



DEPARTMENT OF THE NAVY
COMMANDER NAVY RESERVE FORCES COMMAND
1915 FORRESTAL DRIVE
NORFOLK VA 23551-4615

COMNAVRESFORCOMNST 1738.1A
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COMNAVRESFORCOM INSTRUCTION 1738.1A

From: Commander, Navy Reserve Forces Command

Subj: WARRIOR RESILIENCY PROGRAM

Ref: (a) DoD Instruction 6490.05 of November 2011
(b) OPNAVINST 6100.2A
(c) OPNAVNST 1754.7
(d) CNO WASHINGTON DC 081627Z Oct 13 (NAVADMIN 262/13)

Encl: (1) Resiliency Resources
(2) CNRFC Resiliency Team Members
(3) Annual Navy Resiliency Events and Programs

1. Purpose. To establish policy, guidelines, procedures, and assign responsibilities for the standardized implementation of the Commander, Navy Reserve Forces Command (COMNAVRESFORCOM) Warrior Resiliency (WR) Program and to establish the WR training continuum throughout the Reserve Force.

2. Cancellation. COMNAVRESFORINST 1738.1.

3. Scope. This instruction applies to all Active and Reserve component organizations and personnel, including Individual Augmentee personnel under COMNAVRESFORCOM administrative control. This instruction, in conjunction with references (a) through (d), outlines the requirements necessary to prepare and support Sailors and their families throughout the full deployment cycle.

4. Background

a. The mission of the Navy Reserve is to deliver strategic depth and operational capability to the Navy, Marine Corps, and Joint Forces.

b. To enable the service of our Sailors, we need to ensure that they are mentally and physically ready.

c. Our Sailors and their families are the source of our warfighting capability. The WR program will focus on the physical, nutritional, psychological, and behavioral domains described in Department of the Navy's 21st Century Sailor and Department of Defense (DoD) Total Force Fitness concepts and will focus specific attention to combatting destructive behaviors.

5. Discussion

a. As a Force provider to the Combatant Commanders, the Navy Reserve is committed to deploying ready, capable, and resilient Sailors to fulfill our country's warfighting needs. COMNAVRESFORCOM will ensure that deploying Sailors and their families are provided cutting edge approaches and resources to support them through the entire deployment cycle by means of an integrative WR program with specific attention to predeployment and postdeployment. While the knowledge and tools gained in these resiliency programs are applicable throughout the entire deployment cycle, the Navy Reserve is dependent on the supported commands to develop and implement mission specific resiliency programs that focus on the deployment and sustainment phases of deployment.

b. The WR program will build resilience and combat destructive behavior by ensuring an integrated, evidence-based approach to increase awareness and understanding of stress and ways to mitigate its effects; coordinating leadership, counselors, chaplains, medical personnel, and civilians to build a culture supportive of help seeking behaviors; providing practical tools; and making appropriate training and resources available.

c. Building resilience and mitigating stress is a leadership responsibility that directly impacts our warfighting readiness and the effectiveness of our Navy. The Navy's vision is to develop an environment in which all officers and enlisted personnel are trained and motivated to personally manage stress.

6. Responsibilities

a. COMNAVRESFORCOM will establish a Resiliency Team to provide oversight, policy guidance, and monitor implementation, results, and effects of the WR program. The team will be chaired by the Chief of Staff, with the Force Chaplain and Force Surgeon serving as co-chairs. COMNAVRESFORCOM Resiliency team members are listed in enclosure (2).

b. The Resiliency Team will meet monthly at COMNAVRESFORCOM headquarters and review policy, applicability, and seek solutions for identified areas of concern across the Reserve Force.

c. Each echelon is directed to identify areas of required attention and potential shortfalls, and develop and implement solutions. This is particularly important for remotely located Navy Reserve Center that do not have access to DoD sponsored resources often found in fleet concentration areas. Enclosures (1) and (3) provide available resources and annual Navy resiliency events and programs.

(1) The list is not all-inclusive and commands are encouraged to seek out and implement programs tailored to their specific needs.

(2) Command feedback of applicability and usability of these programs is vital and should be communicated to the COMNAVRESFORCOM Resiliency Committee.

7. Records Management. Records created as a result of this instruction, regardless of media and format, must be managed per Secretary of the Navy Manual 5210.1 of September 2019.

