



Directorate of Prevention,
Resilience and Readiness

U.S. ARMY DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS COMMUNICATIONS PLAYBOOK

FY2024 Quarter 1

THIS IS OUR ARMY.
www.armyresilience.army.mil



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The Directorate of Prevention, Resilience and Readiness (DPRR) Communications Playbook is produced on a quarterly basis and is designed to facilitate increased awareness of DPRR resources and ensure a shared understanding of our progress in increasing the resilience and readiness of the force. Through a collaborative effort between DPRR Community (program managers, sexual assault response coordinators/victim advocates and prevention specialists) and stakeholders such as command teams and public affairs officers/specialists, we aim to promote trust and confidence across the force and among the American public in our ability to provide our Soldiers, Army Civilians and Family members with a positive Army culture and healthy command climate based on dignity and respect and free of harmful behaviors.

With a focus on transparency, the playbook shares what DPRR plans to cover in the upcoming quarter so that themes, campaigns and resources are succinctly introduced to the total Army community. The goal is for every member of the DPRR Community to get involved or share information about activities in their programs or installations that's relevant to all Soldiers, Army Civilians and Family members.

QUARTERLY CALENDAR OF EVENTS



Domestic Violence Awareness Month is a worldwide recognition of victims of domestic violence and highlights efforts to end domestic violence through educational events, community gatherings and support groups.

October 9 — Indigenous Peoples' Day is a holiday in the U.S. that celebrates and honors indigenous American people and commemorates their histories and cultures.

October 10 — World Mental Health Day is meant to bring awareness to mental health, use education to reduce stigma around mental illness, and to advocate for those experiencing mental health conditions.

October 26 — National Day of the Deployed honors the brave men and woman who have been deployed and are sacrificing, or have sacrificed, their lives to fight for our country and their Families.



Military Family Appreciation Month is a time to recognize Family members' commitment and dedication to supporting service members.

Warrior Care Month highlights our service members' and their Families' strength and resilience — physically, mentally and spiritually — and calls attention to their needs.

November 5 — Daylight Saving Time: Clocks are set back one hour at 2 a.m.

November 11 — Veterans Day is the anniversary of the signing of the armistice treaty that ended World War I and is also a day to thank military veterans for their service.

November 23 — Thanksgiving Day is a national holiday when families and friends gather to give thanks and share a bountiful meal.



December 7 — Pearl Harbor Remembrance Day is the anniversary of Japan's attack on Pearl Harbor, Hawaii, which signaled the U.S. entrance into World War II.

December 16 — National Wreaths Across America Day is the annual laying of wreaths at veterans' cemeteries across the nation.

December 25 — Christmas Day is a Christian holiday celebrating the birth of Christ.

QUARTERLY THEMES

OCTOBER

Domestic Violence Awareness Month is October's focus in support of the Army's 2023 DVAM theme, United Against Domestic Abuse: Breaking the Silence.

NOVEMBER

Military Family Appreciation Month is November's focus and will highlight programs, services and resources that support and enhance the lives of Soldiers and their Families.

DECEMBER

Resilience is December's focus and will feature tips for coping with seasonal changes, winter conditioning and holiday stress.

Communications Focus

October — Domestic Violence Awareness Month supports the Army's commitment to ending domestic abuse through open conversations and community education about the signs of abuse and resources available, efforts that will ensure the safety and well-being of Soldiers and their Families.

November — Military Families play a significant role in supporting our Soldiers as they protect the nation. The Army shows its appreciation through the many programs, services and resources available to our Soldiers and their Families.

December — Resilience is the physical, mental, emotional and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks. Soldier and Unit resilience keeps the Army ready.

NOTABLE QUOTES

"I try to encourage and try to get the message out that taking advantage of behavioral health resources is a sign of strength, not a vulnerability."

— Secretary of the Army Christine Wormuth

"Army spouse employment is more than just an economic necessity; it is a means to empower our military Families. By creating an environment that supports portable careers, job training, and flexible work opportunities, we uplift our military Families and empower them to 'Be All They Can Be.'"

— Lt. Gen. Kevin Vereen, Deputy Chief of Staff, G-9

SPOTLIGHT

Domestic Violence Awareness Month began as a Day of Unity in October 1981 and evolved into a weeklong observance. Then, in 1987, Congress designated October National Domestic Violence Awareness Month.

