



Resilience Across Communities

2009 Warrior Resilience Conference

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**Force Health Protection & Readiness
Psychological Health Strategic Operations**



DoD Resilience Initiatives

- Integrating installation-level councils
 - Army Health Promotion Council
 - Air Force Community Action Information Board
- Performance Enhancement intervention
 - Army ACEP program
 - Ft. Hood, TX

Health Affairs Focus

- Outcome metrics to evaluate pre-clinical programs
 - Resilience
 - Counseling
 - Education
- Data & standardized clinical outcome metrics/measures

Audience Feedback I

- When I use the word “Resilience” I know what I mean...
 - A. Yes
 - B. No
 - C. I don't know

Audience Feedback II

- Resilience is:
 - A. Bouncing back after adversity
 - B. Bouncing back, and growing from, adversity
 - C. Mental and/or physical toughness
 - D. A multifaceted process manifested in response to intense life stressors that facilitates healthy functioning or psychological growth
 - E. I have no idea

Real Resilience

- 0920 -0950 Air Force Lt Col Chuck Isler
Capt Travis Lunasco
- 0950 -1020 Army LTC Paul Bliese
LTC Greg Burbelo
- 1020 -1035 JFCOM Mr. Jay Reist
- 1035 -1050 Marine Corps Dr. Thomas Gaskin
- 1050 -1105 Navy CAPT Lori Laraway
- 1105 -1120 National Guard CAPT Joan Hunter
- 1120 -1135 Nat Security Agency Ms. Rebecca Pille
- 1135 -1150 Special Ops Command COL Louie Banks
- 1150 -1205 Q & A

Audience Feedback III

- I have a good understanding of current resilience initiatives
 - A. Yes
 - B. No
 - C. I don't know