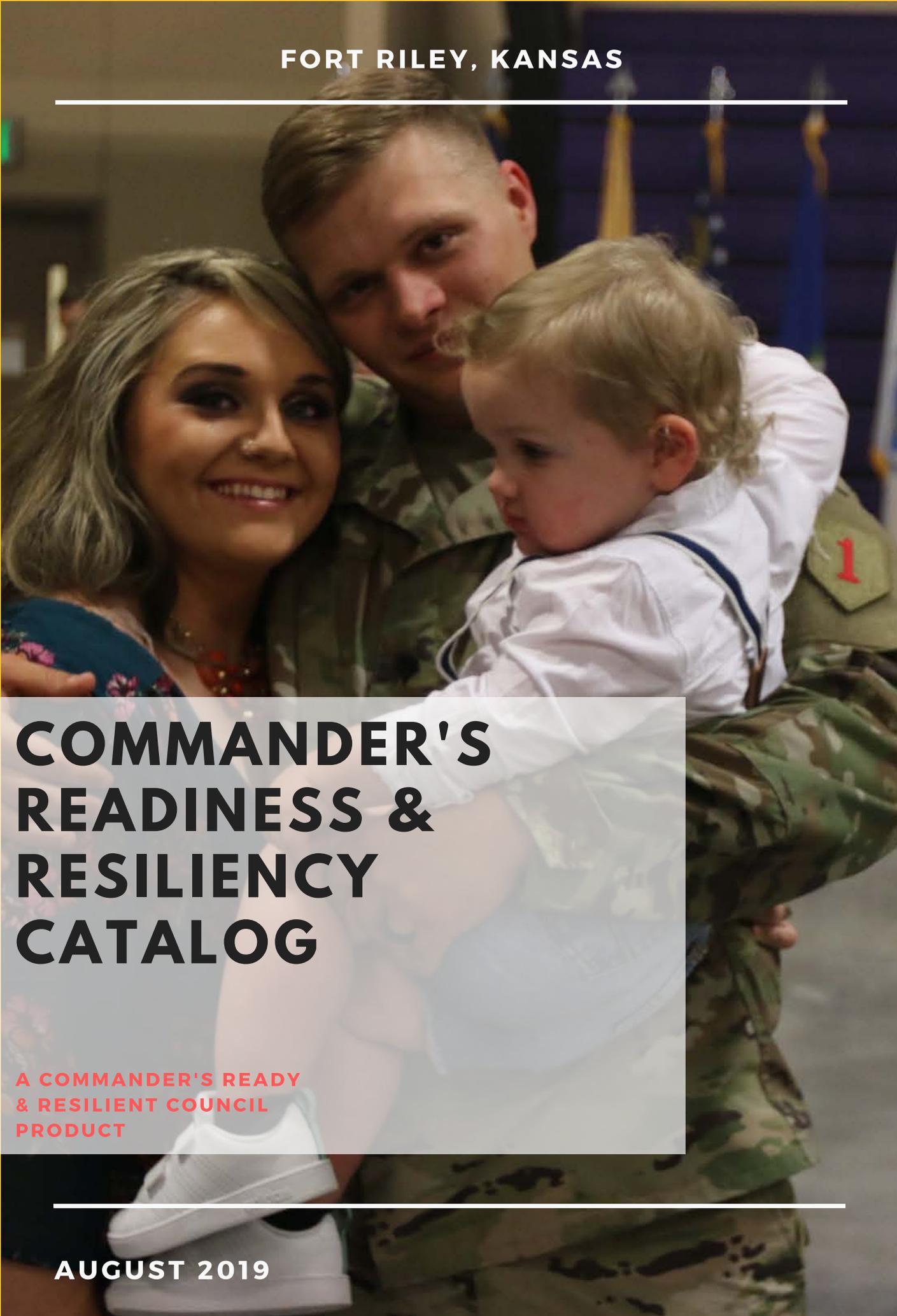


**FORT RILEY, KANSAS**

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**COMMANDER'S  
READINESS &  
RESILIENCY  
CATALOG**

**A COMMANDER'S READY  
& RESILIENT COUNCIL  
PRODUCT**

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**AUGUST 2019**

# ABOUT



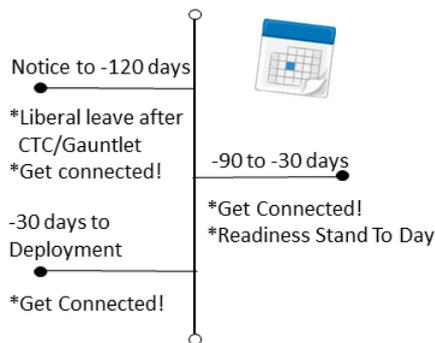
This catalog displays all training options for predeploying, deployed and redeploying units. Each training is marked with a suggested time frame. It is also marked with a toolbar like this one so that you can more easily understand the audience for the training.