8. Review and Effective Date. Per OPNAVINST 5215.17A, COMNAVRESFORCOM N0IG will review this instruction annually around the anniversary of its issuance date to ensure applicability, currency, and consistency with Federal, Department of Defense, Secretary of the Navy, and Navy policy and statutory authority using OPNAV 5215/40 Review of Instruction. This instruction will be in effect for 10 years, unless revised or cancelled in the interim, and will be reissued by the 10-year anniversary date if it is still required, unless it meets one of the exceptions in OPNAVINST 5215.17A, paragraph 9. Otherwise, if the instruction is no longer required, it will be processed for cancellation as soon as the need for cancellation is known following the guidance in OPNAV Manual 5215.1 of May 2016.



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Releasability and distribution:

This instruction is cleared for public release and is available electronically only via COMNAVRESFOR Web site at <https://www.navyreserve.navy.mil/Resources/Official-RESFOR-Guidance/Instructions/>

RESILIENCY RESOURCES

1. **Fleet and Family Support Programs (FFSP)** support individual and family readiness through a full array of programs resources which help Navy families to be resilient, well-informed, and adaptable to the Navy environment.

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/>

2. **Fleet and Family Support Centers (FFSC)**

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory/>

3. **Sexual Assault Prevention and Response (SAPR)**

a. For immediate SAPR assistance or to report an assault regardless of geographic location.

<https://www.safehelpline.org/> or (877) 995-5247.

b. SAPR training is available regionally through the Sexual Assault Response Coordinator (SARC).

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Sexual-Assault-Prevention-and-Response-SAPR/Contact-Your-Local-SAPR-Program/>

c. For Navy Reserve specific SAPR resources, visit the CNRFC SharePoint page (CAC required) or contact the COMNAVRESFORCOM SAPR Officer.

<https://private.navyreserve.navy.mil/cnrfc/commandfunctions/SAPR/Pages/default.aspx>

4. **Psychological Health Outreach Program (PHOP)** ensure that reservists have full access to appropriate psychological health care services, to facilitate recovery, and to increase resiliency, which is essential to maintaining a ready military force.

<https://www.navyreserve.navy.mil/Portals/35/Documents/MISC/PHOP%20Trifold%209.2020-%20Final.pdf?ver=vFbYnk2auDbfoWoD08dAWg%3d%3d>

5. **Naval Center for Combat and Operational Stress Control (NCOSC)** is dedicated to the mental health and well-being of Navy and Marine Corps Service members and their families.

<http://www.nccosc.navy.mil>

6. **Military OneSource** offers a wide variety of information and resources to include consultants available 24/7 by phone/online/e-mail offering personalized support to Service or family members.

<https://www.militaryonesource.mil>

7. **Navy Reserve Chaplain Hotline** 100% confidential, 24/7 help for Reserve members and their families, (757) 322-5650.

8. **Chaplains Religious Enrichment Development Operation (CREDO)** serves the Navy and Marine Corps by promoting personal, relationship, and spiritual development.
<https://cnrma.cnmc.navy.mil/Operations-and-Management/Religious-Programs/>

9. **The Yellow Ribbon Reintegration Program (YRRP)** remains the cornerstone of the Navy Reserve's deployment readiness and reintegration training programs. A key program within the YRRP is the Returning Warrior Workshop, which focuses on the reintegration process for service members and their spouse/family member, and helps identify Sailors in need of follow-on care.
https://www.yellowribbon.mil/?utm_source=mnp%20public

10. Reserve Specific information can always be found utilizing social media.

Public: <https://www.navyreserve.navy.mil/Pages/default.aspx>

Private: <https://private.navyreserve.navy.mil/Pages/default.aspx>

Facebook: <https://www.facebook.com/U.S.NavyReserve>

Twitter: https://www.twitter.com/navy_reserve

Flickr: <https://www.flickr.com/usnavyreserve>

GovDelivery:

<https://public.govdelivery.com/accounts/USNRFC/subscribers/new?preferences=true>

CNRFC RESILIENCY TEAM MEMBERS

Chair: Chief of Staff

Co-Chairs: Force Chaplain
Force Surgeon

Members:

COMNAVRESFORCOM Command Master Chief
COMNAVRESFORCOM Equal Opportunity Team
COMNAVRESFORCOM N7 DCOS
COMNAVRESFORCOM Safety officer
Force Family Advocacy Program Manager
Force PAO
Force Physical Readiness Program Fitness Manager
Force SAPR Officer
Force Suicide Prevention Coordinator
Yellow Ribbon Program Coordinator
Force EO
Force EEO

ANNUAL NAVY RESILIENCY EVENTS AND PROGRAMS

Force communication initiatives and products will be tied to the annual U.S. Navy mandated resiliency months. Additional program information delineated in enclosure (1) will be communicated during all other months.

