

# Comprehensive Health and Wellness



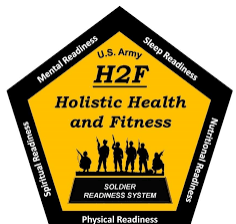
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# Building Efficacy

Enhancing the life, health and wellness of the Armed Forces



# Creating an Ecosystem

## Fact Sheet: 2022 National Defense Strategy

Today, the Department of Defense transmitted to Congress the classified 2022 National Defense Strategy (NDS).

For the first time, the Department conducted its strategic reviews in a fully integrated way – incorporating the Nuclear Posture Review (NPR) and Missile Defense Review (MDR) in the NDS – ensuring tight linkages between our strategy and our resources. The unclassified NDS will be forthcoming.

Consistent with the President’s Interim National Security Strategic Guidance, the classified NDS sets out how the Department of Defense will contribute to advancing and safeguarding vital U.S. national interests – protecting the American people, expanding America’s prosperity, and realizing and defending our democratic values.

The Defense priorities are:

1. Defending the homeland, paced to the growing multi-domain threat posed by the PRC
2. Deterring strategic attacks against the United States, Allies, and partners
3. Deterring aggression, while being prepared to prevail in conflict when necessary, prioritizing the PRC challenge in the Indo-Pacific, then the Russia challenge in Europe
4. Building a resilient Joint Force and defense ecosystem.

The Department will act urgently to sustain and strengthen deterrence, with the People’s Republic of China (PRC) as our most consequential strategic competitor and the pacing challenge for the Department.

Russia poses acute threats, as illustrated by its brutal and unprovoked invasion of Ukraine. We will collaborate with our NATO Allies and partners to reinforce robust deterrence in the face of Russian aggression.

The Department will remain capable of managing other persistent threats, including those from North Korea, Iran, and violent extremist organizations.

Changes in global climate and other dangerous transboundary threats, including pandemics, are



# Creating Ecosystem

4. Building a resilient Joint Force and defense ecosystem.

*A complex network*

## **Comprehensive Health & Wellness aims to create value by:**

*1. Breaking silos and building bridges between people, products, and programs.*

*2. Integrating Army, Air, and DoD Civilians, up and down and across all levels of the Chain of Command to pool resources and cooperate to solve complex problems.*

*3. Create an ecosystem of health, wellness, resilience and fitness by building strong Americans/Service Members.*



# Mapping Out Root Problems

## *SELF-REGULATION PROMOTES MEANING*

Meaning is a central feature of human life. Our overarching proposition is that self-regulation helps facilitate meaning in life. We propose that purposeful, effortful, and directive actions that

## *PTSD AND SELF-REGULATION*

**Background:** Post-traumatic stress disorder (PTSD) is characterized by deficits in the self-regulation of cognitions and emotions. Neural networks of emotion regulation may exhibit reduced control mediated by the anterior cingulate cortex (ACC), contributing to aberrant limbic responses in PTSD.

## *LONELINESS AND SELF-REGULATION*

Behaviorally, loneliness was characterised by greater use of expressive suppression, and regulating emotions by actively rejecting or withdrawing from others. We conclude that individual differences in emotion regulation may play an important role in explaining loneliness, and could therefore represent a promising treatment target.

## *ADVERSE CHILDHOOD EXPERIENCES*

between PCEs and depression. Self-regulation mediated the relationship between both ACEs and PCEs with anxiety; self-regulation also mediated the relationship between ACEs and substance abuse. Childhood experiences appear to affect the development and maintenance of self-regulation in adolescence. Self-regulation appears to be especially important in protecting against depression, anxiety, and substance abuse in young adulthood.

## *PURPOSE ENHANCES SELF-REGULATION*

Purpose in life predicts both health and longevity suggesting that the ability to find meaning from life's experiences, especially when confronting life's challenges, may be a mechanism underlying resilience. Having purpose in life may motivate reframing stressful situations to deal with them more productively, thereby facilitating recovery from stress and trauma. In turn, enhanced ability

## *SELF-REGULATION AND SOCIOECONOMIC STATUS*

research in developmental science and other allied disciplines that identify self-regulation as a critical factor that may influence the development of psychopathology after exposure to poverty. We then connect this work with neurobiological research in an

## *EMOTIONAL EATING AND PERCEIVED STRESS*

**Conclusions:** EE behaviors may mediate the positive association between PS, BMI, and BC failure. Prospective investigation is warranted to better understand the role of EE in health-related outcomes among Soldiers and populations in high stress professions.