✓ Soldiers ✓ Spouses ✓ Kids

Across the Army, Ready and Resilient Councils have noted the trend of increased high risk behaviors such as domestic violence, child abuse, child neglect, and suicidal behaviors starting at approximately 30 days before and after deployment. This high risk time frame extends to 120 days before and after deployment, and sometimes beyond based on the unit's operational tempo.

# PRE-DEPLOYMENT TIMELINE

## PRE-DEPLOYMENT TIMELINE



### RECOMMENDATIONS

\*Please contact your ACS Unit Service Coordinator to make arrangements @ 785-239-9435\*

#### Get Connected:

1. Classes/supports (reference page 20).
2. Child & Youth Services Registration (reference page 9).
3. Family Readiness Group – contact your unit for contact information.
4. Review the DFMWR Guide to learn about upcoming community activities and/or down load the Fort Riley app to stay informed and get involved.

These points in time represent opportune moments to proactively reinforce resiliency skills. Our resiliency team is flexible. You choose what's best for your Soldiers and Families.

### Training Package Timeline

- \*-120 days Commander receives training selection packet
- \*-90 days Commander submits training requests
- \*-60 days Commanders training selections locked in/confirmed

Note: days = prior to event



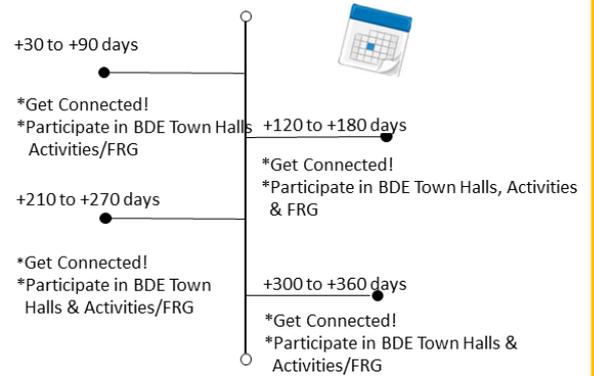
# DEPLOYED TIMELINE



These points in time represent opportune moments to proactively reinforce resiliency skills and to grow and develop in new areas. Our resiliency team is flexible. You choose what's best for your Soldiers and Families.



## DEPLOYMENT TIMELINE



### RECOMMENDATIONS

\*Please contact your ACS Unit Service Coordinator to make arrangements @ 785-239-9435\*

#### Get Connected:

1. Classes/supports (reference page 20).
2. Child & Youth Services Registration (reference page 9).
3. Family Readiness Group – contact your unit for contact information.
4. Review the DFMWR Guide to learn about upcoming community activities and/or download the Fort Riley app to stay informed and get involved.
5. Stay informed about Unit/BDE meetings and P-A-R-T-I-C-P-A-T-E!

### Training Package Timeline

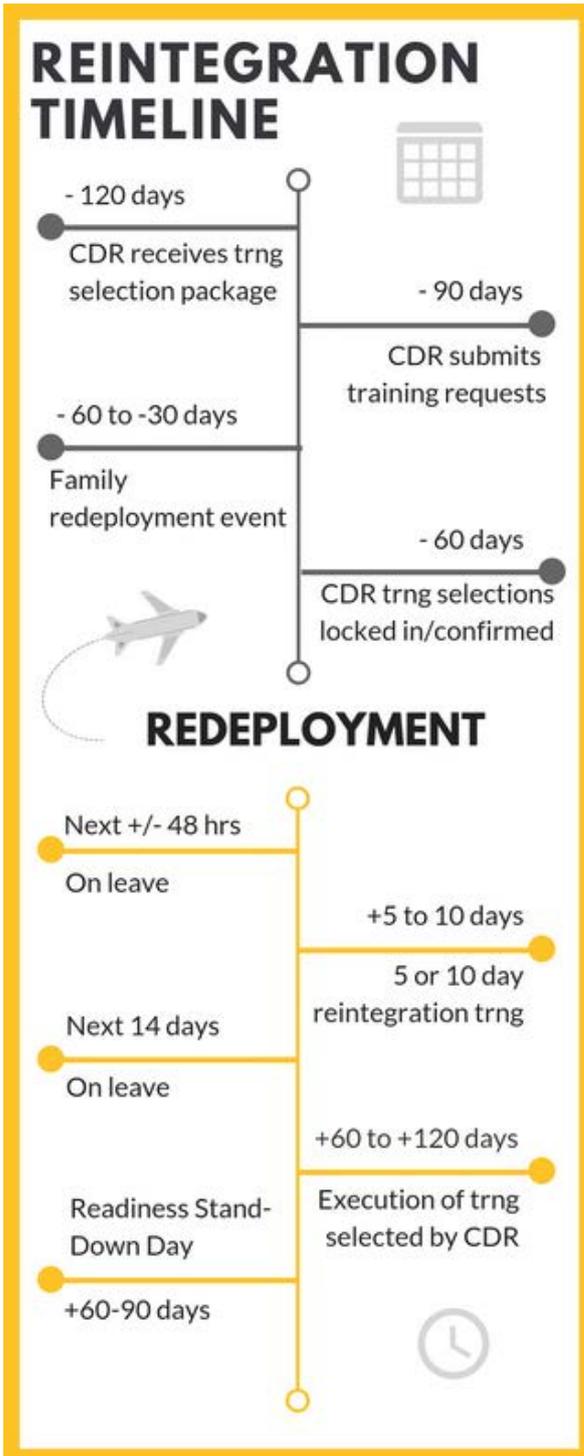
\*-120 days Commander receives training selection packet

