

# ARMY 2020

## Generating Health & Discipline in the Force Ahead of the Strategic Reset

REPORT 2012

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Ahead of the Strategic Reset



REPORT 2012



# Army 2020 Generating Health Discipline In The Force Ahead Of The Strategic Reset

**National Research Council, Division on Engineering and Physical Sciences, Board on Army Science and Technology, Committee on Making the Soldier Decisive on Future Battlefields**

## **Army 2020 Generating Health Discipline In The Force Ahead Of The Strategic Reset:**

*Army 2020: Generating Health & Discipline in the Force Ahead of the Strategic Reset - Report 2012* Headquarters Department of the Army, *Army 2020 Generating Health & Discipline in the Force Ahead of the Strategic Reset* United States Government Us Army, 2013-06-22 While still waging the longest war in our Nation s history hard fought in two separate theaters we have begun the challenging task of reintegrating our Soldiers resetting our equipment and returning our primary focus to training and preparing for future contingency operations While much can be learned from our previous post conflict eras current circumstances and conditions are unique and must be addressed within today s environment In many ways the most difficult work lies ahead The Army calls on you as professional leaders to ensure a successful reset of the Force We must work together in an informed and synchronized effort to address the unique challenges facing today s Army This report will provide context identify challenges and inform and educate you on the current status of the health and discipline of our Soldiers Families and Veterans In short it will serve as a valuable roadmap for leaders commanders and service providers alike paving the way to success in the days ahead Nearly two years ago the Army published the Health Promotion Risk Reduction Suicide Prevention Report 2010 referred to as the Red Book which provided the first comprehensive review of the health and discipline of the Force The following report continues and in many ways expands that dialogue providing a thorough assessment of what we have learned with respect to physical and behavioral health conditions disciplinary problems and gaps in Army policy and policy implementation It provides important information on the challenges confronting our Soldiers and Families challenges that we must collectively address to reduce the stress on the Force promote Soldier health and discipline and improve unit readiness To this end this report is designed to educate leaders illuminate critical issues that still must be addressed and provides guidance to leaders who are grappling with these issues on a day to day basis Many of the issues addressed in this report are complex especially those related to healthcare One of the most important lessons learned in recent years is that we cannot simply deal with health or discipline in isolation these issues are interrelated and will require interdisciplinary solutions For example a Soldier committing domestic violence may be suffering from undiagnosed post traumatic stress He may also be abusing alcohol in an attempt to self medicate to relieve his symptoms The reality is there are a significant number of Soldiers with a foot in both camps health and discipline who will require appropriate health referrals and disciplinary accountability This will require us to sharpen our surveillance detection and response systems to ensure early intervention The necessary response to health and accountability will require active communication and collaboration among commanders service providers and our Soldiers and Families **Army 2020** ,2012

**Preventing Psychological Disorders in Service Members and Their Families** Institute of Medicine, Board on the Health of Select Populations, Committee on the Assessment of Resiliency and Prevention Programs for Mental and Behavioral Health in Service Members and Their Families, 2014-02-11 Being deployed to a war zone can result in numerous adverse

