



# ARMY RESILIENCE COMMUNITYLINK

THE ARMY RESILIENCE DIRECTORATE NEWSLETTER | JUNE 2022



Character strengths are our best qualities which drive how we feel, think, and act. By better understanding our strengths, and those of others, we can better connect with people at work and at home, overcome challenges, and enjoy life. (U.S. Army photo by Sgt. Leo Jenkins)

## Understanding Your Character Strengths Can Help You at Work and at Home

By Jasmine Taylor, Army Resilience Directorate

What are the best parts of your personality? Are you curious? Brave? Kind? Fair? Disciplined? Funny? How can you find out who you truly are, and use that understanding to better navigate your role as a Soldier, teammate, or leader—or as a friend, parent, or spouse?

"Sometimes we don't know who we are, or we lose our identity with wearing a uniform," said Allison Jarrett, a 24-year military veteran and Director of Operations of Project Motivator (a collaboration of life coaches providing support for individuals to grow).

Character strengths—our positive personality traits—impact how we feel, think, and act. According to the VIA Institute on Character, knowing your character strengths helps you connect with people, overcome challenges, find success, and enjoy life. Scientists have identified 24-character strengths that fall under the categories of six virtues—wisdom, courage, humanity, justice, temperance, and transcendence.

Our character strengths are nurtured by a combination of our genetics, social influences, and the world around us. However, you don't

have to discover these strengths on your own. You can take the [VIA assessment](#) to help you determine what your character strengths are.

The VIA survey ranks our five highest strengths out of the 24 traits. These top strengths are referred to as our signature strengths.

"Your top-five character strengths are basically who you are without anybody even having to ask, and sometimes you don't even realize that until you take the assessment and figure out 'these are the things that are important to me, these are things that I value, and this is why I respond or act the way that I do,'" Jarrett said.

Once you are able to identify your strengths you can use them more in your life, and learn to recognize the character strengths of others.

"Character strengths can show up in our behavior in different ways," said Brittney Conway, Master Resilience Trainer—Performance Expert at the Fort Benning, Georgia, Ready and Resilient Performance Center. "We teach character strengths in our master resilience courses everyday ... we have (participants) take the assessment and we talk about the profile that is generated. It's really cool to see how the

See **CHARACTER STRENGTHS** on page 9

**THIS IS OUR ARMY.**

@ArmyResilience    
[www.armyresilience.army.mil](http://www.armyresilience.army.mil)



## DIRECTOR'S COLUMN

Team,

People First means taking care of our people, which is why suicide prevention is a top priority for Army leadership—there are no simple solutions, but we are committed to meeting the challenge. The most recent of the Army's ongoing efforts to prevent suicide is the establishment of the Suicide Prevention and Response Independent Review Committee, or SPRIRC. In May, the Department of Defense announced the SPRIRC's [charter](#). The charter outlines the SPRIRC mission to review DOD suicide prevention efforts through a series of site visits at military installations where committee members will assess prevention and response structures and produce a report with actionable recommendations to improve policies and programs. Army installations selected for site visits include Fort Campbell, Kentucky; Joint Base Elmendorf-Richardson, Alaska; Fort Wainwright, Alaska; and Camp Humphreys, South Korea.

Part of the Army's suicide prevention efforts includes encouraging engaged leaders who know their Soldiers and build team trust. One proactive action that evidence shows significantly reduces death by suicide is lethal means safety. Lethal means safety focuses on safe storage of lethal suicide methods—like firearms, medications, and sharp objects. By putting time and distance—through safe storage of lethal means—between suicidal thoughts and a method of suicide, lives can be saved. Safety measures that secure lethal means include cable locks for firearms, locked safes, and medication lock boxes. Commanders should routinely communicate the importance of safe storage of lethal means. DOD provides a [guide](#), and the Army is also developing a Lethal Means Toolkit with information for leaders, Soldiers, Civilians, and

See **DIRECTOR'S COLUMN** on page 9

## A Father's Resilience Journey Through Grief

By Antwaun Parrish, Army Resilience Directorate

ARLINGTON, Va. – At his son's funeral, Lt. Col. Jacob Cool stood before his Family and home church to deliver a eulogy to memorialize and highlight his son's life that was tragically cut short.

"If I've learned nothing else yet during this tragedy, it's that life is precious, fragile, and not fair," said Cool.

"But I firmly believe standing before you tonight that although sad and tragic this is for us as we grieve for him, we should not mourn his loss. Instead, we should celebrate his life and thank God that he blessed all of us for knowing Jake."

While deployed to Afghanistan, Cool received a call on June 17, 2020.

To read the full article, go to <https://www.army.mil/article/257117>



Lt. Col. Jacob Cool, his son William, and his wife Katie. The sunflower represents Jake, his son who died suddenly of an undiagnosed heart condition while Cool was deployed to Afghanistan in 2020. (Courtesy photo)

## How Mentors Can Foster Army Professional Ethic and Personal Development for Soldiers

By Shirley Tien, Army Resilience Directorate

The Army Ethic exemplifies the conduct of Army Professionals. It includes the expectation of Soldiers and Army Civilians to act upon moral principles when completing missions and duties in their daily lives.

How do Soldiers live up to the Army Ethic? Guidance from a mentor helps. Mentors have the experience and desire to advise Soldiers who need direction in their career or to overcome challenging times in their personal lives.

"Through my Army life, mentors kept me focused on doing things I needed to do to make me better," said Judith Price, an editor and doctrine developer with the Center for the Army Profession and Leadership, or CAPL. "By making me a better leader, it was a domino effect as I improved my skills on doing things, I would see it ripple through my lieutenants, so they were learning also."

A trusted advisor plays a significant role in shaping a Soldier's character and development.

Mentors can assist at different stages of a Soldier's career; a junior Soldier striving to become an NCO up to when they are ready to retire to civilian life.

"We have had many military personnel who have transitioned into civilian roles after retirement and they are great mentors to (other military personnel) who are getting ready for retirement," said Cris Arduser, the Program Manager of the U.S.

Army Sustainment Command Mentoring Program.

"Mentors also learn from their mentees; a mentee can be a leader and not even realize it. Part of what mentors do is to help the mentee realize the leadership skills they already possess and how to work with those skills to create their own leadership style," Arduser said.