\*-90 days Commander submits training requests

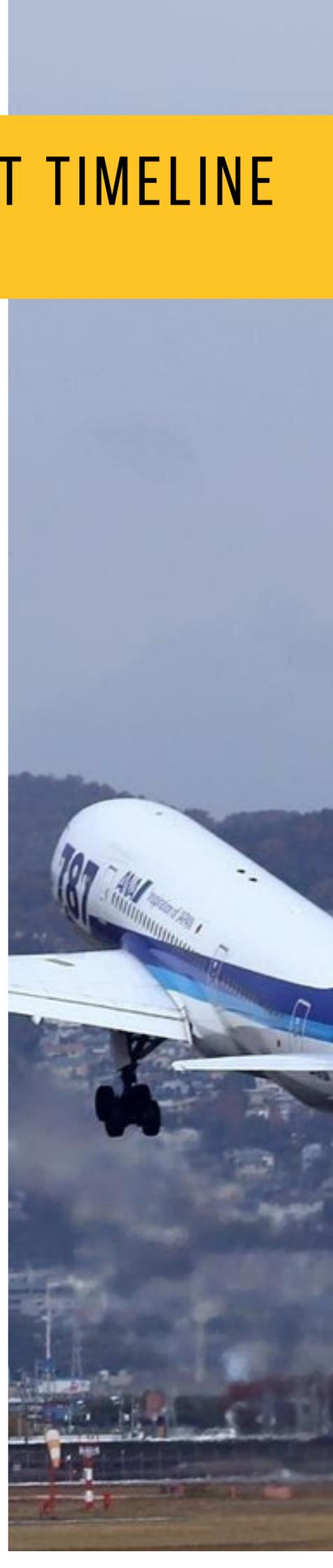
\*-60 days Commanders training selections locked in/confirmed

**Note:** days= prior to event

# RE-DEPLOYMENT TIMELINE



Our reintegration team is flexible. You choose what's best for your Soldiers and Families.



# COMMANDER'S RESILIENCY TRAINING SELECTIONS

You have options! Print this form to use while you browse the catalog.

- Readiness Day, (+/-) 60-90 days
- Warrior Adventure Quest, (+/-) 10-120 days
- Basic Money Management, (+/-) 10-120 days
- The Wheels You Want, (+/-) 10-120 days
- Should I Rent or Should I Buy, (+/-) 10-120 days
- Invest in Your Future, (+/-) 10-120 days
- Spin the Wheel, (+/-) 10-120 days
- New Parent, (+/-) 10-120 days
- Resilience Training for Spouses, (+/-) 30-60 days
- Resilience Training for Soldiers, (+/-) 90-120 days
- Family Adventure, (+/-) 10-120 days
- Sparetime Interactive Entertainment, (+/-) 10-120 days
- Army Substance Abuse Program ASAP, (+/-) 60-90 days

Visualize your training timeline here!

Dates: \_\_\_\_\_ (+/- 10 days)

Dates: \_\_\_\_\_ (+/- 30 days)

Dates: \_\_\_\_\_ (+/- 60 days)

**READINESS DAY**

Dates: \_\_\_\_\_ (+/- 90 days)

Dates: \_\_\_\_\_ (+/- 120 days)

# READINESS STAND TO

Each training event is tailored to the unit audience. The focus is to leverage the unit leaders and embedded unit resources so that they deliver a targeted and effective event. Organization day feel, very relaxed.

✓ Soldiers ✓ Spouses ✓ Kids

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## WHAT

This 6 hour training, based on unit trends, can cover: SHARP, suicide, Soldier Resiliency, Family Resiliency, Domestic Violence/Child Abuse/Child neglect, financial readiness, DUI, and unit risk inventories. The training will leverage round robin and discussion based methods and will be embedded into fun and interactive events.

## WHERE

Training provided at the unit area of operation or installation resource location based on commander's preference

## COST

Free

## END STATE

Soldiers and Family Members decrease their propensity for high risk behaviors through empowerment to utilize helping resources, improved communication, team building and relationship development.



# WARRIOR ADVENTURE QUEST

✓ Soldiers   X Spouses   X Kids



## WHAT

Warrior Adventure Quest (WAQ) combines existing outdoor recreation high adventure, and high adrenaline activities with Leader-Lead After Action Debrief (L-LAAD), developed by the Army Medical Department (AMEDD) Center and School for the Army's psychological resiliency building program, to assist Soldiers in reaching a "new normal" as they transition back from deployment to their home station environment.