psychological health conditions It is well documented in the literature that there are high rates of psychological disorders among military personnel serving in Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom in Iraq as well as among the service members families For service members families the degree of hardship and negative consequences rises with the amount of the service members exposure to traumatic or life altering experiences Adult and child members of the families of service members who experience wartime deployments have been found to be at increased risk for symptoms of psychological disorders and to be more likely to use mental health services In an effort to provide early recognition and early intervention that meet the psychological health needs of service members and their families DOD currently screens for many of these conditions at numerous points during the military life cycle and it is implementing structural interventions that support the improved integration of military line personnel non medical caregivers and clinicians such as RESPECT Mil Re engineering Systems of Primary Care Treatment in the Military embedded mental health providers and the Patient Centered Medical Home Preventing Psychological Disorders in Service Members and Their Families evaluates risk and protective factors in military and family populations and suggests that prevention strategies are needed at multiple levels individual interpersonal institutional community and societal in order to address the influence that these factors have on psychological health This report reviews and critiques reintegration programs and prevention strategies for PTSD depression recovery support and prevention of substance abuse suicide and interpersonal violence Making the Soldier Decisive on Future Battlefields National Research Council, Division on Engineering and Physical Sciences, Board on Army Science and Technology, Committee on Making the Soldier Decisive on Future Battlefields, 2013-06-10 The U S military does not believe its soldiers sailors airmen and marines should be engaged in combat with adversaries on a level playing field Our combat individuals enter engagements to win To that end the United States has used its technical prowess and industrial capability to develop decisive weapons that overmatch those of potential enemies In its current engagement what has been identified as an era of persistent conflict the nation s most important weapon is the dismounted soldier operating in small units Today s soldier must be prepared to contend with both regular and irregular adversaries Results in Iraq and Afghanistan show that while the U S soldier is a formidable fighter the contemporary suite of equipment and support does not afford the same high degree of overmatch capability exhibited by large weapons platforms yet it is the soldier who ultimately will play the decisive role in restoring stability Making the Soldier Decisive on Future Battlefields establishes the technical requirements for overmatch capability for dismounted soldiers operating individually or in small units It prescribes technological and organizational capabilities needed to make the dismounted soldier a decisive weapon in a changing uncertain and complex future environment and provides the Army with 15 recommendations on how to focus its efforts to enable the soldier and tactical small unit TSU to achieve overmatch **The Army Lawyer** ,2014-07 *Care for the Sorrowing Soul* Duane Larson, Jeff Zust, 2017-10-26 Moral Injury is now recognized as a growing major problem for military men and women

Operant conditioning can overwhelm moral convictions and yet the question of whether to shoot or not to shoot often will never have a settled answer. Certain theories and treatment models about MI have been well developed but too often overlook root issues of religious faith. The authors propose a new model for understanding moral injury and suggest ways to mitigate its virtually inevitable occurrence in pre combat training and ways to resolve MI post trauma with proven spiritual resources. People outside the military too among whom the incidence of MI also is a growing threat will benefit from this analysis. The stories of the injured, their shaping and their telling are the key and there are many illuminating stories of moral injury and recovery. Those who suffer MI, their families and caregivers including counselors, pastors and faith communities will find hope giving first steps toward the healing of MI in this book. *Rescuing Soldiers of Misfortune* Evan R. Seamone, 2018-12-06

This unique book concerns those veteran inmates who have failed to complete a readjustment process and who continue to wage their own personal wars to regain a sense of normalcy, those veterans who have not yet redeployed home from combat even though they have relocated to the inherently traumatizing confinement setting. Aside from identifying factors that will help those seeking to be aware of the unique problems of incarcerated veterans and those advocating for them, the book attempts to help these individuals as well as correctional professionals understand veteran inmates and their unique needs which stem from military service. The text offers that programs must be implemented flexibly despite operational and budgetary challenges. The book clearly provides guidelines to develop relevant programs that do far more than simply warehouse troublesome individuals. Major topics include components of veterans readjustment, military discipline and military discharge, the relationship between military service and crime, criminal manifestations of military service, war zone deployment and combat trauma, veterans benefits and outreach during incarceration, popular approaches to divert veterans from confinement, attributes of veterans groups in confined settings, institutionally based programs for veterans, veterans dorms and urgency in the preparation for the coming storm of veteran offenders. This book, which represents years of research and the author's experience as a military lawyer in both prosecution and defense, is an important reference for a variety of readers including law enforcement and first responders, corrections professionals, mental health providers, lawyers, judges and anyone who desires to understand the challenges faced by military veterans in conflict with the law. *Suicide Postvention in the Department of Defense* Rajeev Ramchand, 2015-04-09

The scientific evidence on suicide postvention, guidance for other organizations and the perspectives of military suicide loss survivors provide potential insights for U.S. Department of Defense policies and programs to respond to suicides. **Understanding Military**