The Army joins our national community in its commitment to supporting the safety and well-being of all service members and their Families affected by domestic violence. We need to address the issue with open conversations and educate our community about the signs of abuse and available resources. Survivors are encouraged to seek help.

Key Talking Points

- The military provides a comprehensive support network for service members and their Families affected by domestic violence.
- Reporting domestic violence is not just an option; it's a responsibility within our Army community. By addressing domestic violence together, we create a safer, more supportive environment for all.
- Let's use Domestic Violence Awareness Month to initiate conversations and educate our community about the signs of domestic violence and resources available to Families affected by domestic violence.
- The Army's commitment to preventing domestic violence extends beyond Domestic Violence Awareness Month. We must continue talking about domestic violence prevention within our military units and communities throughout the year.

How to Help Victims

- Support the Army's commitment to ending domestic abuse within your organization.
- Understand the reporting process and support victims who come forward.
- Take anyone who reports domestic abuse to you seriously and connect them with a Family Advocate Program domestic violence victim advocate.
- Encourage people to build strong support networks for those affected by domestic violence so they know they are not alone.
- Use the Domestic Abuse Toolkit on MilitaryOneSource.mil for more resources.

Resources

Use these materials to raise awareness and support those affected by domestic abuse.

United Against Domestic Abuse 2023 Campaign Guide

- [Banner](#)
- [Poster](#)
- [Flyer](#)
- Social media content
 - [Facebook](#)
 - [X](#)
 - [Instagram](#)
 - [Pinterest](#)
 - [YouTube](#)

MilitaryOneSource

- [Domestic Abuse Toolkit](#)
- [Domestic Abuse Victim Advocate Locator](#)
- [Family Advocacy Program](#)
- [United Against Domestic Abuse](#)



NEW SUICIDE PREVENTION RESOURCES

In September the Army unveiled several new resources so that its Suicide Prevention Program will be more widely implemented. The first standalone suicide prevention policy (AR-600-92), aimed at reducing harmful behaviors Army-wide, lays out the authorities, roles and responsibilities, program goals and objectives designed to enhance protective factors while reducing personal and professional stressors. It addresses requirements and provides guidance on carrying out the three components of suicide prevention: prevention, intervention and postvention.

The regulation follows the publication of two handbooks last year: [Senior Commander's Guide to Suicide Prevention, Reducing Suicide in Army Formations](#) and [Call to Action: Suicide Prevention - Reducing Suicide in Army Formations Brigade and Battalion Commander's Handbook](#). The policy and guidebooks model the following seven evidence-based prevention strategies that the Centers for Disease Control and Prevention recommends:

- Strengthening financial readiness
- Strengthening access and delivery of suicide prevention care
- Creating protective environments and healthy climates
- Promoting connectedness
- Teaching coping and problem-solving skills
- Identifying and supporting people at risk
- Lessening harm and preventing risk



Resources Available

[Lethal Means Safety Toolkit](#) contains tactics, techniques and evidence-based activities that encourage the safe storage of weapons and medication. It also includes resources for leaders on how they can integrate lethal-means safety into their roles to reduce harmful behaviors and prevent suicide more effectively. Plus, there are Learning Management System (LMS) materials and checklists offering practical ways for commanders, Soldiers and Family members to make LMS part of their work and home lives.

[Ask, Care, Escort—Suicide Intervention Information Sheet](#) provides guidance for leaders on how to execute ACE-SI training, outlining how to intervene in crisis situations appropriately and deliberately and how to recognize and assist individuals who are facing challenges. During the training participants learn to remain calm, ask directly about thoughts of suicide, express empathy and safely escort at-risk individuals to the appropriate agency or wait with them until help arrives.

Prepare. Perform. Succeed. is the tagline that new [Ready and Resilient \(R2\) awareness materials](#) use. Along with boosting endurance and performance, resilience is a protective factor that buffers Soldiers from stressors that may lead to harmful behaviors such as suicide. The new awareness materials highlight the numerous [suicide prevention](#) and resilience training resources available from the 33 Army Ready and Resilient Performance Centers around the globe.

MILITARY FAMILY APPRECIATION MONTH AND QUALITY OF LIFE PROGRAMS

Military families know what it means to serve, and the Army shows its appreciation and support through numerous programs and services. Army Community Service (ACS) Family Programs provides services to support and empower Army Families on-post and in their communities.