## WHERE

Contact WAQ at the Outdoor Adventure and Travel Center, 5202 Normandy Drive • 785-239-5412

## COST

FREE to units, with completion of post-activity survey!

## END STATE

Soldiers create unit level bonds and discuss important issues resulting in improved unit cohesion and decreased high risk behaviors.

## BASIC MONEY MANAGEMENT

### WHAT

Explore the use of budgets, goals and financial statements. Prepare a spending plan, identify an Action plan and identify debt to income ratio.

### END STATE

To have an increased understanding of the current state of their finances and resources available to them resulting in decreased financial mismanagement and decreased secondary effects such as relationship issues, suicidal behaviors and domestic violence.

## THE WHEELS YOU WANT

### WHAT

Gain knowledge of Three Deals of Car Buying; Understanding your legal rights, and sources of help.

### END STATE

Soldiers and Family Members have an increased understanding of the financial loans and resources available to them resulting in decreased financial mismanagement and decreased secondary effects of financial mismanagement

ALL CLASSES 60 MINUTES - FREE



## SHOULD I RENT OR SHOULD I BUY?

### WHAT

Making the decision to buy a home, budgeting and money management. ABC's of Credit and Credit reports. Understanding the mortgage application process, VA Home Loan Guarantee, and preparation for closing.

### END STATE

Soldiers and Family Members have an increased understanding of the loans and financial resources available to them resulting in decreased financial mismanagement and decreased secondary effects of financial mismanagement.

## INVEST IN YOUR FUTURE

### WHAT

Understand the purpose of saving and investing and to become familiar with the basics of savings uses and tools. Gain knowledge on TSP/BRS, Stocks, Bonds, Mutual Funds and investment techniques.

### END STATE

Soldiers and Family Members have an increased understanding of the current state of their finances and proactively manage their money in order to prevent future financial mismanagement.

# YOUR SPIRIT MATTERS!

✓ Soldiers ✓ Spouses ✓ Kids

## RELIGIOUS SERVICES OPPORTUNITIES:

- **HOMEFRONT HEROES**
- **CHAPLAIN'S FAMILY LIFE COUNSELING CENTER**

**SERVICES ARE FREE**



### **HOMEFRONT HEROES**

This spouses of deployed Soldiers group meets weekly at Victory Chapel at 1830 and discusses the unique stressors resulting from deployments. These spouses are focused on not just surviving deployments but thriving in the midst of them. You can check them out via Facebook at <https://m.facebook.com/groups/114703615868063?>

### **CHAPLAIN'S FAMILY LIFE COUNSELING CENTER**

The Chaplain's Family Life Counseling Center exists to serve Soldiers, Families and DA Civilians who need a helping hand in conquering a variety of life stressors.

The center is skilled at dealing with Marriage Issues, Parenting, Stress, Anxiety, Depression, and most other counseling needs. Clients seen by appointment year round by calling 785-239-3436.



# FAMILY FIRST

✓ Soldiers ✓ Spouses ✓ Kids

## FAMILY FUN WHEEL

### WHAT

Competitive training modeled after famous TV show resulting in better use of the adult learning method. This activity uses graphics and teams in a competition to increase awareness of Family Advocacy Programs.

### WHERE

Battalion or Brigade Classrooms.  
Training is 90 minutes

### COST

Free



## FORT RILEY CHILD AND YOUTH SERVICES (CYS)

### WHAT

CYS offers child development services as well as a variety of child and youth recreational opportunities. So, whether you are looking for full time care, hourly care, before and/or after school services, youth sports activities or instructional programs for your child; CYS has something for everyone!

### WHERE

The first step is to complete a household registration. For more information, please contact the CYS Parent Central Office at 785-239-9885.

### COST

Registration is free and good for one year. Participation fees vary based on services requested.



## NEW PARENT



### NEW DAD'S CLASS

#### WHAT

An interactive demonstrations class with practical exercises that will challenge new fathers to be hands-on Dads.

#### WHERE

Army Community Service - 2 Sessions 3 hours per session

#### COST

Free

# PRE-DEPLOYMENT OPTIONS

## FOR COUPLES

### Coping with Transitions\*

This presentation addresses the inevitable: change and focuses on different coping mechanisms that can create a smooth transition. This is a 30-45 minute session.

### Effective Couples Communication Skills for Military Couples\*

This course offers robust communication training that can be offered as one course or broken into six modules that are approximately 30-45 minutes in length. Topics covered are introduction to communication, active listening, challenging cognitive distortions that block communication, effectively communicating emotions, communicating assertively and negotiation in communication.



MAKE A PLAN

### Family Violence Awareness+

This sessions discusses the nuances of violence in the family. Did you know, according to CDC, that 1 in 4 women and 1 in 10 men have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime and reported some form of Intimate Partner Violence related impact? This session defines the types of violence, discusses impact, and provides suggestions for safety and other available community resources. This is a 30-45 minute session.

