

COMPREHENSIVE AIRMAN FITNESS



Sept. 28, 2012



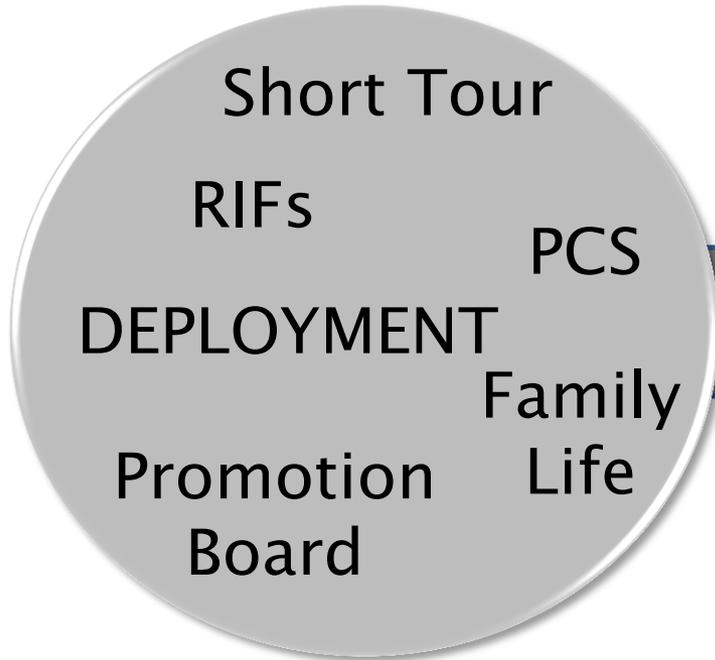
Overview of Comprehensive Airman Fitness (CAF)

- Why Resilience?
- Mission and Vision
- Senior Leader Support
- HQ/AF Leadership Directives
- Strategies
- Goals
- Domains
- Domains and Core Tenets
- Resilience Rationale
- ACC Example: Stressors and Outcomes
- Increase Resilience in the AF
- Tiered Implementation



Why Resilience?

“THE ABILITY TO WITHSTAND, RECOVER, AND/OR GROW IN THE FACE OF STRESSORS AND CHANGING DEMANDS”



**STRONGER
AIRMEN &
FAMILIES**

- Decreased Productivity
- Financial Issues
- Relationship Issues
- Alcohol Abuse
- Domestic Abuse
- Drug Abuse
- Worrying
- Divorce
- Suicide





CAF Mission and Vision

Mission

- Build and sustain a thriving and resilient Air Force Community that fosters mental, physical, social and spiritual fitness

Vision

- A thriving and resilient Air Force Community ready to meet any challenge



Senior Leader Support

“There has never been a more compelling time than the present to have a serious **face-to-face** conversation about leadership.”

Gen Breedlove, VCSAF



*Gen Fraser,
former ACC/CC*

"Being fit to fight means more than just being physically fit. With all of the demands on our Airmen and their families, psychological and emotional health are just as important to our overall fitness, and to our readiness as a command."



HQ/AF Leadership Directives

- 1. Adopt formal name & four pillars**
 - *Comprehensive Airman Fitness*
 - *Mental/Physical/Social/Spiritual*
- 2. Implement AF-wide base model**
 - *Dover Leadership Pathways*
- 3. Deploy web-based self assessment/community feedback tool**
 - *Support and Resilience Inventory*
- 4. Leadership “Toolkit”; online resource for leaders at all levels**
 - *Examples: Resilience activities, testimonials, tailored briefings, articles, Strat Com plan, best practices; constantly updated-- recommend front page of AF Portal*
- 5. Provide Tiered Resilience Training**
 - *Examples: Deployment Transition Center/PME/1Sgt Academy/accessions*



HQ/AF Leadership Directives (Con't)

6. CAF Master Resilience Trainers (MRT)

- Provide face-to-face resilience training at base-level: e.g. Work Centers/Wingman Days/FTAC/ALS/Key Spouses
- Train 446 MRTs
 - 4 per AD base
 - 1 per Guard/Reserve
- Train Resiliency Training Assistants (RTA) to assist MRTs and to be an embedded resiliency resource to fellow Airmen and Leadership



