



COMPREHENSIVE SOLDIER & FAMILY FITNESS

BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

What is Comprehensive Soldier and Family Fitness (CSF2)?

A strength-building tool...

The U.S. Army's program to provide all Army community members with the psychological resources and skills to cope with adversity and thrive in their lives.

Built on solid foundations...

The program is based on over 30 years of scientific evidence.

Dedicated to complete wellness...

It trains specific skills in five dimensions of strength: Social, Emotional, Family, Spiritual, and Physical.

With measurable results...

The result is greater resilience and performance, resulting in improved unit readiness and better lives.

Desired Outcomes:

A Total Army team of physically healthy and psychologically strong Soldiers, Families and Civilians whose resilience and total fitness enables them to thrive in both the military and civilian sector and to meet a wide range of operational demands.

Giving Soldiers, Civilians, and Family members the tools for success:

CSF2 intends to help healthy people stay healthy while facing the challenges common in Army life. It is designed to teach skills and provide tools that help all members of the Army Family through all phases of the Soldier life cycle.

The CSF2 program consists of three components:

Online Self-Development

The Global Assessment Tool (GAT) 2.0 - A survey tool through which individuals are able to confidentially assess their physical and psychological health based on the five dimensions of strength: Social, Emotional, Family, Spiritual and Physical.

ArmyFit™ - An online self-development platform that facilitates personal development and social engagement around the five dimensions of strength.

Training

Master Resilience Trainers (MRTs) - MRTs serve as Commanders' advisors for Resilience Training. Graduates of a 10-day course, these Soldiers, Department of the Army Civilians and Army spouses (statutory volunteers) are the only personnel authorized to conduct formal Resilience Training to members of the Army Family.

Institutional Resilience Training (IRT) - Resilience Training is provided at every major level of the Army education system, from basic training to the War College.

Performance Enhancement - Provides Soldiers, Family members and Civilians with the mental and emotional skills to strengthen their minds and perform at their best when it matters most: in combat, healing after an injury or managing work and home life.

Metrics & Evaluation

Through research with the support of various internal and external organizations, CSF2 has been able to scientifically validate its effectiveness. CSF2 is always analyzing the program and ensuring program efficacy.

Comprehensive Soldier and Family Fitness is effective:

- An evaluation completed by Army and civilian scientists showed that Soldiers who received MRT-led Resilience Training reported higher levels of resilience and psychological health over time than Soldiers who did not receive the training. Most importantly, good leadership matters- Soldiers improved more when their commanders endorsed the program, scheduled training, and selected confident NCOs to serve as MRTs.

Global Assessment Tool (GAT) 2.0:

- Over 3.6 million completed surveys
- Get your Performance Triad results based on sleep, activity, and nutrition, and also find out your RealAge®
- Shows you how your results compare to others in the same population bracket
- Confidential feedback presented to you upon survey completion
- Allows for analysis of changes in resilience over time
- Also available for Family members and Army Civilians

ArmyFit™:

- Interactive video modules developed specifically for an Army audience provide additional skills to deal with the challenges that come with Army life
- All five dimensions of strength are covered
- Resilience and performance tools and resources are tailored to the individual user

Master Resilience Trainers (MRTs):

- Over 20,000 NCOs trained since inception
- Uses "train-the-trainer" format
- Requirement for one MRT per company ensures resilience skills are ingrained in Army culture

Training Centers:

- CSF2 Training Centers are extensions of CSF2 at the installation level. CSF2 Training Centers are staffed with Master Resilience Trainer-Performance Experts (MRT-PEs) who support local MRT courses and provide Performance Enhancement Training to Soldiers, their Families, and Army Civilians.
- CSF2 Training Centers are located at Fort Benning, Fort Bliss, Fort Bragg, Fort Carson, Fort Gordon, Fort Hood, Fort Jackson, Fort Knox, Fort Sam Houston, Joint Base Lewis-McChord, Fort Campbell, Fort Drum, Fort Riley, the National Capital Region, Fort Stewart, and Schofield Barracks.

Survey Validation Technical Reports #1 and #2

- Soldiers who completed suicide, tested positive for illicit drug use, or committed violent crimes, tested as being less resilient than those who did not engage in these activities.
- Officers who were promoted ahead of peers or selected for command are more emotionally and socially fit than Officers not promoted early or selected for command.
- Together, Tech Reports #1 and #2 showed that resilience is linked to important behavioral outcomes.

Program Evaluation Technical Reports #3 and #4

- Soldiers who received Resilience Training taught by an MRT improved more than those Soldiers who did not receive the training, particularly in the age group of 18-24 year-olds.
- The training is more effective when commanders ensure that training is properly scheduled, confident leaders are selected as trainers, and trainers feel that commands support them.
- Units with MRTs had significantly lower rates of substance abuse diagnoses (drug and alcohol abuse) and diagnoses for mental health problems (anxiety, depression, and post-traumatic stress disorder) compared to units without MRTs.

Current and Future Directions

- Developing a Teen Resilience and Performance Training curriculum.
- Analysis of Soldier drug and alcohol abuse, divorce rates, and attrition to GAT 2.0 scores continue.
- Examine the immediate and long-term economic benefits to the Army and the nation brought about by CSF2 training