### ScreamFree Marriage+

This three part course (2hrs/day) involves DVD and workbook assisted instruction that is designed to help couples embrace the inevitable conflicts associated with intimate relationships. "ScreamFree" promotes the formula of Calming Down, Growing Up, and Getting Closer with the aim of strengthening and improving healthy relationships. "ScreamFree" Marriage is also very relevant for non-married couples.

### Stages of Pre-Deployment\*

Participants will learn the emotional pre-deployment phase, possible effects and gain tips for managing during the pre-deployment phase. This is a 30-45 minute session.

### Stress Management 101+

Managing stress is all about taking charge of your internal thoughts, your emotions, your schedule, your environment and the way you deal with problems. This one hour session will help you identify and relieve stress in your life.

## FOR PARENTS

### Anger Management Training+

This one hour block of training is designed to identify anger and its affects. Through discussion, role play and scenarios, this class with help individuals reflect upon and recognize their own emotions.

### Building Resiliency in Children\*

This presentation will teach participants how to recognize characteristics of resilient children as well as methods for building resilience in children by teaching coping skills, optimism, character building and more. This is a 30-45 minute session.

### Child & Separation Issues of Deployment\*

This presentation addresses the positive aspect of separation from the deployed parent and ways to strengthen the relationship long distance. Additionally, it discusses detrimental coping strategies to watch for and signs to recognize that it is time to seek professional help. This is a 30-45 minute session.

### When Parents Deploy Ages 2-5 Years Old\*

This presentation addresses the relevant developmental issues, how to prepare young children for deployment and suggestions for helping children cope with the separation.

\*= MFLC LED

+ = ACS FAP LED

# DEPLOYMENT OPTIONS

## FOR INDIVIDUAL DEVELOPMENT

### Be a Mindful Eater (self-care)\*

Mindful eating has been shown to have a significant, positive impact on health and wellness. This presentation talks about scientific facts that support the benefits of mindful eating and offers other tools for integrating the practice into your own life. This is a 30-45 minute session.

### Child & Separation Issues of Deployment\*

This presentation addresses the positive aspect of separation from the deployed parent and ways to strengthen the relationship long distance. Additionally, it discusses detrimental coping strategies to watch for and signs to recognize that it is time to seek professional help. This is a 30-45 minute session.

### Communication & Assertiveness Training\*

This presentation addresses components of communication: verbal and nonverbal communication, communication guidelines, the importance of an active listener, how to communicate long distance and more. This is a 30-45 minute session.

### Maintaining a Healthy Marriage\*

This presentation address some important steps to take to safeguard a marriage during deployment. This is a 30-45 minute session.

### Stages of Deployment\*

Participants will learn the emotional deployment phase, possible effects and gain tips for managing during the deployment phase. This is a 30-45 minute session.

### ScreamFree Marriage+

This three part course (2hrs/day) involves DVD and workbook assisted instruction that is designed to help couples embrace the inevitable conflicts associated with intimate relationships. "ScreamFree" promotes the formula of Calming Down, Growing Up, and Getting Closer with the aim of strengthening and improving healthy relationships. "ScreamFree" Marriage is also very relevant for non-married couples.

## FOR PARENTS

### Anger Management for Teens\*

This presentation will help teens understand different types of anger, which type they exhibit, healthy ways to manage anger and when to seek help if their anger feels out of control. This is a 30-45 minute session.

### Bully Busting Activities\* (1st-8th grad

The purpose of this presentation is to guide children through three processes of discovery, positive action and resolution in terms of bullying. This is a 90 minute session.

### Child & Separation Issues of Deployment\*

This presentation addresses the positive aspect of separation from the deployed parent and ways to strengthen the relationship long distance. Additionally, it discusses detrimental coping strategies to watch for and signs to recognize that it is time to seek professional help. This is a 30-45 minute session.

### Supporting Your Child through Deployment\*

This presentation addresses the issues child can experience throughout a deployment and offers solutions parents can use to provide support and comfort. This is a 30-45 minute session.

\*= MFLC LED

+ = ACS FAP LED



# RE-DEPLOYMENT OPTIONS

✓ Soldiers ✓ Spouses X Kids

## FOR COUPLES

### Communication & Assertiveness Training\*

This presentation addresses components of communication: verbal and nonverbal communication, communication guidelines, the importance of an active listener, how to communicate long distance and more. This is a 30-45 minute session.

### Effective Couples Communication Skills for Military Couples\*

This course offers robust communication training that can be offered as one course or broken into six modules that are approximately 30-45 minutes in length. Topics covered are introduction to communication, active listening, challenging cognitive distortions that block communication, effectively communicating emotions, communicating assertively and negotiation in communication.

### Stages of Redeployment\*

Participants will learn the emotional re-deployment phase, possible effects and gain tips for managing during the re-deployment phase. This is a 30-45 minute session.

### Making Marriage Work after Deployment\*

This presentation addresses issues couples face after deployment upon reintegration. This is a 30-45 minute session.