Mentoring works in multiple ways. To be a mentor, it's important to:

**Listen well**—understanding what a mentee is asking for to provide the tools to meet those needs.

**Have sensibility**—to give new perspective to a mentee so that they can find different ways to problem solve.

**Be teachable**—willingness to learn and grow along with mentees and knowing mentoring is a two-way street.

**To find a mentor:**

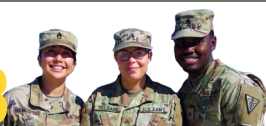
Visit ASC at <https://www.aschq.army.mil> which offers numerous mentorship programs.

CAPL at <https://capl.army.mil> has a variety of resources to assist in the development of Army Professionals.

Mentors can also be found within people you trust. Look to your branch/unit, chaplain, or even social groups.

## IN THIS ISSUE

03



POSITIVE PEER INFLUENCE CAN HELP PREVENT SEXUAL ASSAULT

04



ARMY OBSERVES SAAPM 2022

08



ARD, SHARP PROGRAM ANNOUNCE WINNER OF COIN CONTEST

10



FORT LEE DRILL SERGEANT, SHARP ADVOCATE IMPACTS NEXT GENERATION OF SOLDIERS

THIS IS OUR ARMY.





## Army Announces Nominee for 2021 DOD Exceptional SARC of the Year

By Antwaun Parrish, Army Resilience Directorate

ARLINGTON, Va.—Headquarters, Army selected Sgt. 1st Class Brandy Jackson-Frazer, U. S. Army North Atlantic Treaty Organization Brigade, as the nominee for the 2021 DOD Liz Blanc Exceptional SARC of the Year Award. Jackson-Frazer was recognized for exceptional service in victim assistance and prevention of sexual harassment and sexual assault.

With responsibilities spanning 37 locations, Jackson-Frazer provided services through a vast network that included collaboration with 20 partnering nations to provide a multifaceted responsive plan of action. By working with internal and inter-agency networks and NATO resources that are closer to geographically separated units, her plan of action for sexual assault first responders delivered uninterrupted service.

Her program includes victim access to 24-hours a day, 7-days a week SHARP services and professional, quality response from agencies such as chaplain, legal and medical. Jackson-Frazer also coordinated with these partnering agencies in the development of a resource location tool-kit she delivered for USAREUR-AF command.

"Sgt. 1st Class Jackson-Frazer is a force multiplier who creates a positive, strategic effect within her brigade," said Jill Londagin, ARD SHARP program director.

"Through her hard work and dedication to the SHARP program, Army personnel have someone who is always developing prevention efforts to protect them and their families."

To read the full article, go to <https://www.army.mil/article/256736>



Sgt. 1st Class Brandy Jackson-Frazer's service to sexual assault survivors and first responders earned her the nomination for SARC of the Year. (U.S. Army photo)

## Positive Peer Influence Can Help Prevent Sexual Assault

By Tara Davis, Army Resilience Directorate

We've all heard the saying "If you show me who your friends are, I can tell you who you are."

When we think of peer pressure, we often think of negative peer pressure, such as convincing a friend to partake in risky behavior, but what about positive peer pressure? Positive peer pressure can influence others to adopt good habits and traits from their peer groups leading to beneficial outcomes.

Positive influence can look like lending a hand to someone in need, sharing personal resources, volunteering, sharing knowledge and working with others to achieve a common goal.

"When our friends, peers, and colleagues check in with us regularly, model asking for consent before a touch or even a tough conversation, or practice bystander intervention behaviors, that makes it easier for us to engage in similar behaviors," said Olivia Harris, Executive Director of Speak About It, an organization that uses dialogue to empower students to prevent sexual violence, build healthy relationships, and create positive change in their communities.

These types of positive influences empower Soldiers to feel supported by their communities and help to normalize behaviors that let others feel safe and secure.

"None of us were born knowing how to talk about boundaries or how to step in when we see a potentially unsafe situation. Seeing others practice consent in real life not only normalizes those behaviors but provides us with reference points to borrow from," Harris said.

According to Dr. Jacqueline Layton's [dissertation](#), "Informing Military Sexual Violence Prevention: An Exploration of Individual, Relational, and Sociocultural Factors," two factors predictive of sexual harassment and



Positive peer influence could stop Soldiers from engaging in harmful behaviors including sexual harassment and sexual assault, which are crimes under UCMJ. (U.S. Army photo by Capt. David Presume)

sexual assault in the military are peer tolerance for sexual violence and perceived tolerance for violence within the community.

Monique Marra, Victim Advocate at Fort Dix, New Jersey, said friends play a critical role in preventing sexual violence.

"If Soldiers can show that preventing sexual violence is important to them, then it will be more important to the individual and the community," Marra said. "Individuals look up to their peers, which means they will need to be the example."

Soldiers can make an impact by speaking up when friends or acquaintances are having derogatory conversations, work-inappropriate sexual conversations, or behaving in harmful ways.

Being well-informed also plays an important

role in how peers can impact each other in positive ways. "Soldiers need to make sure they (let each other) know how important sexual violence (prevention) is by making sure they meet the obligation of training. Soldiers should also speak up at each training to show that it is an important subject to them," stated Marra.

"I think the less tolerance there is for sexual violence in a community, the less likely folks are to hurt someone accidentally. We need to teach good communication skills and make sure that boundary violations are acknowledged and treated as teachable opportunities. Also, that means communities can intervene before harm happens, which is the whole point of bystander intervention," said Harris.

To learn more about positive behaviors, see: <https://www.armyresilience.army.mil/sharp/pages/support.html>.





## Army Observes SAAPM 2022

Sexual Assault Awareness and Prevention Month (SAAPM) is recognized in April by both civilian and military communities. This year's Army theme, "Prevention Starts With You," encouraged Soldiers, leaders, and DA Civilians to recognize that everyone has a role in preventing sexual assault.



