



ARD provides IPD, SHARP, Suicide Prevention, ASAP and R2 policies, resources and capabilities for units, leaders and Soldiers to increase resilience and readiness.

NEWS HIGHLIGHTS

- Squad Leaders Gain Insights Through Army Course** As Soldiers progress through the Army ranks, their level of responsibility rises to include leadership roles. To better prepare to be squad leaders, Soldiers attend the Squad Leader Development Course and the Counseling Enhancement Workshop at Fort Eustis, Virginia. To read more about this training and its benefits visit <https://www.army.mil/article/263220>.
- DOD Safe Helpline Has Aided Victims for a Decade** This year marks a decade of service from the Defense Department's Safe Helpline. This resource has provided a secure place for military survivors of sexual assault and their loved ones to get support and information 24/7. Read more about the 10 years of service at <https://www.defense.gov/News/News-Stories/Article/Article/3276236/dods-safe-helpline-has-aided-victims-for-a-decade/>.
- As of Jan. 17, Veterans in Suicidal Crisis Can Go to Any VA or Non-VA Health Care Facility for Free Emergency Health Care** Veterans in suicidal crisis can now visit any VA or non-VA health care facility for free emergency treatment. This includes inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. This benefit is available to all veterans; enrollment in the Veterans Affairs system is not required. Find more details in the Veterans Affairs Department press release at <https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5852>.
- Fort Lee Leaders Engage in SHARP Summit** To support the Army's goal of systemic improvement of its Sexual Harassment/Assault Response and Prevention program, command teams across Fort Lee, Virginia, gathered to discuss issues relevant to the program at the annual Combined Arms Support Command-Fort Lee SHARP Summit at Larkin Hall. To learn more about the summit visit https://www.army.mil/article/262518/fort_lee_leaders_engage_in_sharp_summit.

TALKING POINTS

Leading Through Tough Times Leadership is about taking action to accomplish goals as well as modeling the way tasks should be done. Commanders demonstrate their effectiveness by their words, their reactions to difficult situations and their decision-making process. In the Army, leadership also means being mindful of ensuring the physical and emotional well-being of the Soldiers in our care. This is a challenging responsibility, especially when helping Soldiers and Families to develop the [resilience](#) and [readiness](#) skills that are essential in situations such as moving and deploying. Leaders should know where and when to access resources and materials to assist them in their role as commanders and caretakers.

- Those who are looking to enhance their leadership skills should visit the website of the [Center for the Army Profession and Leadership \(CAPL\)](#), which has guides, toolkits, handbooks and other resources on maintaining and building positive environments, self-development and other leadership skills.
- Senior leaders can also access handbooks, messaging guides, toolkits and awareness materials on implementing their [Suicide Prevention](#) and [SHARP](#) programs.
- Commanders can request R2 training for their Soldiers on building readiness and resilience as an individual or as a team member. The sessions can be incorporated into already scheduled training exercises for individual members, teams, squads and other groups; visit <https://www.armyresilience.army.mil/ard/R2/I-Want-to-Schedule-Training.html> or contact your local [R2 Performance Center](#).
- Looking for resilience-strengthening tips for skills such as managing emotions, navigating tough conversations and building confidence? Visit the [Resilience in Focus website](#) for infographics and videos featuring R2 performance experts.

REMINDERS

Publication of DoDI 6400.11 on Integrated Primary Prevention Policy for Prevention Workforce and Leaders The Office of the Under Secretary of Defense for Personnel and Readiness recently published the [DOD Instruction \(DoDI\) 6400.11 - DoD Integrated Primary Prevention Policy for Prevention Workforce and Leaders](#). This document establishes policies, roles, requirements and learning objectives and includes additional resources associated with the DOD Office of Force Resiliency.

REINFORCE

New R2 and ASAP Campaign Materials Available Order or download new materials on the [products on demand website](#) for the Ready and Resilient and Alcohol and Substance Abuse programs.

UPCOMING EVENTS

March 2-3: International Association of Chiefs of Police Symposium
March 8: AUSA Noon Report on Suicide Prevention
April 11-13: End Violence Against Women Annual International Conference

**SPOTLIGHT**

Resilience Roundup Podcast: Providing Policy, Resources and Capabilities to Increase Resilience December's podcast featured Sgt. Maj. Sharita N. Onugha, the nominative senior enlisted adviser for the U.S. Army Resilience Directorate. She shared information about the Total Army Sponsorship Program; resources for Soldiers to help increase resilience; policies, prevention and response in relation to resilience; and comprehensive approaches to create a climate of trust within units. Listen to the full podcast at <https://www.armyresilience.army.mil/ard/podcast.html>.

Army Resilience Directorate Communications Playbook The ARD has created a Communications Playbook for public affairs officers and other stakeholders so that they can stay apprised of the messages and themes that the directorate will be promoting on a quarterly schedule. To download a virtual copy of this resource, [click here](#).

Total Army Sponsorship Program The [Total Army Sponsorship Program \(TASP\) microsite](#) is now available on the ARD website. The microsite contains information, resources and other links about how the TASP helps commanders receive and integrate Soldiers and Families into units, installations, facilities and communities.

RESOURCES

ARD Website For the latest information, news and resources—including leader toolkits, policy letters, and DOD and Army regulations for the Army's SHARP, Suicide Prevention, and Alcohol and Substance Abuse programs—visit the ARD website: <https://www.armyresilience.army.mil>.

SHARP and Suicide Prevention Materials Available

SHARP Resources for Commanders The ARD website provides commanders with SHARP resources and information including the SAPR Toolkit, education and leader development, training, and links to sexual harassment, sexual assault and victim support resources from DOD, government and nonprofit organizations. <https://www.armyresilience.army.mil/sharp/pages/Resources-for-Commanders.html>

Suicide Prevention Resources for Commanders Commanders and unit leaders can find suicide prevention resources on the ARD website, including Suicide Prevention handbooks for leaders at all levels, Leaders Suicide Prevention Safe Messaging Guide, Defense Suicide Prevention Office Family Guide: Supporting Military Families in Crisis, public service announcements/videos, and postvention guides and toolkits for active and reserve units and leaders. To access these resources visit <https://www.armyresilience.army.mil/suicide-prevention/pages/LeaderResources.html>.

SHARP and Suicide Prevention Displays Materials for Soldiers and their Families are available for delivery. To order or download the displays, register for a free Products on Demand account here: <https://marcomcentral.app.pti.com/Ironmark/ARDmaterials>. Follow the New Users - Click Here to Register link and fill out and submit the form. The materials are free, and some are also available for digital download.

SHARP Academy Learning Portal <https://sharplearningportal.army.mil/>

Resilience Materials Available

Resilience in Focus The start of a new year signifies new beginnings for many people. Research shows that in the United States, 44 percent of people are likely to make a New Year's resolution. While making a resolution is easy and is the first step on the path to success, continually moving forward in the face of obstacles is more challenging. To learn how to use the WOOP (wish, outcome, obstacle, plan) strategy to create a road map to overcome obstacles, click [here](#). For additional tools and techniques to boost resilience, visit the ARD RIF site: <https://www.armyresilience.army.mil/ard/videos.html>.

Build Unit and Individual Resilience ARD R2 Performance Centers offer resilience courses, including the Master Resilience Trainer course and the Executive Resilience and Performance course, for individuals and units. Courses are virtual or in person. There are also classes for Family members. View the R2 course catalog [here](#).

Army People Network Portal To stay informed of new and ongoing initiatives from the Army People First Task Force, including the Fusion Directorate Pilot, visit <https://atn.army.mil/army-people-first-task-force/army-people-first-task-force>.

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