



**DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS AIR COMBAT COMMAND**

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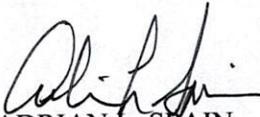
**DEC 22 2025**

MEMORANDUM FOR ALL HQ ACC STAFF DIRECTORS DOWN TO THE WINGS

FROM: ACC/CC

SUBJECT: The Bridge and Bridge Chats

1. In February 2020, Air Combat Command (ACC) launched "The Bridge," a website offering resilience and prevention resources for Airmen, Guardians, and their families. It connects users with essential tools to equip, engage, and empower them. Please bookmark this website: <https://www.acc.af.mil/About-Us/The-Bridge>.
2. One key tool on The Bridge is "Bridge Chats," ACC's response to feedback from the 2019 CSAF Resilience Tactical Pause, which targeted the prevention of and response to self-directed violence. These chats offer a flexible platform for small group discussions, fostering trust and a sense of belonging through regular, meaningful conversations.
3. ACC Bridge Chats are distributed monthly, covering a wide range of topics that reinforce our Air Force Core Values and leadership competencies, and address issues impacting mission readiness. I expect Bridge Chats to be conducted monthly at all levels, while allowing commanders to retain flexibility to address the topic in a way that best meets the demand of their respective unit. Discussions can take place as part of the normal battle rhythm (staff meetings, shift changes, guard mounts, etc.). These discussions are not just about compliance; they are about creating a culture of empowered leadership and warfighting excellence. Bridge Chats are a vital tool to foster trust, build resilience, and ensure our Airmen and Guardians are equipped to meet the challenges of today and tomorrow.
4. Bridge Chats support the monthly implementation of Resilience Tactical Pauses (RTPs) as directed by DAFI 90-5001, 3.6. RTPs do not replace resilience down days but establish deliberate time to promote trust, drive awareness, and emphasize how we can better support our Airmen and Guardians. We will continue to work the objectives of our National Defense Strategy while prioritizing the growth and well-being of our Airmen.
5. Questions about The Bridge or Bridge Chats can be directed to Dr. Lindsey Henderson, Chief of Integrated Resilience, at DSN 574-0446, 757-764-0446, or [lindsey.henderson.1@us.af.mil](mailto:lindsey.henderson.1@us.af.mil).

  
ADRIAN L. SPAIN  
General, USAF  
Commander

*People First... Mission Always...*