Fort Jackson, S.C. – Drill Sergeant Leaders, Drill Sergeant Candidates, and Cadre from The U.S. Army Drill Sergeant Academy participated in Denim Day by spreading awareness and teaching Soldiers how to prevent sexual assault as well as bystander intervention tactics. (Courtesy photo)



Fort Sam Houston, Texas – Members of the U.S. Army Mission and Installation Contracting Command staff kicked off their SAAPM activities with #TealTuesday to reinforce the role and responsibility of every member of the Army team to prevent sexual assault, sexual harassment, and associated retaliation. Pictured from left to right: Enrique Gonzalez, Velia Anstadt, Brig. Gen. Douglas Lowrey, Maj. Randalle Carter, Cmd. Sgt. Maj. Chantel Sena-Diaz, Troy Foster (Courtesy photo)



Aberdeen Proving Ground, Md. – APG employees competed in a SAAPM poster design contest. (Courtesy photo)



Redstone Arsenal, Ala. – The Army Materiel Command SHARP office provided information on how to report sexual harassment and sexual assault, awareness and prevention methods, and the history of Denim Day. Pictured from left to right: Maureen Trainor, Col. Samuel Glover, Kristin Davis, Jewell Loving. (Courtesy photo)



Fort Knox, Ky. – The 1st Theater Sustainment Command Team showed their support of survivors of sexual assault by wearing jeans on Denim Day. (Courtesy photo)

Denim Day takes place on the last Wednesday of April. Wearing jeans is a means of raising awareness about victim blaming as well as expressing solidarity and support for survivors of sexual assault. Learn more: <https://www.denimdayinfo.org/why-denim>. To view more photos of SAAPM observances around the Army, see the SAAPM Album on the ARD social media page [here](#).





## Use of Delta-8 Prohibited by Regulation, Can Lead to Failed Drug Test

By Sirena Clark, Fort Campbell Public Affairs Office

Delta-8 usage is becoming increasingly problematic among military ranks, said Michael Hicks, Fort Campbell, Kentucky, drug test coordinator, Army Substance Abuse Program.

Part of the problem, aside from the misconception that Delta-8 does not contain tetrahydrocannabinol, or THC, is that it is widely available for sale online and in stores, Hicks said. Despite its availability, Delta-8 is an illegal substance in the Army and is strictly prohibited.

"Per AR 600-85, The Army Substance Abuse Program, Soldiers are prohibited from using hemp or hemp derivative products," he said. "The use of hemp/CBD products is a violation of Article 92 of the Uniform Code of Military Justice and users are subject to punitive actions."

Article 92 of the UCMJ covers failure to obey a lawful order or regulation.

The THC in Delta-8 is a close relative of the main psychoactive compound in cannabis that produces feelings of euphoria, relaxation, and potential pain relief, but milder, Hicks said.

Although Delta-8 can be found in products like gummies, sprays and oils, chocolates, infused beverages, and vapes, it is potentially harmful because it is synthetically produced in a lab, has not been approved by the Food and Drug Administration, or FDA, and is sold with little to no regulation, he said.

Delta-8 is found naturally in the hemp plant, but usually in low concentrations that make extraction techniques inefficient. It is instead synthesized from CBD extracted from hemp through isomerization in a laboratory.

Over the last several years, hemp derivatives such as CBD and Delta-8 have gained popularity and are legally sold in shops near the installation, Hicks said.

The Delta-8 compound was not explicitly



Delta-8 is an illegal substance in the Army and is strictly prohibited. The use of hemp/CBD products is a violation of Article 92 of the Uniform Code of Military Justice and users are subject to punitive actions. Article 92 of the UCMJ covers failure to obey a lawful order or regulation. (Courtesy photo)

addressed in the 2018 Farm Bill that legalized CBD and other derivatives of hemp. Because of this, Delta-8 can be sold off-post without legal consequence, which has caused confusion among Soldiers as to why it is prohibited in the Army, said Chief Keith Shumate, Installation Provost Marshal Office.

"If you drive up and down the street, you'll see it advertised in great big neon letters, but it's still prohibited for use by military members," Shumate said.

Another common misconception is that Delta-8 must be harmless because it is so readily available. This is not true, Shumate said. Anyone using the substance is at risk of experiencing negative side effects.

"The only difference between Delta-8 THC and Delta-9 THC (the psychoactive cannabinoid in cannabis) is where it attaches to the carbon molecule," he said. "It has the same euphoric effect and people using it are risking their ability to do

their jobs and other things like operate vehicles safely or maintain their equipment."

Hicks said the side effects are different for everyone, but no matter what, the substance negatively impacts performance and overall health.

"Delta-8 adversely affects readiness," he said. "Possible effects may include vomiting, lethargy, uncoordinated movements, slurred speech, increased heart rate, low blood pressure, difficulty breathing, sedation, memory loss, anxiety, and coma."

Part of the danger associated with Delta-8 consumption is that there is little oversight as to how much goes into the products containing it, Hicks said.

"The danger for not only Soldiers, but also civilians, is that listed concentration levels in many of these products may or may not be accurate," he said.

The rise in Delta-8 usage among Soldiers has led to an increase in failed drug tests not only at Fort Campbell, but Army-wide, Hicks said.

"THC has always been a major issue when it came to usage among the ranks of the military," he said. "However, in recent years, it has really come to be more of an issue. The passage of the Agriculture Improvement Act, Public Law 115-334 (also known as the 2018 Farm bill) by Congress, effectively legalized the commercial production of many items infused with THC."

As a result, the number of Soldiers testing positive for THC has increased.

"The vast majority of our drug positives involve Delta-8 usage and far outweighing many of the other drugs that we test for," Hicks said.

To read the full article, go to <https://www.dvidshub.net/news/419005/use-delta-8-prohibited-regulation-can-lead-failed-drug-test>

## LEVERAGING CHARACTER STRENGTHS

Identifying and understanding the best parts of your personality and how to best leverage them can help you:

- Build relationships at work and home.
- Face challenges.
- Identify how you can contribute to the world.

