



DEPARTMENT OF THE ARMY
HEADQUARTERS, JOINT READINESS TRAINING CENTER AND FORT POLK
6661 WARRIOR TRAIL, WOODFILL HALL
FORT POLK, LOUISIANA 71459

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MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Joint Readiness Training Center (JRTC) and Fort Polk Policy 8 – Ready and Resilient Performance Center (R2PC) and Training Programs

1. References.

- a. Army Regulation 350-53, Comprehensive Soldier and Family Fitness
- b. Army Resilience Directorate: <https://www.armyresilience.army.mil/>

2. Purpose This policy addresses the administration of the JRTC and Fort Polk Ready and Resilient Center (R2PC) and Training Program.

3. Scope: The goal of this policy is to provide Soldiers, Families, and Department of the Army Civilians (DAC), the opportunity to develop in the dimensions of strength through training provided by the Master Resiliency Trainers (MRTs), Resiliency Training Assistants (RTAs), and the Performance Experts (PEs) as part of the Ready and Resilient Performance Center Program. Ready and Resilient Performance Center and Training Program provides the foundation for individuals to build and sustain personal readiness and resilience. These skills and techniques will enhance resilience, optimize performance and assist in building cohesive teams.

4. Responsibilities:

a. JRTC and Fort Polk will maintain a robust Ready and Resilient Program, and appoint a Program Manager who is an ASI-qualified (8R, 8J, 8K, or 8L) to execute the program at the installation level, and to serve as the subject matter expert for the installation senior leaders.

b. JRTC and Fort Polk Ready and Resilient Program Performance Center Manager (PCM) and/or Performance Expert (PE), will advise the Senior Commander and Command Sergeant Major on the Ready and Resilient Performance Center and Training Program. The PCM will establish relationships with and collaborate with units to advice and conduct Performance Training.

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c. JRTC and Fort Polk Ready and Resilient Training Program Manager (PM) will:

- (1) Ensure units are conducting MRT Training.
- (2) Identify seat requirements for MRT School.
- (3) Track and manage MRT duty assignment fill rates.

(4) Assist commanders in complying with R2 reporting requirements in the DTMS.

d. JRTC and Fort Polk Community Ready and Resilient Integrator (CR2I) will: Ensure units are conducting R2 Training, Suicide Prevention Training, and Foundational Day Training. CR2I will also ensure unit resiliency teams meet monthly and provide R2 updates for the Commander's Ready and Resilient Council (CR2C).

e. Major subordinate command (MSC) level commanders will appoint on additional duty orders both an officer in charge (OIC) and a noncommissioned officer in charge (NCOIC) of their R2 program. Both OIC and NCOIC will be graduates of the 10-day MRT Course. Commanders are encouraged to incorporate resiliency training into their Foundation Days.

f. Battalion level commanders will appoint on additional duty orders a noncommissioned officer in charge (NCOIC) of their R2 program. Each appointed MRT will be a graduate of the 10-day MRT Course. Each will supervise their battalion's R2 Training and ensure quality in training conducted at the battalion and company level.

g. Each company will appoint on orders one Resilience Trainer Assistant (RTA) to each platoon. Each RTA must complete the 25-Hour RTA course. Company MRTs and RTAs will conduct resilience training with the support of MRT-PE's at the R2PC.

h. Each Operations Group JRTC named Task Force will appoint on additional duty orders and maintain an MRT as their trainer. Each MRT will be a graduate of the 10-Day MRT Course. Each named Task Force will appoint on orders one RTA to assist the MRT. Each RTA must complete the 25-Hour RTA course. Provided at the R2PC.

5. R2/MRT Training:

a. MRT Training will be conducted in groups no larger than a "platoon" size element (30-35 Soldiers). RTA courses will be consolidated at the installation level and offered quarterly. The course will be 25 hours over the course of four days.

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b. Deployment Cycle Resiliency Training (DCRT): Unit MRTs are responsible for becoming DCRT certified and for training deploying Soldiers according to the DCRT module standards, to include pre-deployment reintegration and post deployment training.

6. To keep JRTC and Fort Polk a strong resilient installation, the R2PC provides the following additional training and opportunities to equip and empower Soldiers, leaders, DAC, contractors, spouses with skills to optimize performance and thrive: Mental minutes, customized training (based on the needs of the unit), life skill mastery classes, and lunch and learns.

7. Proponent: The point of contact for this policy is the Assistant Chief of Staff, G1, at (337) 531-1196.

8. This policy will remain in effect until superseded or rescinded.



DAVID W. GARDNER
Brigadier General, USA
Commanding

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