### Family Violence Awareness+

This sessions discusses the nuances of violence in the family. Did you know, according to CDC, that 1 in 4 women and 1 in 10 men have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime and reported some form of Intimate Partner Violence related impact? This session defines the types of violence, discusses impact, and provides suggestions for safety and other available community resources. This is a 30-45 minute session.



## FOR PARENTS

### ScreamFree Marriage+

This three part course (2hrs/day) involves DVD and workbook assisted instruction that is designed to help couples embrace the inevitable conflicts associated with intimate relationships. "ScreamFree" promotes the formula of Calming Down, Growing Up, and Getting Closer with the aim of strengthening and improving healthy relationships. "ScreamFree" Marriage is also very relevant for non-married couples.

### Parenting Love and Logic Parenting+

This three part course (2 hrs/day) is designed to help parents create happy families and responsible kids by: learning to allow them to grow through their mistakes, learning to allow them to learn from the consequences of their choices, learning shared control; and learning shared thinking and decision making.

### ScreamFree Parenting+

This three part course (2 hrs/day) is designed to start a revolution in your family. Learn how to lower your voice, calm your emotional reactions and focus on your own behavior, all techniques that lead to a mutually respectful and loving relationship with your children.

\*= MFLC LED

+ = ACS FAP LED

# OPTIONS FOR THOSE THAT ARE SINGLE

✓ Soldiers X Spouses X Kids



## PRE-DEPLOYMENT

### Communication & Assertiveness Training\*

This presentation addresses components of communication: verbal and nonverbal communication, communication guidelines, the importance of an active listener, how to communicate long distance and more. This is a 30-45 minute session.

### Pre-Deployment & the Single Service Member\*

This presentation outlines the various steps that should be addressed prior to a Service Member's deployment including strengthening support networks, updating addresses and contact information, seeking support and taking precautions to safeguard legacies. This is a 30-45 minute session.



## RE-DEPLOYMENT

### Communication & Assertiveness Training\*

This presentation addresses components of communication: verbal and nonverbal communication, communication guidelines, the importance of an active listener, how to communicate long distance and more. This is a 30-45 minute session.

### "Hanging out, Hooking Up, or Hanging Up"+

This dating class is designed to address the tough issues of dating in today's culture. This 90 minute block of instruction will cover such topics as expectations, red and green flag, stages of relationships, and healthy vs. non-health and incorporate role play, small groups, scenarios and games.

\*= MFLC LED  
+= ACS FAP LED



# SOLDIER RESILIENCE SPOUSE RESILIENCE

## POST-DEPLOYMENT RESILIENCE TRAINING FOR SOLDIERS

✓ Soldiers X Spouses X Kids

### WHAT

This module discusses the continuing transition home, and acts as a “progress check” for the common challenges discussed during the reintegration period. Self-aid and buddy-aid are also discussed

### WHERE

This module can be delivered by DCRT-Certified Master Resilience Trainers at the R2 Performance Center or at any venue with projection capability. Training lasts 2-3 hours.

### COST

Free

## POST-DEPLOYMENT RESILIENCE TRAINING FOR SPOUSES

X Soldiers ✓ Spouses X Kids

### WHAT

This module focuses on how a spouse and family can re-establish and strengthen ties as their Soldier continues to transition back into the Family unit. This training can be attended only by spouses or significant others alone.

### WHERE

This module can be delivered by DCRT-Certified Master Resilience Trainers at the R2 Performance Center or at any venue with projection capabilities. Training lasts 2 hours.

### COST

Free

\*Per AR 350-53, Post-Deployment Resilience Training for Soldiers is mandatory, +90-120 days. Unit Commanders must offer Post-Deployment Training for Spouses +30-60 days; however, it is not mandatory to attend. 14





# FAMILY ADVENTURE

## ADVENTURE PARK

✓ Soldiers ✓ Spouses ✓ Kids

### WHAT

Fort Riley's Adventure Park offers activities for all levels of thrill seekers, from the high adventure of the family obstacle course and climbing wall to more terrestrial pursuits, like paintball, archery, disc golf and more.

### WHERE

The Adventure Park is located at the Outdoor Adventure and Travel Center, 5202 Normandy Drive  
Phone: 785-239-2363

### COST

#### Family Obstacle Course

\$7 per person · Seasonal  
1-hour session, includes safety briefing & equipment  
(For participants 48" or taller)

#### Open Access Pass

\$7 per person · Seasonal  
Archery, foot and disc golf, putting green, batting cages and more