*Lack of Self-Regulation (impulse-driven decision making) is a root cause problem to address in the military.*



# Various Data

## Pre/Post Evaluation on Connection in Basic Course

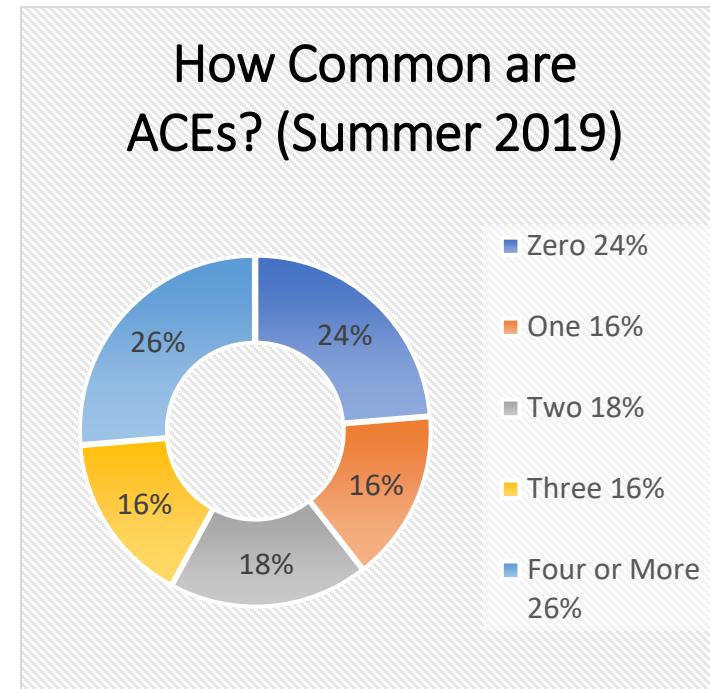
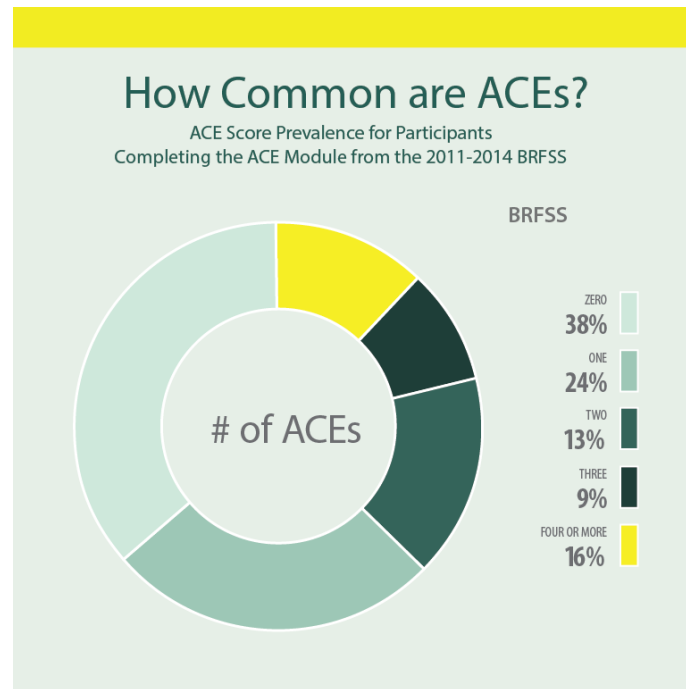
Paired Samples T-Test							
Measure 1		Measure 2	Test	Statistic	df	p	Effect Size
Pre_SA	-	Post_SA	Student	-4.488	47	< .001	-0.648
			Wilcoxon	172			
Pre_A	-	Post_A	Student	5.066	47	< .001	0.731
			Wilcoxon	926.5			
Pre_D	-	Post_D	Student	2.944	46	0.005	0.429
			Wilcoxon	601			
Pre_SD	-	Post_SD	Student	2.837	46	0.007	0.414
			Wilcoxon	276			
Assumption Checks							
Test of Normality (Shapiro-Wilk)							
			W	p			
Pre_SA	-	Post_SA	0.967	0.192	param		
Pre_A	-	Post_A	0.963	0.134	param		
Pre_D	-	Post_D	0.936	0.013	no param		
Pre_SD	-	Post_SD	0.907	0.001	no param		
Descriptives							
Descriptives							
	N	Mean	SD	SE			
Pre_SA	48	13.583	9.793	1.414			
Post_SA	48	16.188	10.991	1.586			
Pre_A	48	21.833	11.715	1.691			
Post_A	48	18.042	9.58	1.383			
Pre_D	48	6.271	6.626	0.956			
Post_D	47	5.319	6.834	0.997			
Pre_SD	48	1.542	2.526	0.365			
Post_SD	47	1.128	2.102	0.307			

