore/mental-health">https://mobile.va.gov/appstore/mental-health</a>

Army NG's behavioral health contacts can be found [here](#); Air NG's behavioral health contacts can be found [here](#)

An expanded list of resources can be found [here](#)

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# Address Basic Needs & Safety: Examples Of Resources



Resource Name	Description	Number/Link
<b>National Guard Employment Network (NGEN)</b>	Network for Service members and their families to connect directly with employment resources, service providers, and employers.	<a href="https://www.nationalguard.com/employment-network">https://www.nationalguard.com/employment-network</a>
<b>Military OneSource National Guard Resources</b>	Extensive list of resources to assist with employment, financial management, transition, and psychological health.	<a href="https://www.militaryonesource.mil/national-guard">https://www.militaryonesource.mil/national-guard</a>
<b>DoD Safe Helpline</b>	Confidential, 24/7 support for survivors of sexual assault or witnesses of sexual assault.	1-877-995-5247 <a href="https://www.safehelpline.org/">https://www.safehelpline.org/</a>
<b>Lethal Means Safety and Suicide Prevention</b>	Department of Veterans Affairs lethal means safety materials and resources.	<a href="https://www.mirecc.va.gov/lethalmeanssafety/safety/">https://www.mirecc.va.gov/lethalmeanssafety/safety/</a>

An expanded list of resources can be found [here](#)

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# Coordinate & Communicate About Resources: Examples Of Resources



Resource Name	Description	Link
<b>Crisis and Emergency Risk Communication</b>	CDC program that offers trainings, tools, and resources to help health communicators, emergency responders, and leaders of organizations communicate.	<a href="https://emergency.cdc.gov/cerc/index.asp">https://emergency.cdc.gov/cerc/index.asp</a>
<b>Disaster Response Communication Templates</b>	Templates for communication materials specific to disaster response (e.g., brochures, newsletters, wallet cards).	<a href="https://www.samhsa.gov/dtac/dbhis-collections/disaster-response-template-toolkit/printed-materials">https://www.samhsa.gov/dtac/dbhis-collections/disaster-response-template-toolkit/printed-materials</a>
<b>Community Resource Guide</b>	Inventory of local resources, programs, and services available to Service members and their families, grouped by country and U.S. states.	<a href="https://crg.amedd.army.mil/Pages/default.aspx">https://crg.amedd.army.mil/Pages/default.aspx</a>
<b>Risk Communication Guidelines</b>	Guidance for individuals involved in disaster and emergency on how to communicate effectively, utilize social media, and dispel rumors and misinformation.	<a href="https://store.samhsa.gov/product/communicating-crisis-risk-communication-guidelines-public-officials/pep19-01-01-005">https://store.samhsa.gov/product/communicating-crisis-risk-communication-guidelines-public-officials/pep19-01-01-005</a>

An expanded list of resources can be found [here](#)

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# Promote Connectedness & Resiliency: Examples Of Resources



Resource Name	Description	Link
<b>Organizational Resilience Training</b>	Training for leaders to foster a culture of resilience in their organization.	<a href="https://www.train.org/cdctrain/course/1043212/">https://www.train.org/cdctrain/course/1043212/</a>
<b>Spouse Resilience Toolkit</b>	Air Force online toolkit geared toward military spouses to promote resiliency.	<a href="http://spousert.wpengine.com/">http://spousert.wpengine.com/</a>
<b>COVID COACH Mobile App</b>	Free and secure mobile app developed by the VA to help individuals and families build resilience and cope with stress during COVID-19.	<a href="https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp">https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp</a>
<b>Military Kids Connect</b>	Resources to help military children build resilience and connect with other military children (including a message board).	<a href="https://militarykidsconnect.health.mil/">https://militarykidsconnect.health.mil/</a>
<b>Talking with Children about Coronavirus Disease</b>	CDC recommendations to help adults have conversations with children about COVID-19.	<a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html</a>
<b>Army and Air Force Resiliency Websites</b>	Army Resilience Directorate and Air Force Comprehensive Airman Fitness websites provide a centralized location for a variety of resources related to resiliency and across the mental, physical, social, and spiritual domains.	<a href="https://wingmanonline.org/Resources">https://wingmanonline.org/Resources</a> <a href="https://readyandresilient.army.mil/resources.html">https://readyandresilient.army.mil/resources.html</a>

Service members can receive confidential help with life challenges from their Chaplains, without going through their chain of command; an overview of Chaplain services is provided [here](#)

An expanded list of resources can be found [here](#)

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# Train & Prepare Leaders & First Responders: Examples Of Resources



Resource Name	Description	Link
<b>Guidance on Leadership Response to Crisis Situations</b>	Fact sheets from the Center for the Study of Traumatic Stress on leadership risk communication, crisis response, and grief management.	<a href="https://www.cstsonline.org/fact-sheet-menu/leadership">https://www.cstsonline.org/fact-sheet-menu/leadership</a>
<b>Online Disaster Behavioral Health Training</b>	Curated list of disaster response training for first responders and relief workers.	<a href="https://www.samhsa.gov/dbhis-collections/online-trainings?term=Online%20Training%202018-DBHIS">https://www.samhsa.gov/dbhis-collections/online-trainings?term=Online%20Training%202018-DBHIS</a>
<b>Disaster Response Stress Management</b>	Guidance for first responders and crisis counselors to help manage stress, workload, and maintain a balanced lifestyle.	<a href="https://www.samhsa.gov/dtac/dbhis-collections/disaster-response-template-toolkit/disaster-responder-stress-management">https://www.samhsa.gov/dtac/dbhis-collections/disaster-response-template-toolkit/disaster-responder-stress-management</a>
<b>Disaster Behavioral Health Self Care for Healthcare Workers Modules</b>	Training to prepare frontline workers to recognize and mitigate stress, compassion fatigue, and secondary trauma.	<a href="https://files.asprtracie.hhs.gov/documents/aspr-tracie-dbh-self-care-for-healthcare-workers-modules-description-final-8-19-19.pdf">https://files.asprtracie.hhs.gov/documents/aspr-tracie-dbh-self-care-for-healthcare-workers-modules-description-final-8-19-19.pdf</a>
<b>SAMSHA Disaster Mobile App</b>	Mobile app for first responders to access resources, send information to colleagues and survivors, download information when there is limited internet connectivity, and find interventions.	<a href="https://store.samhsa.gov/product/samhsa-disaster">https://store.samhsa.gov/product/samhsa-disaster</a>

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