To learn more about how to leverage your character strengths, set up a one-on-one session with an MRT-PE at your nearest R2 Performance Center:  
<https://www.armyresilience.army.mil/ard/R2/R2-Performance-center.html>





# AROUND THE FORCE

- ▶ SHARP
- ▶ Suicide Prevention Program (SP2)
- ▶ Ready and Resilient
- ▶ ASAP



## Army SHARP Academy Recognizes SARC/VA Career Course Participants During Graduation

FORT LEAVENWORTH, Kan. – The Army SHARP Academy graduated 33 students from the SARC/VA Career Course on May 5, 2022. During each course graduation ceremony, individuals are recognized by the Academy staff and their peers for their exceptional performance. Col. Lawrence Burns, SHARP Academy Director, Gregg Buehler, Chief of Academic Operations, and Command Sgt. Maj. James Barrett, personally recognized each of the recipients. Awardees included 1st Lt. Olivia LaCroix, who received the Academic Excellence Award; Sgt. 1st. Class Denise Page, who received the Spirit Award; and Rebekah Nicely, who also received the Spirit Award. Congratulations and best of luck to all graduates! Pictured left to right: Command Sgt. Maj. James Barrett, Sgt. 1st. Class Denise Page, Rebekah Nicely, 1st Lt. Olivia LaCroix, Col. Lawrence Burns, and Gregg Buehler. (Photo courtesy of SHARP Academy)



## Warhawk Soldier Uses R2 Skills to Compete at Best Warrior Competition

JOINT BASE LEWIS-MCCHORD, Wash. – Spc. Ashraf Fanidi, an intelligence analyst assigned to 2-158th Attack Helicopter Battalion, performs R2 performance testing to evaluate his physical fitness and cognitive skills during the 71D Best Warrior Competition at Joint Base Lewis-McChord, Wash., April 22, 2022. The three-day competition was held to recognize the best Soldier and noncommissioned officer in the division through various tests including a ruck march, obstacle course, land navigation, R2 performance test and a board. (U.S. Army photo by Staff Sgt. ShaTyra Reed)



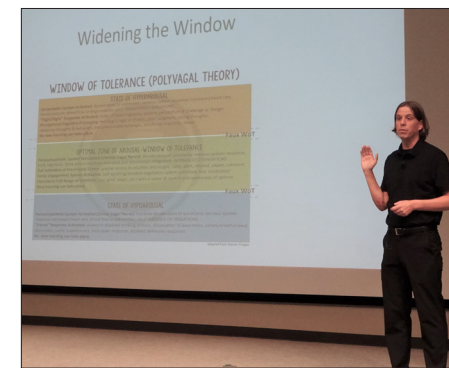
## Lunch & Learn Series Raises Community Substance Abuse Awareness

FRAINE BARRACKS, N.D. – The Army Substance Abuse Prevention office of the North Dakota Army National Guard hosted lunch-and-learn events for National Prevention Week during the week of May 8-May 14, 2022. The events highlighted the importance of preventing substance abuse while informing attendees of suicide prevention efforts and providing mental health resources. Local participating organizations included North Dakota Service Member and Family Support Center. Pictured left to right: Col. Debra Lien, Lt. Col. Anna Wittrock, Sgt. Maj. Tamara Handegard, and Suzanne Richards. (Photo courtesy of Cameron McClenahan)



## 'Letters to My People' Author Speaks to WSMR Soldiers About Life After Addiction

WHITE SANDS MISSILE RANGE, N.M. – Anthony Torres, the author of "Letters to My People: Thoughts of a Recovering Addict," spoke to Soldiers about recovering from alcohol addiction. White Sands Missile Range Army Substance Abuse Program Prevention Coordinator Amanda Carreras presented Torres with a certificate of appreciation for sharing his experiences. (U.S. Army photo by Vanessa Flores)



## Army SHARP Academy Hosts Professional Forum

FORT LEAVENWORTH, Kan. – The Army SHARP Academy recently hosted its 3rd Quarter Professional Forum entitled "Compassion and Protecting Against Burnout" with keynote speaker Tim Erhardt, LCSW, from Laurel Ridge Mission. Erhardt's presentation helped SHARP first responders gain an understanding of what compassion is, why it is essential, and why it must be managed. The presentation also helped the audience identify early warning signs of burnout, how to protect against it, and what actions to take if the feelings of burnout persist. (Courtesy photo)



## SHARP Event Encourages SA/SH Prevention

CAMP ARIFJAN, Kuwait – Soldiers from the 3rd Medical Command Deployment Support received SHARP training in a non-traditional learning environment by participating in a SHARP escape room experience. The escape room provides a teamwork dynamic in which Soldiers must work as a team and communicate in order to solve the puzzles. By the end of the training Soldiers understand their respective roles in preventing sexual harassment and sexual assault. Pictured left to right: Sgt. Francis Osei, Cpt. David Presume and Sgt. Maj. Teresa Fisher. (Photo courtesy of 1st. Lt. Mara Valle)





## Army Resilience Directorate, SHARP Program Announce Winner of Coin Contest

By Chet Curtis, Army Resilience Directorate

The Sexual Harassment/Assault Response Prevention Program has selected a new coin to represent the program.

SHARP selected a design from Nathanael Gaines, Lead Sexual Assault Response Coordinator for the U.S. Army Intelligence Center of Excellence, Fort Huachuca, Arizona, as the winner of their coin design contest.

The coin contest was intended to boost morale of our SHARP professionals, highlight their artistic skills, and create a symbol of excellence for the SHARP program, according to Tammy Coon, SHARP Program Management Chief.

"Historically, challenge coins in the military have been routinely used to represent excellence," Coon said. "We wanted a way to recognize our SHARP personnel with a coin, designed by an individual in the field who embodies the mission of SHARP."

The design was chosen based on its originality, detail, and relevancy to the Army SHARP program messaging.

The new coin features a phoenix on front and back.

Gaines designed the coin to communicate a message of hope and resilience to survivors of sexual harassment and sexual assault.

"The Phoenix is a symbol of rebirth, hope, progress and an end to oppression; all of which we SHARP professionals endeavor to help our clients epitomize," said Angel Byrd, SHARP Prevention Specialist. "The teal color represents the SHARP program. The words on front are 'Power and Strength Through Adversity' and on back 'We Will Rise to the Challenge.' The words are messages of empowerment."

Eleven entries, including Gaines, were submitted. The criteria were based on the detail, originality, explanation of what the design represents, and alignment with current Army messaging.

"I am deeply honored and humbled to have my coin submission selected to



The image of the phoenix on the SHARP coin represents resilience and rising above attitudes and actions that compromise team cohesion. (Graphics by Nathanael Gaines)

represent the SHARP program in 2022," said Gaines.