#### Indoor Rock Climbing

\$10 per person  
Includes instructors for belaying and harnesses



# UNIT RISK INVENTORIES

✓ Soldiers X Spouses X Kids

## WHAT

### Unit Risk Inventory (URI)

#### Reintegration Unit Risk Inventory Survey (R\_URI)

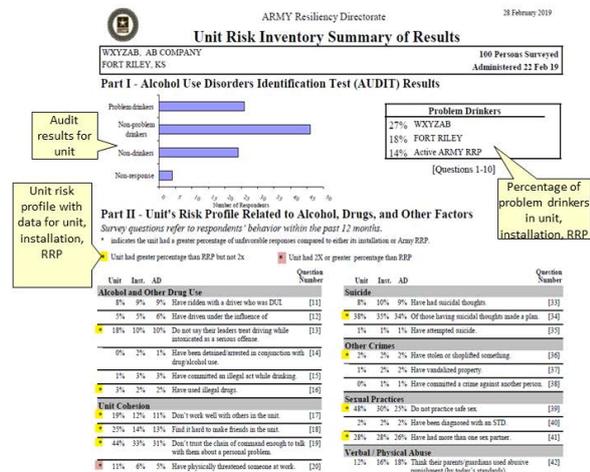
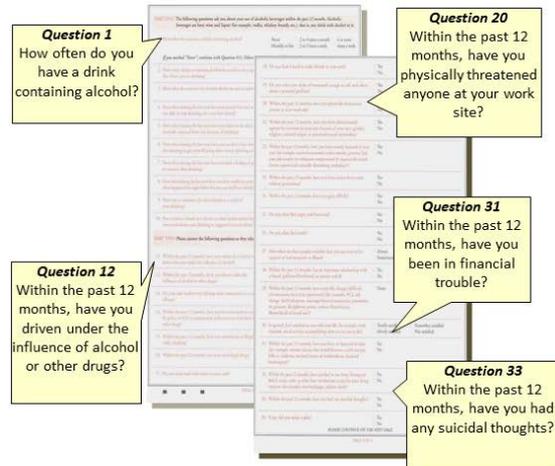
The anonymous survey screens for high risk behaviors and attitudes that compromise unit readiness. Categories include alcohol and other drug use, unit cohesion, self-perception and relationships, financial problems, suicide, other crimes, sexual practices, verbal/physical abuse and the army environment.

The URI should be administered no later than 30 days prior to deployment or on an annual basis if no deployment is scheduled. The R-URI should be administered between 30-180 days upon redeployment. The surveys are administered at unit level and take, on average, 30 minutes or less to complete. A minimum of no less than 50% of the unit strength, 20 for smaller units, is required for completion.

Results of questions regarding thoughts of suicide are returned to command team within 24 hours of survey completion. Full results are available within 7-10 working days.

## HOW TO SCHEDULE

Commanders or Unit Prevention Leaders (UPL) can contact the Risk Reduction Coordinator (RRC) at 785-240-3089 to schedule the survey.



## WHERE

In the unit area of operation.

## COST

Free

## END STATE

The command team will have a comprehensive understanding of the self-reported high risk behavior status across their unit. It will help form a tailored mitigation plan resulting in increased readiness.

## ARMY WELLNESS CENTER

✓ Soldiers   ✓ Spouses   X Kids

### AVAILABLE PROGRAMS

Available Programs:  
Healthy Sleep Habits  
Stress Management  
Fueling for Health  
Meals in Minutes  
Staying Fit: Home & Away  
Individual and Group Health Coaching

### HOURS

Monday - Friday 0800-1700  
Closed Daily for Lunch 1130-1230  
Phone: 785-239-9355



## MILITARY & FAMILY LIFE COUNSELORS

### Post-Combat Risk Taking Behaviors

✓ Soldiers   ✓ Spouses   X Kids

#### WHAT

This presentation defines risk-taking behavior, explains why it is common for service members to experience it and provides suggestions for avoiding potential harm as a result of post-combat risk-taking behavior. This training is led by licensed specialist clinical social workers.

#### WHERE

Unit area. Training is 1 hour long

#### COST

Free

### Reintegration Challenges for the Single Service Member

✓ Soldiers   X Spouses   X Kids

#### WHAT

This presentation discusses the process and challenges of reintegration for the single service member and offers tools and coping strategies for a successful journey.

#### WHERE

Unit area. Training is 1 hour long

#### COST

Free

## SPARETIME INTERACTIVE ENTERTAINMENT 7485 NORMANDY DRIVE

✓ Soldiers   ✓ Spouses   ✓ Kids

### WHAT

The newly renovated facility was formerly known as Custer Hill Bowling Center and focuses on providing an indoor venue that supports quality of life and socialization opportunities for both Fort Riley residents and members of the surrounding communities.

The entertainment complex now features both traditional and Hyperbowling, as well as golf simulators, a multisport simulator, batting cages featuring baseball and softball, an 18-hole sports themed glow putt-putt golf course, a large projection screen and TVs for all your sports entertainment, corn hole, fowling, giant jenga, billiards, electronic darts, and karaoke. Don't forget to try Wacky Bowling and Bingo Bowling! The all-new X Factor Grill and Pin Setter's Club are coming soon!