April

Sexual Assault Awareness and Prevention Month (SAAPM)

Theme: Protecting Our People Protects Our Mission

In the late 1980s, the National Coalition Against Sexual Assault (NCASA) informally polled state sexual assault coalitions to determine the preferred date for a National Sexual Assault Awareness Week. A week in April was selected. By the late 1990, many advocates began coordinating activities and events throughout the month for sexual violence awareness and prevention and prevention activities. Sexual Assault Awareness and Prevention Month was first observed nationally in April 2001. In 2009, President Obama was the first U.S. President to proclaim April as Sexual Assault Awareness and Prevention Month. This month should be used to underscore the Department of the Navy's commitment to reinforce the importance of prevention and intervention, responding to and providing compassionate support to victims, and overall, creating an environment of true dignity and respect for all our Sailors and Marines.

Child Abuse Prevention Month (CAPM)

Theme: Keep Them Safe Campaign

In the early 1980s, the U.S. Congress recognized the need for innovative programs to prevent child abuse and neglect and to assist parents and families affected by maltreatment. In 1983, Congress proclaimed April as National CAPM and designated it as a time for our nation to remember child fatality victims and survivors of abuse and neglect. Since April is the optimal time to reflect on the well-being of children, we are able to further heighten awareness around child safety by celebrating the month of the military child. The celebration reinforces DoN commitment that all children deserve to be safe, nurtured, and cherished. Each year the Family Advocacy Program develops an enterprise-wide CAPM Campaign that serves as a prevention strategy that:

(1) Reminds Sailors, Marines, and their families that Child Abuse and Neglect negatively impacts the Fleet's mission and our warfighting capability.

(2) Reminds the military community that all adults play a significant role in child abuse and neglect prevention.

(3) Create awareness that child abuse and child neglect is a public health and family issue.

(4) Reinforces the navy's and Marine Corps' commitment to prevent and eliminate child abuse from the DoN and joint base communities.
<https://www.childwelfare.gov/topics/preventing/preventionmonth/>

September

Suicide Prevention Month

Theme: "Every Sailor, Every Day"

(1) Since 1974, the American Association of Suicidology has recognized the week of September as National Suicide Prevention Week. Since 2012, the DoD has expanded this effort, devoting the entire month of September to promoting sustainable community-wide approaches to suicide prevention education and awareness.

(2) The Navy uses Suicide Prevention Month as a launch-pad for continuous engagement throughout the year, providing Sailors, leaders, commands, and families with the tools to effectively navigate through stressful times while supporting help-seeking behavior. Supporting resources and communications are available at http://www.public.navy.mil/bupers-ppc/support/21st_Century_Sailor/suicide_Prevention/spmonth/Pages/default.aspx to support commanders and unit Suicide Prevention Coordinators tailoring local initiatives.

October

Domestic Violence Awareness Month (DVAM)

Theme: TO BE ANNOUNCED

(1) In 1989, the U.S. Congress passed Public Law 101-112 designating October of that year as National DVAM. The observance not only gives us an opportunity to raise domestic violence awareness, but to inform Service members and their families about domestic violence prevention efforts as well as reporting options for victims.

(2) Commands are strongly encouraged to integrate short key leadership messages into their monthly training plans and participate in local DVAM events sponsored by the Fleet and Family Support Center (FFSC). To facilitate the delivery of DVAM messaging and obtain events materials, and Plan of the Day/Plan of the Week notes, contact your local FFSC, Family Advocacy Manager.

(3) The 2017 observance of DVAM will emphasize addressing domestic violence as a shared community responsibility to prevent, recognize, and report domestic violence. The observance will feature military and civilian resources available to support victims, plan for safety, and rehabilitate offenders.