RMKS/1. This message announces general military training (GMT) requirements for fiscal year (FY) 2023 for the Navy Reserve. In line with reference (a), the Navy has minimized the number of mandatory GMT topics to empower commanders to decide what training their personnel should receive and how often they should receive it. Commanding officers (CO) should review the command discretion GMT list to determine the frequency and method of additional training appropriate for their command.

2. FY-23 Mandatory GMT Requirements
   a. Mandatory GMT must be completed by all military personnel.
   b. The following mandatory GMT is required to be completed in FY-23:
      (1) Sexual Assault Prevention and Response (SAPR) Awareness.
      (2) Cyber Awareness Challenge.
      (3) Counterintelligence Awareness and Reporting.
      (4) Suicide Prevention.
      (5) Equal Opportunity, Harassment and Resolution Options.
      (6) Domestic Abuse.
(7) Operations Security (OPSEC) and Controlled Unclassified Information (CUI) (refer to paragraph 2.e).

c. Commands may elect to complete Cyber Awareness Challenge training using instructor-led and/or computer-based methods.
d. The recommended method of delivery for SAPR and Suicide Prevention annual training is via face-to-face, small group facilitated discussions. While this remains the most effective lesson delivery method, ref (a) authorizes COs to adapt or modify FY-23 SAPR and Suicide Prevention GMT delivery methods consistent with coronavirus mitigation procedures and operational commitments to meet these training requirements. If in-person, face-to-face delivery is not feasible, the preferred alternative is facilitated small-group training via teleconference, or DoD365 Microsoft Teams. SAPR and Suicide Prevention training is not authorized for delivery via non-Department of Defense (DOD) approved collaborative technology (e.g. Facebook, Zoom, etc.). Facilitated small group training using approved video conferencing technology is considered *face-to-face*. Senior commanders have the authority to issue guidance that is more restrictive to their subordinate commands.
e. Commands may combine OPSEC and CUI into one training session. The training should be tailored to meet the specific needs of that unit.

(1) Commands have the option to complete CUI training via alternate means as long as they meet the minimum training requirements of reference (c), section 2.10.g.
(2) When feasible, OPSEC training should be conducted in person or through approved video conferencing technology. At a minimum, personnel must be aware of their units tailored critical information and indicators list in line with reference (d).

3. FY-23 Command Discretion GMT
a. Command discretion GMT is not required at any specified periodicity, but may have situational requirements (i.e. initial entry, pre-deployment, career milestones, etc.). COs should train their personnel at a time and place that best meets their command and mission needs.
b. The list of discretionary training topics has been updated to reflect the effort of the Culture of Excellence Oversight Committee, to simplify and align policies and programs that are duplicative or ineffective.
c. COs may assign the following topics at their discretion:
(1) Center for Development of Security Excellence Insider Threat Course
(2) Navy Energy
(3) Operational Risk Management
(4) Personal Financial Management
4. Personal Financial Management training does not have a required annual periodicity, but is instead mandatory at personal and professional touchpoints across the military lifecycle in accordance with reference (a).
   a. Financial Readiness touchpoint courses are available via Navy e-Learning (search for the title "touchpoint" under the Course Catalog tab) and the MyNavy Financial Literacy mobile app. If preferred, in-person training can be provided by a Fleet and Family Support Center Personal Financial Manager or a Command Financial Specialist. In-person training information and resources can be found at https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Family-Readiness/Personal-Financial-Mgmt/.
   b. Navy Reserve Activities (NRAs) should utilize instructors at local Fleet and Family Support Centers as well as the 34 Personal Financial Counselors (PFC) assigned to NRAs across the Force to provide Financial Literacy and Blended Retirement System (BRS) training. NRA Commanding Officers shall coordinate to schedule PFCs and report any problems obtaining instructors to CNRFC N7 POC via their administrative Chain of Command.

5. Additional Information
   a. The GMT webpage can be found on the MyNavy Portal at https://www.mnp.navy.mil/group/general-skills-training/gmt/.
   b. Detailed requirements for each topic are listed on the GMT webpage and should be reviewed thoroughly by commands prior to assigning training. The webpage provides topic-specific information such as:
      (1) Instructor and documentation requirements
      (2) Training in combined military-civilian sessions
      (3) Links to instructor guides and other training products
   c. Current SAPR and Suicide Prevention training materials are not designed for individual/self-study. Training using methods other than facilitated small group sessions will be challenging. Feedback, lessons learned and recommendations for more effective training delivery are encouraged. Please provide your recommendations or refer any questions to the following points of contact:
      (1) SAPR training: Ms. Andrea Verdino, OPNAV N17, andrea.j.verdino(at)navy.mil.
(2) Suicide Prevention training: Ms. Ruth Cassidy, OPNAV N17, ruth.c.cassidy2.civ(at)navy.mil.
(3) Training policy: LCDR Jonathan Greenberg, OPNAV N13M7T, jonathan.d.greenberg(at)navy.mil.
(4) All SAPR training materials are for official use only. SAPR training materials shall not be loaded onto publicly accessible websites (e.g. YouTube, Facebook, etc.). Additionally, the following disclaimer should be added at the beginning of each SAPR training session that is not conducted in person: We understand that participating in SAPR training can be difficult. If you need advocacy support at any time, please contact the on-call Sexual Assault Response Coordinator/Victim Advocate at [please insert contact information for the local Sexual Assault Response Center or Victims Advocate] or the DOD Safe helpline at www.safehelpline.org or 877-995-5247.
6. GMT questions or feedback should be sent via e-mail to gmt.distribution(at)navy.mil. Reserve specific questions can be sent to tyler.j.ross28.mil(at)us.navy.mil or check the CNRF GMT SharePoint page located at https://private.navyreserve.navy.mil/cnrfc/N-Codes/N7/GMT/default.aspx.
7. Released by RADM Mike Steffen, Deputy Commander, Navy Reserve Force.//
BT
#0041
NNNN
<DmdsSecurity>UNCLASSIFIED//</DmdsSecurity>
<DmdsReleaser>PONDELLI.JAMES.FELIX.1590093692</DmdsReleaser>