Connectedness responses significantly changed pre to post course.



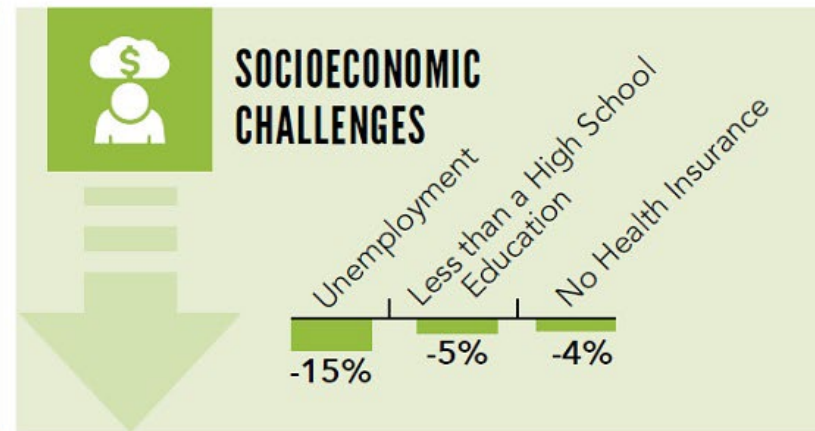
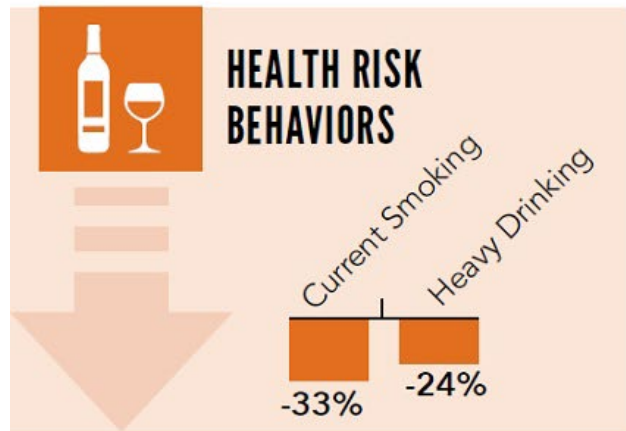
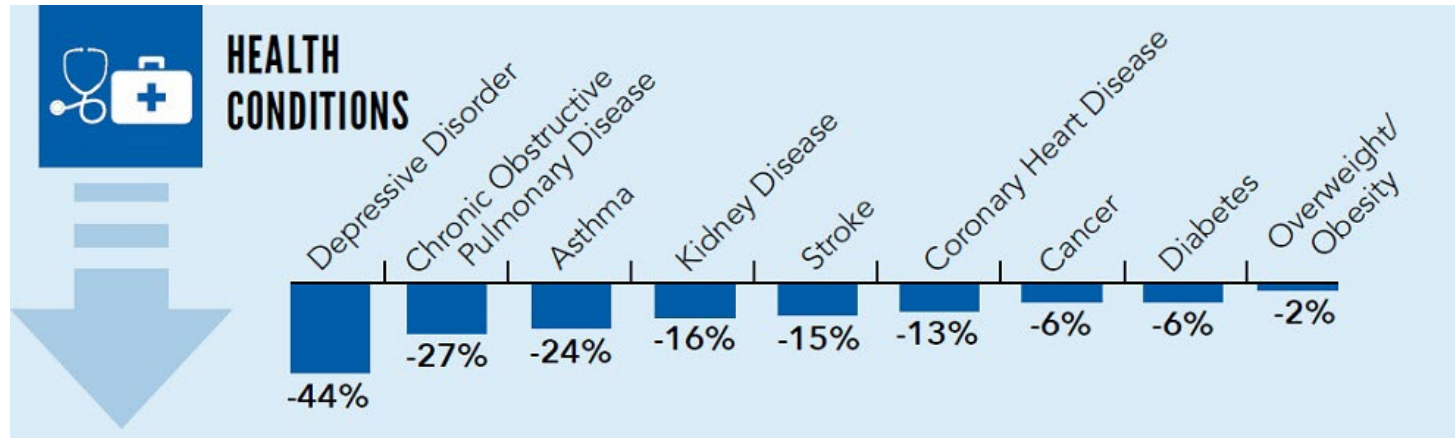
# Various Data