"I feel that this token of appreciation awarded to personnel who demonstrate excellence to the SHARP program will not only show our commitment to ensuring the best possible advocacy to our clients but will also represent the healing journey that they walk—rising like the phoenix. It reinforces our resolve to exemplify the Army Values and Morals."

The new coin will be presented at SAAPM events, to SHARP professionals and also to those who have done great work to support the Army SHARP Program, according to Byrd.

The first produced coins will be presented to Gaines in Washington, D.C., during the Army Resilience Directorate's Program Improvement Forum in August. A coin will also be presented to Kelly Mcinally, SARC, United States Army Reserve Innovation Command, who developed the winning 2022 Sexual Assault Awareness and Prevention Month theme from a similar crowd-sourced event.

## Webinar Guest Talks About the Positive Impact of Strong Connections

By David Gercken, Army Resilience Directorate

People don't kill themselves when they're hopeful. David Bartley stood more than 700 feet off the ground on California's Forresthill Bridge, the fourth highest bridge in the United States, seconds away from jumping when a deputy sheriff made a connection. It saved Bartley's life.

"The first thing he did was establish contact. Contact is logistical. Contact is mechanical. Contact is about establishing a safe perimeter. But then he created connection, and connection creates hope. Hope is an incredibly effective and lethal, ruthless, tenacious, weapon, and hope saves lives," Bartley, a mental health advocate and suicide prevention

educator, explained to May's Army Resilience Directorate Outreach Webinar audience.

Bartley, who recently spoke to several thousand Soldiers assigned to U.S. Army Alaska and Fort Drum, N.Y., has made it his mission to share what he calls his journey from "Mental Hellness to Mental Wellness" with as many people as possible in an effort to save lives. Explaining that he had reached a point where he thought dying was easier than living, he found himself feeling hopeless, "I believed I was worthless and useless and stupid and pitiful."

And then he made a connection with that deputy, then another with a counselor, and now many more as he shares his belief that connections create hope, and hope saves lives.

During April's Outreach Webinar, Jeremy Hardy from [Men Can Stop Rape](#) discussed male sexual assault, why it's an issue for the military, and how developing positive, healthy attitudes can help prevent sexual assault.

Hardy also underscored the importance of relationships, or connections, and how they are impacted by sexual assault, "If you've ever experienced a rupture in your relationships with your family or with your friends, then you know

how difficult it can be to move forward with a relationship when that rupture has not been repaired."

Sexual assault is an egregious rupture which undermines and degrades mission readiness and a Soldier's ability to perform at the level necessary to carry out the mission.

Hardy shared that part of the reason a Soldier might risk their life is for the person next to them, for the people that they love and are serving alongside of. "I just appreciate when Soldiers, when Airmen, when Navy SEALs, when all the different service branches talk about 'this is an environment where I feel I can unashamedly love the person next to me.' That's a really unique opportunity for healthy masculinity to grow and for it to be connected to why the military has a unique opportunity to address sexual assault."

Every month ARD hosts an Outreach Webinar to facilitate professional development and discussion. This month's webinar will be held on June 28. Olivia Harris from [Speak About It](#) will discuss how to have difficult conversations about consent and sexual assault. To find out more about ARD's monthly webinar series visit the ARD website at <https://www.armyresilience.army.mil/ard/webinar.html>.

**"... Connection creates hope. Hope is an incredibly effective and lethal, ruthless, tenacious, weapon, and hope saves lives."**

David Bartley





## Leveraging Your Best Self *CHARACTER STRENGTHS Continued from page 1*

strengths in someone's profile translates into their actions. You'll see it in the decisions they make, the actions that they take and engage in on a daily basis."

For example, during an interpersonal conflict between Soldiers, one party may use their signature character strength of bravery to start a tough conversation.

"Strengths can be leveraged in difficult times. It's different compared to how we traditionally conceptualize bravery, which is usually downrange or on the battlefield, bravery can still be used in those interpersonal conflicts as well," said Conway.

The best way to make the most of your signature strengths is to get creative about how you use them. Ruth Pearce, author, and coach at Project Motivator suggests, "if you think about how you use your top strengths day-to-day, (ask yourself) how do they show up? And then think of how could I use them differently ... where's a different circumstance where I can really bring them forth? Or how can I apply that strength in a different way?"

If you usually use your signature strength of humor to connect with your Family after work, you could consider using it to diffuse a squabble between teammates at work and help refocus your team.

Or, if you're a leader who is great at giving affirmations to your spouse, you could consider using that strength to empower your Soldiers. "The importance of connection on that level can really make or break a mission," Conway said.

Besides leveraging your signature character strengths, you can also strengthen your other character traits over time.

Strengths that are at the middle or lesser end of your strength profile might not feel as important, effortless, or energizing as your signature strengths. Sometimes they may play a supportive

role in your life (sometimes they don't) or they could be considered unrealized, not frequently used, or not as developed as your signature strengths.

You can build your middle strengths and lesser strengths by identifying a person who exemplifies those character strengths "to be able to see what behaviors go with someone using a particular strength ... you can copy the behaviors and start to experience what it's like to engage that strength," Pearce suggested.

However, the science of character strengths is about playing to your strengths.

"One of the things that I think is really important to do, is to work with what you have ... take your top strengths and really hone them to be the best they can be," said Pearce.

For training on character strengths or to learn more, contact your nearest [R2 Performance Center](#).

For a video on Character Strengths, visit the ARD social media page: <https://www.facebook.com/ArmyResilience/videos/1293022934383342/> or see our website: <https://www.armyresilience.army.mil/ard/R2/Character-Strengths.html>.

**"It's really cool to see how the strengths in someone's profile translates into their actions. You'll see it in the decisions they make, the actions that they take, and engage in on a daily basis!"**

Brittney Conway, MRT - PE

## ARD Launches Summer Strengthening Campaign



The Army Resilience Directorate has developed the 2022 Summer Strengthening Campaign to help the Total Army Force stay resilient and connected during the summer PCS season. The campaign consists of a social media toolkit that provides actionable information and resources for Soldiers and the entire Army Family to boost their resilience.