Military Family Appreciation Month in November is a time to recognize military Families because they know what it means to serve. The Army shows its appreciation of and support for military Families through numerous Quality of Life (QoL) resources. In March 2020, the QoL task force developed a plan for a comprehensive approach to strengthening QoL programs.

QoL Priorities

- Housing
- Healthcare
- Childcare
- Spouse employment
- Permanent change station moves
- Support and resilience



Programs and Services

These services are provided through the Army Community Service Family Programs to support and empower Army Families.

- **Army Family Action Plan** identifies issues and concerns for senior leaders to resolve.
- **Army Family Team Building** helps Families better understand Army culture and available resources.
- **Army Volunteer Corps, Employment Readiness Program** provides volunteer opportunities with community organizations.
- **Domestic Abuse Victim Advocacy Program** provides victims of domestic violence and sexual abuse with round-the-clock access to services, including emergency assistance, information, referrals, guidance on reporting options, and ongoing support in accessing medical, behavioral health, legal and law enforcement services on and off garrisons.
- **Employment Readiness** offers help with career planning and job searches.
- **Exceptional Family Member Program** is a mandatory enrollment program that provides comprehensive and coordinated community support, housing, educational, medical and personnel services to Families with special needs.
- **Family Advocacy Program** helps Soldiers and Families meet the unique challenges of military lifestyles.
- Financial Readiness Program provides resources, education and counseling on financial health. Visit <https://www.financialfrontline.org/>.
- **Military Spouse Employment Act** helps spouses maintain consistent employment with federal agencies.
- **Mobilization, Deployment and Stability Support Operations** train commanders, Soldiers, and Families to navigate the challenges of mobilization and deployment.
- **New Parent Support Program** helps Soldiers and Family members who are expecting a child or have a child or children up to age 3.
- **Relocation Readiness Program** assists Soldiers and Families survive and thrive through the permanent change of station and expiration time of service processes.
- **Survivor Outreach Services** provides long-term support to surviving Families of fallen Soldiers.
- **Transitional Compensation Program** provides temporary support, services and benefits for Family members who have experienced reported spouse or child abuse.

Visit <https://www.armyresilience.army.mil/ard/programs-home.html>.

Child, Youth and School Services programs include child development centers, community partnerships, family childcare program, instructional classes, school-age services, school support services, Youth Sports and fitness and youth centers. Visit <https://www.armymwr.com/programs-and-services/cys/child-youth-services> or Military OneSource www.militaryonesource.mil/parenting.



R2
ARMY READY &
RESILIENT

Ready and Resilient (R2) is the Army's strategy for strengthening individual and unit readiness by providing training and resources to enhance resilience, optimize performance and build unit cohesion while reinforcing Army Values, beliefs and attitudes.

As colder weather approaches, physical training can present different challenges, but the chill in the air should not deter or slow you down. Your workout frequency should not decrease because it's colder. Simply warm up more, stay hydrated and dress properly to keep your body temperature up, and change into dry clothing immediately after a workout.

Colder temperatures can also bring on the winter doldrums. To avoid winter blues, Soldiers and their Families, including children, can use these tips to cope with the changing season.

- Stay active.
- Get outside more.
- Keep warm.
- Eat a healthy diet.
- Turn on more lights in your home and at work.
- Take up a new hobby.
- Visit friends and family more often.
- Get counselling, psychotherapy or cognitive behavioral therapy, if needed.



The lower temperatures and shorter days can bring on mental and physical stressors that can affect you. However, there are things you can do to alleviate stress. Focus on things that are positive, eat well, rest and exercise. Stick to a routine and avoid alcohol and tobacco. Use the following five strategies to help manage stress so you can relax and enjoy the approaching holiday season.

1. Stay in the present moment to reduce worry and anxiety, and prevent feeling overwhelmed about possibilities.
2. Control the controllable by recognizing what you can control and what you can't, and then spend your time, effort and energy on what you can control.
3. Remember why you are doing what you're doing and how the behaviors you've chosen align with values that matter.
4. Communicate confidently, clearly and in a controlled manner and explain why the situation is important and matters to you.
5. Help reset and regulate your thoughts, emotions and body with breathing and focused thinking. Breathe from the diaphragm and focus on your breath and the breathing sensation, or on an image or thought that evokes a positive emotion.