## Adverse Childhood Experiences



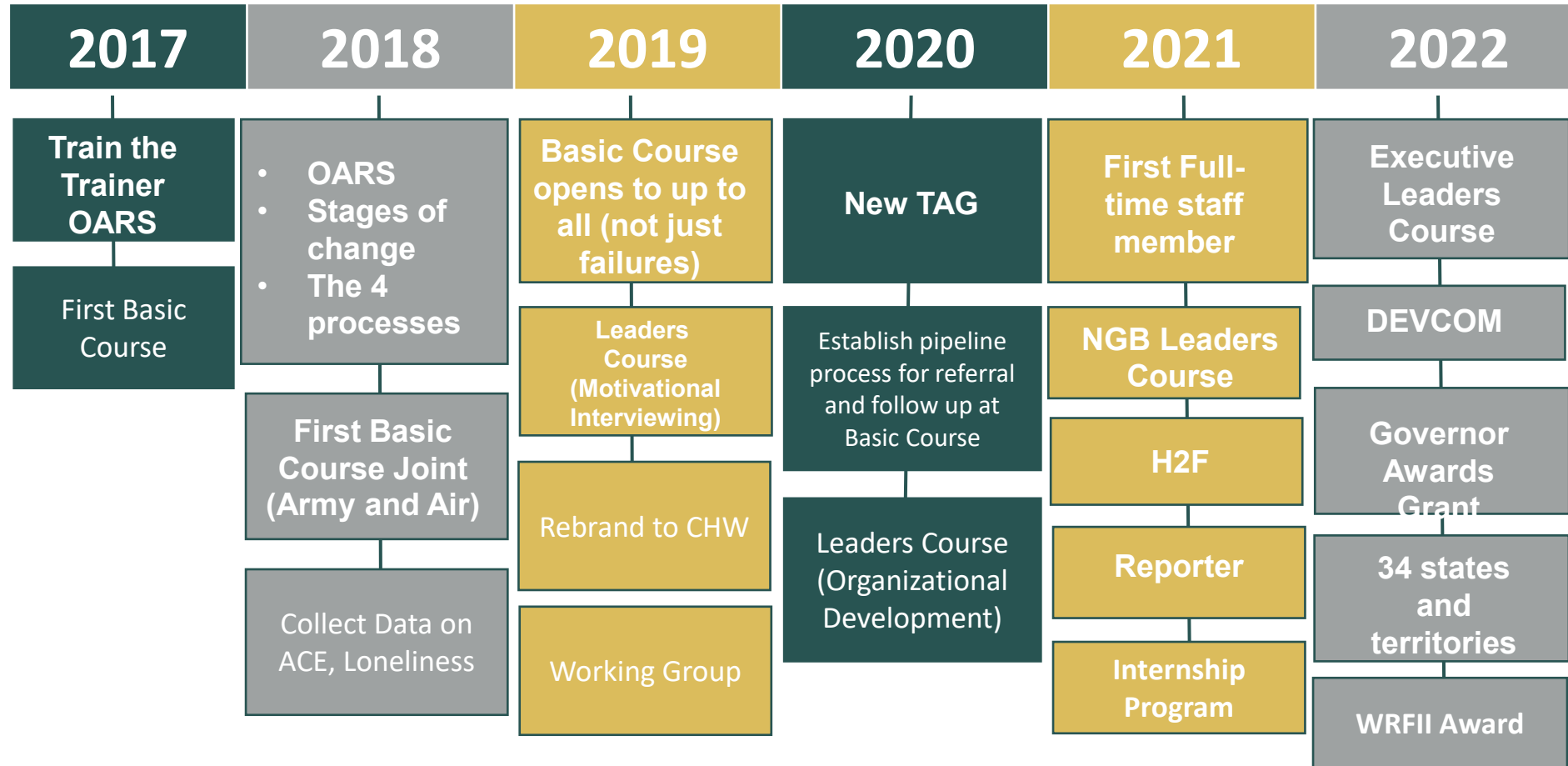
# Various Data

## Adverse Childhood Experiences





# Timeline



# Basic Course

## *HOW WE CREATE VALUE*



Basic Course (15 days) focuses on behavior change for Soldiers and Airmen E1-E8 (15 Days). Our past 5 years of data shows statistical significance promoting the life, health and wellness of our students in a two-week program. It also helps us establish pipelines for referral and follow ups with a variety of resources to support prevention and intervention (e.g. health coaching, behavioral health, peer support groups, etc).



# Leaders Course

Leaders Course (5 Days) is designed to teach leaders (E4P to O5) how to support change at both the individual (Motivational Interviewing - coaching) and organizational level (Diagnostic and Dialogic change management). By building efficacy at the individual and organization level people and teams increase knowledge, skills and abilities to autonomously solve complex problems.

## HOW WE CREATE VALUE



# Executive Leaders Course

## *HOW WE CREATE VALUE*



Executive Leaders Course (1.5 days) is designed to teach executive leaders E9, CW5, >O6, and GS15 how to build coalitions so that middle managers and senior leaders can solve complex problems. Here, executive leaders learn Emotional Intelligence (EQ/EI) and Organizational Development (Diagnostic and Dialogic OD) to motivate the people they lead while building a culture of trust and respect for the organization they serve.