Strategies

- **Use a strength based approach**
 - Not pathology based
- **Front-line supervisors are the key to building resilience**
- **Small Groups or Peer-to-Peer Learning**
- **Educate Airman and family members on the holistic approach to fitness**
 - Mental, Physical, Social, Spiritual
- **Collaborate with and learn through partnerships**
 - Cross organizational effort (Services, Medical, Chaplains, etc.), Army, USMC, Academia



Goals

High performing Airmen and families capable of persevering through life's challenges and growing in adversity

A framework which allows the A1 to provide CSAF the status of the Air Force's health and wellbeing as an aggregate

Tools for leaders to build stronger personnel and families who perform at work, home and in the community despite challenges of military life



Domains

Areas of a person's life which capture the totality of how they experience and relate to others and themselves

- **Mental** – the ability to effectively cope with unique mental stressors and challenges needed to ensure mission readiness.
- **Physical** – the ability to adopt and sustain healthy behaviors needed to enhance health and wellbeing.
- **Social** – the ability to engage in healthy social networks that promote overall well-being and optimal performance.
- **Spiritual** – the ability to sustain an individual's sense of wellbeing and purpose through a set of spiritual beliefs, principles or values





Domains and Core Tenets



MENTAL

Awareness
Adaptability
Decision Making
Positive Thinking



PHYSICAL

Endurance
Nutrition
Recovery
Strength



SOCIAL

Communication
Connectedness
Social Support
Teamwork



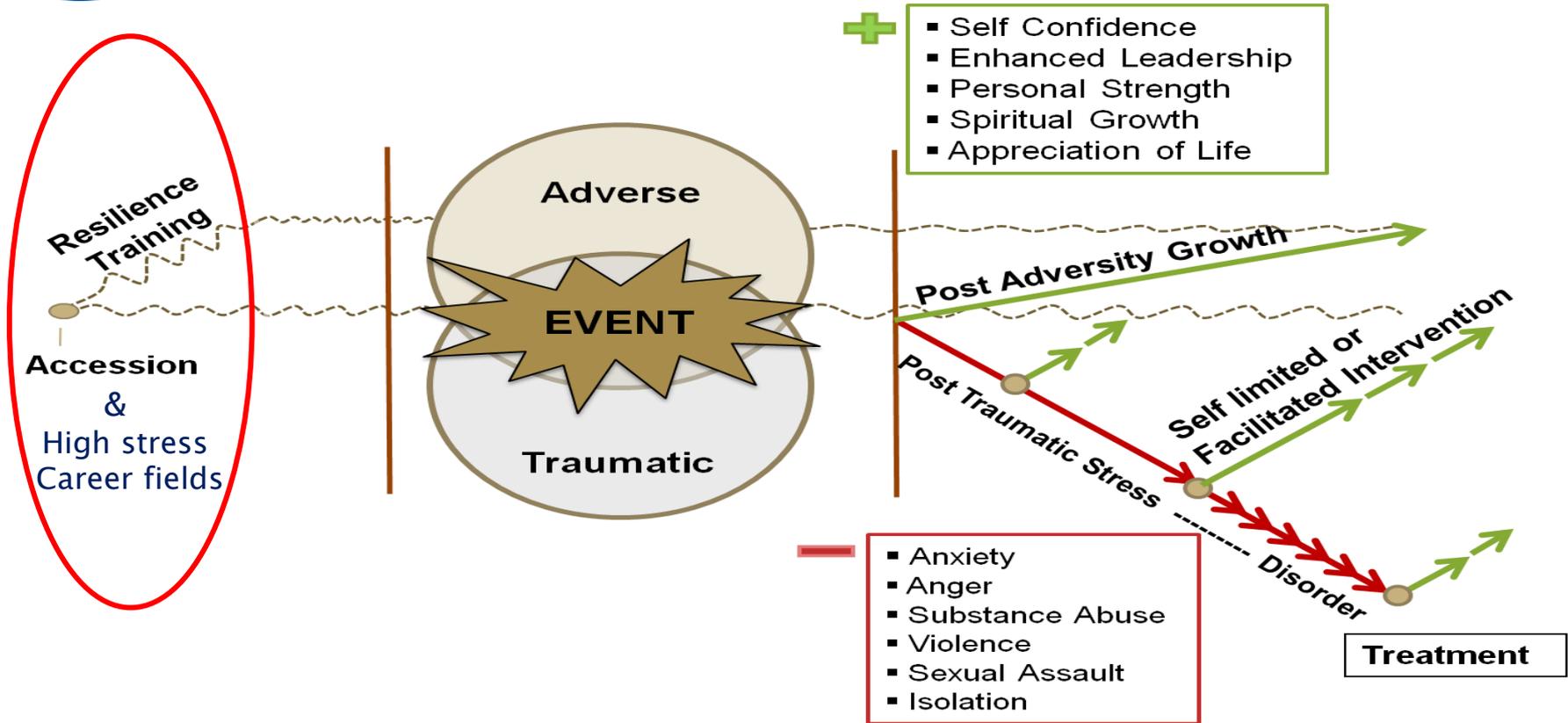
SPIRITUAL

Core Values
Perseverance
Perspective
Purpose





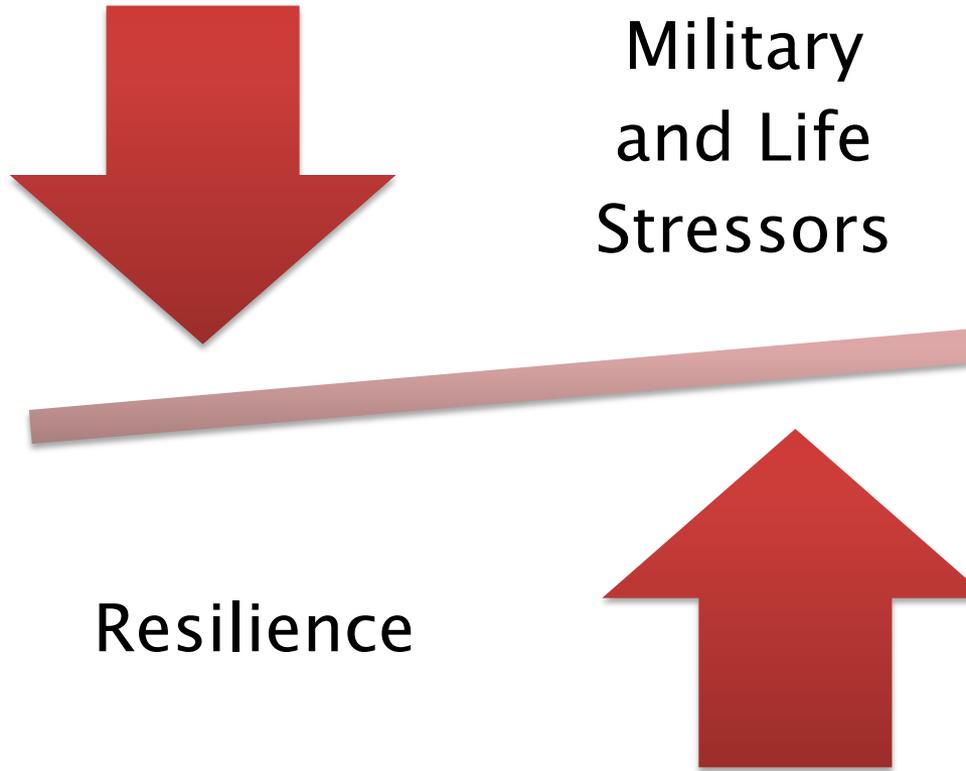
Resilience Rationale



Being resilient enhances the individual's ability to grow, minimizes the impact of adverse / traumatic events, and reduces the potential of self-defeating behaviors