Learn more or schedule a training at a R2 Performance Center at <https://www.armyresilience.army.mil/ard/R2-home.html>.

R2 is available to help cope with winter and holiday stress.

HELPFUL RESOURCES



Webinar

Directorate of Prevention, Resilience and Readiness offers a monthly outreach webinar that provides a platform for education, idea exchange and discussion of the latest research, policies, tools and best practices relevant to the field. These events feature leading practitioners and national experts. [Sign up to receive information about upcoming webinars.](#)



Newsletter

DPRR Community Link newsletter is a bimonthly publication that relays news of interest to Army members and their Families. Its editorial content is not endorsed by the U.S. government, the Defense Department or the Department of the Army and may not reflect official views. DPRR's Communications, Outreach and Leadership Engagement branch is responsible for all content. For questions or to submit articles and photographs, contact DPRR. [Sign up here.](#)



Podcast

The monthly *Resilience Round Up* podcast offers resources to help Soldiers maintain resilience so they can cope, learn, grow and thrive. The podcast presents dynamic speakers who cover varied topics in a conversational style and discuss the latest information, policies and tools.



EXSUM

A monthly offering from Directorate of Prevention, Resilience and Readiness, the Senior Leader EXSUM provides commanding generals and command sergeants major with critical information such as new or updated policies, new resources and announcements of upcoming events. [Sign up here.](#)



Stay in the Know

To stay apprised of news, new materials and announcements, sign up for the DPRR list at <https://public.govdelivery.com/accounts/USARMYARD/subscriber/new>.

Media Update

Email updates are a great way to stay informed about what's happening at DPRR. Sign up for updates or to access your subscriber preferences. [Sign up here.](#)



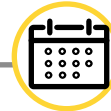
Fact Sheets

Directorate of Prevention, Resilience and Readiness has a host of fact sheets on many topics of interest. To view these, visit <https://www.armyresilience.army.mil/ard/factsheets.html>.



Workplace and Gender Relations Survey

Active, reserve and National Guard Soldiers, we want to hear from you! Go to <https://www.dodsurveys.mil/> today and share your thoughts, opinions and advice. This confidential survey closes Oct. 20.



Suicide Prevention Resources

[Lethal Means Safety Toolkit](#)
[Ask, Care, Escort—Suicide Intervention Information Sheet](#)
[Ready and Resilient \(R2\) awareness materials](#)

988 Suicide and Crisis Line:

Calls inside the continental U.S.:

- Dial 988 and press 1 for the Military Crisis Line
- Calls outside the continental U.S. (OCONUS):
- Europe – dial 844-702-5495 – DSN 988
- Pacific – dial 844-702-5493 – DSN 988
- Southwest Asia – dial 855-422-7719 - DSN 988

Military OneSource is a 24/7 gateway to trusted information, resources and confidential help. <https://www.militaryonesource.mil/>.

Quality of Life (QoL) Programs

To learn more about QoL programs, visit: <https://www.army.mil/qualityoflife/>.



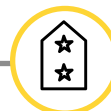
SHARP Resources

SHARP Restructure: <https://www.armyresilience.army.mil/sharp/pages/SHARP-Restructure.html>

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

DoD Safe Helpline (available 24/7)

- Phone: 877-995-5247
- Text: 55-247 (Inside U.S.)
- Text: 1-571-470-5546 (Outside U.S.)



DPRR Senior Leaders

For leaders at every level, DPRR has compiled a list of resources including Defense Department and Army policies, reports, national prevention agencies and organizations, and partners.

- Integrated Prevention Advisory Group (I-PAG)
- Leader resources
- Policies, directives and instructions
- Forms
- SAPR Policy Toolkit for command teams
- Reports
- DPRR awareness materials
- Partners
- National prevention agencies and organizations

For more information, visit <https://www.armyresilience.army.mil>.



Social Media Links:

Follow us on social media for the latest DPRR information.

Facebook: <https://www.facebook.com/ArmyResilience/>

Twitter: <https://twitter.com/ArmyResilience>

Instagram: <https://www.instagram.com/armyresilience/>

LinkedIn: <https://www.linkedin.com/company/u-s-army-resilience-directorate/>