# CHW National Training Team

**Our Vision:** To enhance the comprehensive health and wellness of the National Guard through prevention, partnerships and cooperation. Bolstering culture, creating effective leaders, and enabling resiliency in Airmen and Soldiers.

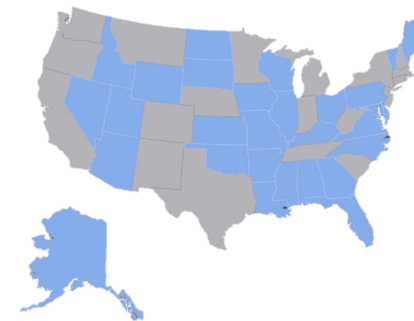
**Our Goal:** Impact each of the 54 States and Territories across all Compos and Armed Forces by the end of FY24.

FY23 Basic Courses (60 Pax)	FY23 Leader Courses (40 Pax)	FY23 Executive Leader Courses (15 Pax)
<ul style="list-style-type: none"> <li>Idaho x 1</li> <li>Ohio x 1</li> <li>Wisconsin x 2</li> </ul>	<ul style="list-style-type: none"> <li>Idaho x 1</li> <li>Ohio x 1</li> <li>Oklahoma x 1</li> <li>CIMT Fort Eustis, VA</li> <li>Wisconsin x 3</li> <li>Florida x 1</li> </ul>	<ul style="list-style-type: none"> <li>Idaho x 2</li> <li>Ohio x 2</li> <li>Oklahoma x 1</li> <li>Wisconsin x 1</li> </ul>

## Current Notable Projects Throughout the DoD:

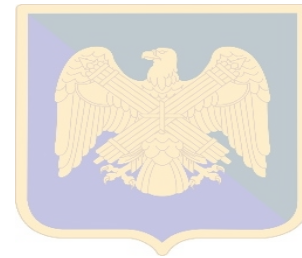
- *Mindfulness Training (STOP to START)*
- *Motivational Interviewing with Drill Sergeant Academy*
- *Coaching Curriculum for JAG Corps*
- *Coaching Academy (July 2023)*

34 States and Territories Served in Army, Air Force and Marines Since July 2021





# Questions?



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