**Workforce Productivity** Robert M. Bray, Laurel L. Hourani, Jason Williams, Marian E. Lane, Mary Ellen Marsden, 2014-03-24. From the stresses of repeated deployments to the difficulties of re entry into civilian life, we are just beginning to understand how protracted conflicts such as those in Iraq and Afghanistan are affecting service members. Issues such as risky health behaviors and chemical dependence raise productivity concerns as they do with all organizations but they also have a

profound impact on the safety and readiness of troops and by extension the military as a whole in life or death situations Understanding Military Workforce Productivity cuts through the myths and misconceptions about the health and resilience of today's active duty armed forces This first of its kind volume presents up to date findings across service branches in core health areas including illness and injury alcohol and drug abuse tobacco use obesity and mental health The short and long term implications discussed relate to the quality of the lives of service members and their families the quality and preparedness of the military as a workforce and prevention and intervention efforts The book Presents data from ten large scale health behavior surveys sponsored by the Department of Defense Offers background context for understanding health and behavioral health and productivity among service members Introduces a health and behavioral health model of productivity loss in the armed forces Compares key indicators of substance abuse health and mental health in military and civilian populations Reviews approaches for improving military productivity Identifies areas for further study Understanding Military Workforce Productivity offers a rare close up of health issues in the services making it an invaluable source of information for practitioners and researchers in mental health substance abuse health behaviors and military behavioral health

**Signature Wounds** David Kieran, 2019-04-02 The surprising story of the Army's efforts to combat PTSD and traumatic brain injury The wars in Iraq and Afghanistan have taken a tremendous toll on the mental health of our troops In 2005 then Senator Barack Obama took to the Senate floor to tell his colleagues that many of our injured soldiers are returning from Iraq with traumatic brain injury which doctors were calling the signature wound of the Iraq War Alarming stories of veterans taking their own lives raised a host of vital questions Why hadn't the military been better prepared to treat post traumatic stress disorder PTSD and traumatic brain injury TBI Why were troops being denied care and sent back to Iraq Why weren't the Army and the VA doing more to address these issues Drawing on previously unreleased documents and oral histories David Kieran tells the broad and nuanced story of the Army's efforts to understand and address these issues challenging the popular media view that the Iraq War was mismanaged by a callous military unwilling to address the human toll of the wars The story of mental health during this war is the story of how different groups soldiers veterans and their families anti war politicians researchers and clinicians and military leaders approached these issues from different perspectives and with different agendas It is the story of how the advancement of medical knowledge moves at a different pace than the needs of an Army at war and it is the story of how medical conditions intersect with larger political questions about militarism and foreign policy This book shows how PTSD TBI and suicide became the signature wounds of the wars in Iraq and Afghanistan how they prompted change within the Army itself and how mental health became a factor in the debates about the impact of these conflicts on US culture

Military Psychologists' Desk Reference Bret A. Moore, Jeffrey E. Barnett, 2014-04-01 The psychological well being of servicemen and women returning from war is one of the most discussed and contemplated mental health issues today Media programs debate the epidemic of PTSD in returning veterans and the

potential fallout of a less than adequate veteran mental health system This public discussion is only a small glimpse into the field of military psychology One of the most diverse specialties within psychology it is a sector positioned and equipped to influence such concepts as psychological resilience consequences of extended family stress the role of technology in mental healthcare delivery and how to increase human performance under harsh conditions Military Psychologists Desk Reference is the authoritative guide in the field of military mental health covering in a clear and concise manner the depth and breadth of this expanding area at a pivotal and relevant time Moore and Barnett former military psychologists bring together the field's top experts to provide concise and targeted reviews of the most salient aspects of military mental health and present the material in an easily digestible manner Chapters cover important topics such as military culture working with Special Operations Forces professional issues and ethical challenges women in combat posttraumatic stress anxiety and sleep disorders psychologists involvement in interrogations and how to build and sustain a resilient Force to name but a few Authors consist of a combination of current and former military psychologists psychiatrists social workers and Chaplains experts from the Department of Veterans Affairs prominent academicians and representatives from other governmental and civilian organizations This comprehensive resource is a must for every military psychologist as well as for non military clinicians researchers counselors social workers educators and trainees who increasingly need to be familiar with this specialized area of psychology

**Handbook of Military and Veteran Suicide** Bruce Michael Bongar, Glenn Sullivan, Larry C. James, 2017 Handbook of Military and Veteran Suicide reviews the most advanced scientific understanding of the phenomenon of active duty and veteran suicide while providing a useful hands on clinical guide for those working with this population