### COST

- Amusements are priced a la carte
- Simulators purchased in 30- and 60-minute increments
- Package deals starting at \$10

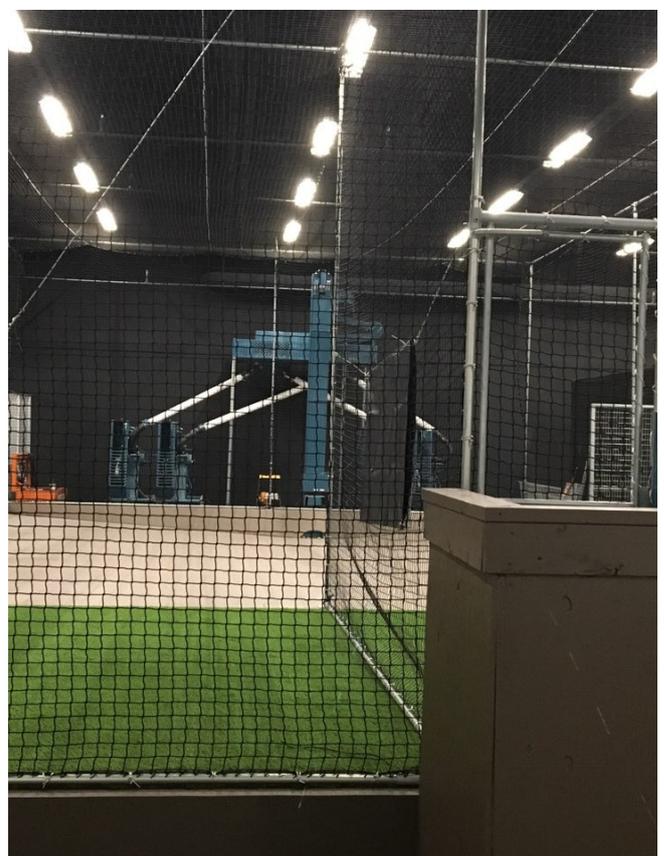
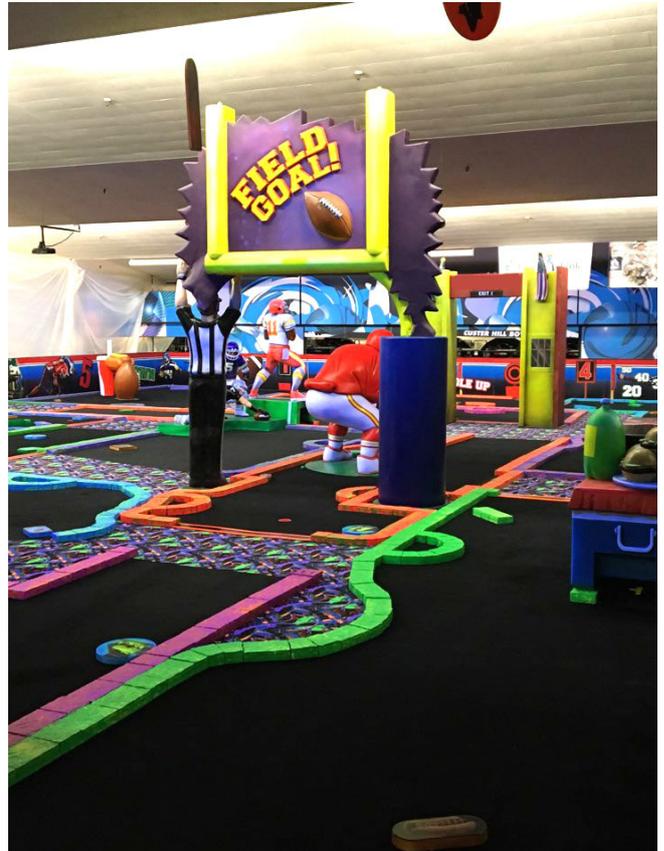
### HOUR OF OPERATION

Wednesday-Thursday: 1100-2100

Friday-Saturday: 1100-2400

Sunday: 1200-1800

Information: 785-239-4366



# ARMY SUBSTANCE ABUSE PROGRAM (ASAP)

✓ Soldiers x Spouses x Kids



## WHAT

There are many options available for before and after deployment:

- 1.5-hour reminder of Kansas alcohol laws
- 1-hour general overview of drugs/alcohol
- 4.5-hour Prime for Life for selective audiences (command's choice)
- Round Robin training consisting of three stations-45 minutes each

## WHERE

Recommended training venues:  
Mission Training Complex (MTC)  
77694 Victory Drive, 785-239-1500

Military Schools  
8388 Armistead Drive, 785-239-5500

Training Support Center (TSC)  
77680 Armistead Drive, 785-239-1830  
POC: Rene Johnson

Unit AO

## COST

Free

## END STATE

It is our mission to provide the knowledge and education with which to make the best decisions.



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We've organized our training by potential high risk behavior prevented here!

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# THANKS!

**BROUGHT TO YOU BY**

The Commander's Ready and Resilient Council of Fort Riley . An effort by the Family Domain Working Group.

Designed adapted from the Fort Stewart Web Team.

**NEXT TIME**

Let us know how we can improve this catalog. Send feedback to Toiane Taylor at [toiane.l.taylor.civ@mail.mil](mailto:toiane.l.taylor.civ@mail.mil)