Increase Resilience in the AF



Military
and Life
Stressors

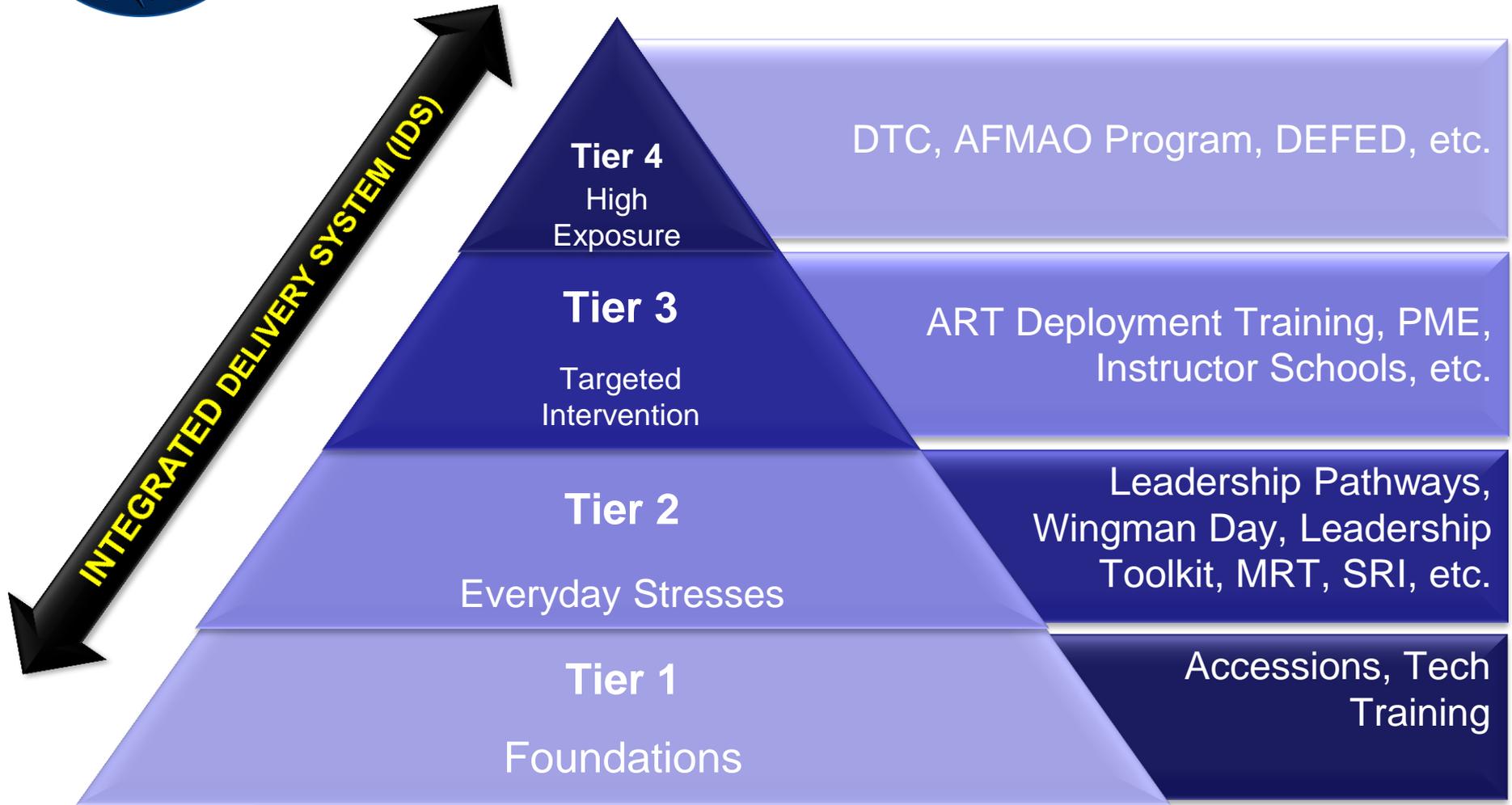
Resilience

- Need a structural approach on how we increase resilience

How do we do that...



Tiered Implementation





- Strengthen CAF
- Provide valuable skills to Airmen
- Develop potential cadre of future Master Resilience Trainers (MRT)

ACC and AMC lead the way on resilience training...kudos!



Wrap Up

THE CONCEPT



TOOLS & RESOURCES



THE ABILITY TO WITHSTAND, RECOVER, AND/OR GROW IN THE FACE OF STRESSORS AND CHANGING DEMANDS