The social media posts address suicide prevention through the lens of maintaining strong connections, building new connections, and addressing lethal means safety and alcohol risk factors. Additional topics include resilience, Permanent Change of Station support, the five dimensions of personal readiness, mental health resources, and substance abuse support.

The Strengthening Campaign materials provide an outline for public affairs officers, R2PC Program Managers, SHARP PM's, SP2 Managers, and other ARD Stakeholders to lead their own social media campaigns and bring attention to these important topics and resources for their Soldiers, units, and Families. The toolkit includes 36 sample social media posts with accompanying image files and is available for download [here](#). If you do not have a Products on Demand account, you can [register](#) for one today for free. Follow the "New Users - Click Here to Register" link and fill out and submit the form.

## Engaged Leadership is Key *DIRECTOR'S COLUMN Continued from page 2*

Families. Stay tuned for more information. ARD offers additional suicide prevention resources for leaders and Soldiers at <https://www.armyresilience.army.mil/suicide-prevention/pages/LeaderResources.html>.

The job of ARD's Ready and Resilient program is to provide the Army and Soldiers strategies, capabilities, and resources to strengthen resilience, performance, and unit cohesion. This is especially important during PCS season, when members of our Army Family encounter a break in routines as they move on to a new duty station. PCS doesn't have to result in a loss of connections between leaders, Soldiers, friends, and Family. ARD has created the Summer

Strengthening Campaign, a social media toolkit containing actionable tips, for the Total Army Force to maintain connections and resilience during these breaks in routines. Download the toolkit from the ARD [Products on Demand site](#) and help ARD spread this important information by following the ARD [Facebook](#) and [Twitter](#) pages at @ArmyResilience and sharing the #StrengtheningSoldiers posts.

Enhancing personal and organizational resilience and readiness also includes the prevention of sexual harassment, sexual assault, and associated retaliatory behaviors. ARD has a collection of SHARP resources for commanders and leaders to combat these harmful

behaviors. Access the resources here: <https://www.armyresilience.army.mil/sharp/pages/Resources-for-Commanders.html>. Commanders should also stay up to date with [recent SHARP policy updates](#), including mandatory training requirements for commanders, by visiting the SHARP website: <https://www.armyresilience.army.mil/sharp/index.html>.

If you or a loved one are in crisis, call the National Suicide Prevention Lifeline and Military Crisis Line at 1-800-273-8255, and press 1. After July 16, you may also dial the new number: 988 and press 1.

**People First, Army Strong!**  
James A. Helis, Ph.D.





## Fort Lee Drill Sergeant, SHARP Advocate Seeks to Have Positive Impact on Next Generation of Soldiers

By Terrance Bell, U.S. Army Garrison Fort Lee Public Affairs

If then-Pfc. Angelika Jansen was unclear or naïve about the challenges she faced in becoming one of the first female Army field artillery mechanics, it was made clear by a coworker not long after arriving at her first duty station.

"You know Jansen," the male Soldier barked, "you shouldn't be a mechanic; you should be in the kitchen making (expletive) cupcakes."

The declarative shot heard around Jansen's world occurred at Fort Bliss, Texas, in 2013. Earlier that year, she along with Pfc. Jessica Jones had undergone training at the Fort Lee Ordnance School's 15-week 91P Artillery Mechanic Course. It was part of a new push to integrate the Army's combat arms and combat arms-related occupational specialties. Jones downplayed the accomplishment while Jansen was evocatively enthusiastic.

"This is a step forward for women," she said in an article published July 11, 2013. "I find it pretty awesome, but at the same time, I'm ready to move past the honeymoon stage and get into my work; to get the show rolling."

Nearly a decade later, the "show is still rolling" for Jansen. She returned to Fort Lee as a drill sergeant just over a year ago, with an assignment to Charlie Company, 16th Ordnance Battalion, where she is helping to shape the next generation of Soldiers.

"This is where I need to be," said the 32-year old

staff sergeant, indicating her level of conviction about the responsibility.

Clearly confident and visibility bubbling over with pride, the Jansen of today exemplifies the Army's progress in steadily putting the turbulent times of gender inequality in the past. The cupcake insult at Fort Bliss exemplified how males of the time took issue with her presence as a female Soldier. Jansen represented change in the form of a forcible shift in a male-dominated culture cultivated over decades. She was center stage on the first stop of the integration roadshow.

Was Jansen too green to comprehend the role she played was bigger than she was?

"Yes and no," offered the Garland, Texas, native and daughter of an Army veteran. "Yes, we pretty much set the standard, saying, 'We can do this, too,' but at the same time, no, because I didn't know how much – not necessarily backlash, but – resistance we would face and how much more we had to contribute to our section at the time."

Jansen and Jones were assigned to the same section of the same Fort Bliss unit following their Ordnance School graduation. For her part, Jansen was eager to prove her worth. She went about her duties with a sense of self-assuredness: an upward-tilted chin, a chest swelled with pride, and the passion of someone who expected serious consideration as a Soldier, not simply one of the female persuasion. That caught the attention of one retired Master



Staff Sgt. Angelika Jansen with Charlie Company, 16th Ordnance Battalion, was one of the first female troops to graduate from the 91P Field Artillery Mechanic Course taught at the Ordnance School in 2013. Jansen returned to Fort Lee as a drill sergeant more than a year ago to – as she put it – "train my replacements." (U.S. Army photo by T. Anthony Bell)

Sgt. David Jensen, a field service representative contractor in her brigade.

To read the full article, go to [https://www.army.mil/article/256708/groundbreaking\\_soldier\\_returns\\_to\\_fort\\_lee\\_as\\_drill\\_sergeant\\_sharp\\_advocate](https://www.army.mil/article/256708/groundbreaking_soldier_returns_to_fort_lee_as_drill_sergeant_sharp_advocate)

## Chaplain Annual Sustainment Training Fosters Resilience and 'HOPE'

By John Hughel, Oregon National Guard Public Affairs Office

The striking mixture of desert flora, rolling bluffs, and wide-open landscape helped create a welcoming setting for the Oregon National Guard's Chaplain Annual Sustainment Training, or CAST, from April 29 to May 1, 2022.