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**Department of Defense Authorization for Appropriations, ...S. Hrg. 112-590, Part 6, March 28; April 25; June 21, 2012, 112-2 Hearings, \***, 2013 *Routledge Handbook of Military Ethics* George Lucas, 2015-05-22 The Routledge Handbook of Military Ethics is a comprehensive reference work that addresses concerns held in common by the military services of many nations It attempts to discern both moral dilemmas and clusters of moral principles held in common by all practitioners of this profession regardless of nation or culture Comprising essays by contributors drawn from the four service branches Army Navy Air Force and Marine corps as well as civilian academics specializing in this field this handbook discusses the relationship of ethics in the military setting to applied and professional ethics generally Leading scholars and senior military practitioners from countries including the US UK France China Australia and Japan discuss various national cultural views of the moral dimensions of military service With reference to the responsibilities of professional orientation and education as well as the challenges posed by recent

technological developments this handbook examines the difficulties underpinning the fundamental framework of military service This book will be of much interest to students of military studies war theory ethics philosophy sociology war and conflict studies and security studies *Military Construction, Veterans Affairs, and Related Agencies Appropriations* United States. Congress. House. Committee on Appropriations. Subcommittee on Military Construction, Veterans Affairs, and Related Agencies,2014 *Creating Safe and Supportive Schools and Fostering Students' Mental Health* Michael L. Sulkowski,Philip J. Lazarus,2016-10-04 *Creating Safe and Supportive Schools and Fostering Students Mental Health* provides pre and in service educators with the tools they need to prevent pre empt handle and recover from threats to students mental health School safety and fostering a supportive learning environment have always been issues fundamental to educators Over the last decade teachers and administrators have been called on more than ever to cope with bullying suicide and violence in their schools Handling every stage of this diverse set of obstacles can be unwieldy for teachers and administrators alike Framed with interviews from experts on each of the topics and including practical and applicable examples this volume draws together the work of top tier school psychologists into a text designed to work with existing school structures and curricula to make schools safer A comprehensive and multi faceted resource this book integrates leading research with the well respected Framework for Safe and Successful Schools to help educators support school safety crisis management and students mental health Featuring interviews with Dewey G Cornell Frank DeAngelis Beth Doll Kevin Dwyer Katie Eklund Maurice J Elias Michele Gay Ross W Greene Rob Horner Jane Lazarus Richard Lieberman Troy Loker Melissa A Louvar Reeves Terry Molony Shamika Patton Donna Poland Scott Poland Eric Rossen Susan M Swearer Ken Trump and Frank Zenere **Beyond Training: The Rise of Adult Education in the Military** Jeffrey Zacharakis,Cheryl Polson,2012-12-17 Widen your view of adult education by learning how it is applied by the nation s largest adult education provider the military Woven through this issue is the common thread of sound adult education practice Addressing applications specific to the military but relevant to civilian providers it highlight the importance of developing the critical thinking and problem solving skills essential for military leaders in an increasingly complex world Chapters also address the intersection of higher education and particular military populations including civilian employees active duty personnel veterans and spouses Finally the sourcebook provides a glimpse into the future of both military education and adult education highlighting the increasing bond between the two and their growing importance in the lifelong education of all Americans This is 136th volume of the Jossey Bass quarterly report series *New Directions for Adult and Continuing Education* Noted for its depth of coverage it explores issues of common interest to instructors administrators counselors and policymakers in a broad range of settings such as colleges and universities extension programs businesses libraries and museums Department of Defense Authorization for Appropriations for Fiscal Year 2013 and the Future Years Defense Program: Personnel United States. Congress. Senate. Committee on Armed Services,2012



## Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Army 2020 Generating Health Discipline In The Force Ahead Of The Strategic Reset**

In a world inundated with displays and the cacophony of quick interaction, the profound power and emotional resonance of verbal beauty usually fade into obscurity, eclipsed by the regular assault of noise and distractions. Yet, located within the lyrical pages of **Army 2020 Generating Health Discipline In The Force Ahead Of The Strategic Reset**, a captivating perform of literary beauty that pulses with organic thoughts, lies an memorable trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that exciting opus instructions readers on a psychological odyssey, gently exposing the latent potential and profound influence stuck within the delicate web of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is main styles, dissect their fascinating writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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