More than 35 Chaplains and Religious Affairs Specialists from across the state and region gathered at Camp Umatilla, Oregon, for three days of training designed to promote team building, career proficiency, and enhance professional development.

Outlining the Religious Support mission, Chaplain (Col.) Jacob Scott, Oregon State Support Chaplain, opened the training weekend by detailing many of the attributes needed for the faithful care for Oregon's Soldiers, Airmen, and their Families.

"When we define our work and our broader mission of outreach, it's found in the acronym 'HOPE,' said Scott, describing the abbreviation. "Holistic Health, Ongoing Ministry, Professionalism and Education as the foundation. It's import to remember that as members of the Army, that to accomplish our religious support team, or RST, our members are 'Fit to Fight: Body and Soul'."

As each attendee went around the room, giving a



U.S. Air Force Chaplain (Maj.) Lauralee Ozello, assigned to the National Guard Bureau, Washington, D.C., receives a T-shirt from Chaplain (Col.) Jacob Scott during the Oregon Chaplain Annual Sustainment Training at Camp Umatilla, Oregon. (National Guard photo by John Hughel, Oregon Military Department Public Affairs)

brief personal introduction, they were later joined by Maj. Gen. Michael Stencel, Adjutant General, Oregon, during a live teleconference address, scheduled as part of the CAST opening session, where members

participated in a question and answer session.

"In terms of our strategic priorities of being 'Ready, Relevant, and Resilient,' it's really that resilience part that the Chaplain Corps has the biggest opportunity to make a difference," said Stencel, outlining the overall posture for the National Guard and its members. "In reality, a really strong argument can be made that resilience is the hardest of our three priorities."

Discussing several topics revolving around the ever-changing mission challenges and Guard members' commitment to balancing military and civilian employment, Stencel emphasized that trust is the defining characteristic that every Soldier and airman must possess to accomplish the assignments given to them.

"It's building that culture – that resilient culture of equity, dignity, respect for all people, which in turn, fosters growth and learning," he reiterated to the group, touching on the key foundations for RST members attending the training.

To read the full article, go to <https://www.dvidshub.net/news/420235/chaplain-annual-sustainment-training-fosters-resilience-and-hope>





## Revised ACE Training Demonstrates Initial Success

By Capt. Benjamin Trachik and Julie Merrill, U.S. Army Medical Research Directorate-West, Walter Reed Army Institute of Research

The Ask, Care, Escort–Suicide Intervention training is one component of a global revision to the Army's ACE primary suicide gatekeeper training. The primary goal of this training remains to train Soldiers to identify peers at risk for suicide and safely accompany them to a helping resource. However, developments in suicide prevention research and gatekeeper training strategies allowed for scientifically informed revisions to the ACE training model. Designed for Army leaders E6 and above, ACE-SI deepens the understanding of traditional ACE constructs and reflects advances in the suicide prevention scientific literature.

Developed as a collaboration between the Army Public Health Center, the U.S. Army Medical Research Directorate-West, the Research Transition Office of the Walter Reed Army Institute of Research, Louisiana State University, and the Army Resilience Directorate, ACE-SI advances approaches to gatekeeper training in military settings by leveraging cultural norms to encourage the implementation of empirically informed skills. Informed by a social-ecological approach to suicide prevention, the revised ACE-SI training model stratifies targeted training across the Army organizational structure and

implements evaluation points at each level.

Broadly, ACE-SI teaches Army leaders to engage using motivational interviewing skills (Ask), offer support and assistance through common factors strategies (Care), and safely implement supportive action by accompanying Soldiers or directing Soldiers to the appropriate helping resource (Escort). ACE-SI also includes introductions to unit-based strategies as well as everyday leadership behaviors that may reduce risk for unit members (e.g., increasing unit cohesion).

Prior to dissemination, ACE-SI underwent a multi-tiered program evaluation to inform the curriculum development and implementation strategy. This evaluation consisted of multiple beta tests to inform training revisions, followed by a large-scale evaluation for each tier of the training (i.e., train the trainer, leader E6 and above). The results of the ACE-SI evaluation demonstrated improvements in training knowledge, the acceptability, utility, and feasibility of training content, and most importantly showed increases in the motivation and intent of training participants to engage in key suicide prevention behaviors.



ACE-SI deepens the understanding of traditional ask, care, escort concepts and demonstrates advances in quantified suicide prevention literature. (Photo courtesy of 173rd Airborne Brigade)

Overall, ACE-SI represents a successful cross-organizational collaboration resulting in an empirically informed training with initial indications of improvement across key outcomes. Currently, evaluations of the remaining components of the ACE training model, including specific trainings for Basic Combat Training and Annual Soldier training are underway.

## PERSONAL READINESS: FAMILY

### Tips for Military Parents Planning PCS Moves With Children

By Sonia Clark, MHS Communications

Moving can be hard on military Families, especially on children. Moving to a new home, going to a new school, finding new friends – it can be unsettling for kids of any age.

Yet there are things that service members can do to prepare for a permanent change of station move that can make for a smoother transition for the children.

Army Maj. (Dr.) Dominique Holley, a child psychiatrist and deputy chief at Fort Campbell's Department of Behavioral Health, shared some important tips for military Families to help in the PCS process for kids.

How far in advance should parents start connecting with the community they will be moving to?

"Short answer is as soon as possible," Holley said. Sharing information with children about the new location where they will live can be very helpful in helping kids adjust to the idea of living in a new place.

"It will be important to start looking into the known interests of the kids or family such as local parks, scout troops or local churches for activities," she said.

"Moving can be stressful and there typically are



Military parents can minimize stress for themselves and their children by planning ahead for PCS this summer. (U.S. Army photo by Staci-Jill Burnley)

mixed emotions surrounding moving from the whole family."

Nevertheless, she said: "Kids generally adapt well overall, forming connections early on to a new place."

What are some suggestions for finding a new doctor?

"Enrollment in the Exceptional Family member Program ensures that any military Family member with chronic medical concerns, physical disabilities, mental health disorders or required intensive follow-up support are stationed where services are

available for that family member," she said.

Beneficiaries can search for doctors. Find a Doctor on the TRICARE website in a new location on the TRICARE website. Providers in most circumstances reach out to receiving installations to provide warm hand-offs to receiving clinics.

Additional PCS recommendations regarding medical records:

When transferring from installation to installation there is typically no need to transfer medical records as long as there is consistency from one electronic health record to the next, Holley explained.

While the MHS GENESIS electronic health record is being implemented at military hospitals and clinics across the Military Health System, that transition is not yet complete. Beneficiaries may have to request their medical records from your hospital or clinic medical record department or patient administration division, if the installation you are transferring from or to is not yet using MHS GENESIS.

This article originally appeared in Health.mil. To read it, go to <https://health.mil/News/Articles/2022/06/02/Tips-for-Military-Parents-Planning-PCS-Moves-with-Children>





# ARMY RESILIENCE

THE ARMY RESILIENCE DIRECTORATE NEWSLETTER

JUNE 2022

## HAIL AND FAREWELL

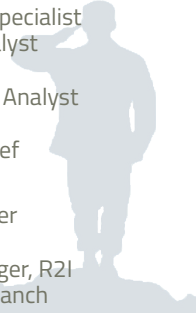
We invite the Army Resilience Directorate community to join us in welcoming new members to ARD headquarters. Congratulations to current members on taking new positions, and a fond farewell to outgoing members departing the Directorate.

### Hail

- Mary Ellis, Army Substance Abuse Program Specialist
- Thomas Tucker, Program & Management Analyst
- Jeff Travers, Data Management Branch
- Christopher Stokes, Program & Management Analyst
- Capt. (P) Kyle Garis, Intern
- Lt. Col. (P) Yolanda Gore, Strategy Division Chief

### Farewell

- Maj. Carrie Donoho, Science & Research Officer
- Col. Richard Johnson, Strategy Division Chief
- Dr. Eren Watkins, Prevention Specialist Manager, R2I
- Dr. James Anderson, Science and Research Branch



## UPCOMING EVENTS

### JUNE

#### RHC-C Professional Training Conference

June 28-29: Regional Health Command-Central will host a professional training conference focusing on SHARP efforts and resources. Dr. James A. Helis, Director of the Army Resilience Directorate will present.

**Location:** Houston, Texas **Learn more:** <https://www.army.mil/RHCCentral>

### JULY

#### 2022 Texas Association Against Sexual Assault Conference

July 11-13: The theme for the TAASA conference is "Look Who's 40: Reflecting on Our Past and Shaping a Brighter Future." TAASA is a unifying voice to eliminate sexual violence in Texas. It is a statewide coalition of survivors, advocates, rape crisis centers, and allied professionals, committed to fostering a culture that respects the fundamental rights and dignity of all.

**Location:** Houston, Texas **Learn more:** <https://taasaconference.org/>

### AUGUST

#### National Organization for Victim Assistance

August 1-4: NOVA's 48th Annual Training Event. Attendees will connect with other professionals in the field of victim services and crisis response. ARD will deliver a presentation on August 1 from 5 p.m.-6:30 p.m. ET, which is eligible for a bonus CEU.

**Location:** Denver, Colo. **Learn more:** <https://www.trynova.org/nova48/>

#### Program Improvement Forum

August 9-10: This two-day conference highlights ARD program updates, lessons learned, and allows ARD professionals to connect and participate in conversations about SHARP, ASAP, Suicide Prevention, and more.

**Location:** Arlington, Va. and virtual **Registration Information:** Contact Dr. Tai Moton-McIntyre, SHARP PIF planner, on global.



## SHARP and Suicide Prevention exhibit materials available.

Visit the Products On Demand website.  
[https://marcomcentral.app.pti.com/printone/login.aspx?uigroup\\_id=591698](https://marcomcentral.app.pti.com/printone/login.aspx?uigroup_id=591698)

## TOP FACEBOOK POST



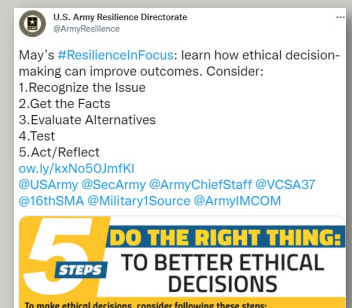
Reach: 8.4K

## SOCIAL MEDIA UPDATE

### Follow @ArmyResilience

Please coordinate with your Public Affairs Office to share or retweet @ArmyResilience content on Command or Installation Facebook and Twitter platforms. Contact Mr. Chet Curtis for questions regarding ARD social media at [chester.r.curtis2.civ@army.mil](mailto:chester.r.curtis2.civ@army.mil).

## TOP TWEET



Impressions: 2.1K

## Army Resilience Directorate

ARD COMMUNITY LINK

June 21, 2022. Volume 6, Issue 3

The ARD Community Link newsletter is an authorized bi-monthly publication produced by the Army Resilience Directorate for the Army community. The contents of the ARD Community Link are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Army. The editorial content of the ARD Community Link is the responsibility of the Communications, Outreach & Leadership Engagement branch at ARD. For questions, or to subscribe or submit articles and photographs to ARD Community Link, please contact the editor at [antonietta.rico.ctr@mail.mil](mailto:antonietta.rico.ctr@mail.mil). This publication is available for download at: <https://www.dvidshub.net/publication/1102/r2-community-link-newsletter>

#### Director

Dr. James A. Helis

#### Sergeant Major

Sgt. Maj. Sharita N. Onugha

#### Deputy Director

Col. Stephen Howell

#### Acting Strategy Division Chief

Lt. Col. Kathryn LoFranco

#### Director of Communications, Outreach & Leadership Engagement

Ms. LeWonn Belcher

#### Editor-in-Chief

Ms. Antonietta Rico

#### Editor

Ms. Jasmine Taylor

#### Design Editor

Ms. Liz Briones

#### Army Resilience Directorate

2530 Crystal Drive, 6th Floor

Arlington, VA 22202

[www.armyresilience.army.mil](http://www.armyresilience.army.mil)



## Connect with ARD!

Contact ARD Communications & Outreach at [usarmy.pentagon.hqda-dcs-g-1.list.dape-ars-sp@army.mil](mailto:usarmy.pentagon.hqda-dcs-g-1.list.dape-ars-sp@army.mil)

@ArmyResilience   
[www.armyresilience.army.mil](http://www.armyresilience.army.mil)

