

STRATEGIC PLAN

FOR

DAVIS-MONTHAN AFB SPOUSE RESILIENCE SKILLS DEVELOPMENT

- **DEFINITION:** This program is designed to support Davis-Monthan Air Force Base spouses, to include military to military spouses. The plan is to host 6 events each year to educate, and instill resiliency skills development for 100 attendees per event.

- **GOAL:** Equip spouses with mission knowledge and resilience skills to overcome obstacles military families face, such as transitions, relocations, deployments, solo parenting, making/maintaining personal relationships, spouse career impacts and understanding the military mission.

- PROGRAM OVERVIEW

-- Certify Spouse Resilience Trainers (SRTs) twice a year (April/October)

-- Beginning Nov 2020, SRTs will execute resilience skills development sessions every other month. Sessions will be supervised by an experienced Master Resilience Trainer.

-- Typical Spouse Resilience Skills Development Agenda

- Ice-Breaker/Networking to build connections (20 minutes)
- Why You Are Important (WYI) Discussion (30 - 40 minutes)
- Break (10 min)
- Resilience Skill Presentation (45 - 55 minutes)
- Break (10 min)
- Activity/Field Trip/Guest Speaker (60 - 90 min)
- Closing/Wrap Up/Questions (15 min)

- PROGRAM DETAILS

-- ICE-BREAKER: At SRT discretion, any activity that bonds participants, eases cohesion, boosts goodwill and prepares participants to involve themselves in collaborative work.

-- WHY YOU ARE IMPORTANT (WHI): Every other month, the Community Action Team (in conjunction with an installation senior leader) will prepare and forward a video that highlights a military topic with a specific focus on advancing spouse understanding. During spouse resilience skills development sessions, an OPR will provide an overview of the topic, emphasizing spouses/family member importance to success.

- Enlisted/Officer Promotion Boards
- USAF Fitness Program
- Promotion (BTZ & STEP)

- Permanent Change of Station
- Leadership roles (Commanders, Chiefs and Shirts)
- Remote tours and Deployments
- Squadron, Group, Wing and MAJCOM roles
- Developmental Special Duties (DSD)
- Readiness
- Professional Military Education (Leadership Development)
- Transition Issues

-- RESILIENCE SKILLS DEVELOPMENT: Effort includes relating the resilience skill to WYI topic to ensure each spouse has tools in their toolbox to prepare, recover, and grow in advance of minor or major adversity.

- Gratitude/Optimism
- Physical Resilience
- Character Strengths
- Mindfulness
- Maintaining your Purpose
- Cognitive Behavior Theory: Balance Your Thinking
- Value-based goals
- Active listening/Celebrate Good News
- Cognitive Behavior Theory: Reframing
- Cognitive Behavior Theory: Check Your Playbook
- Interpersonal Problem Solving

-- ACTIVITY/FIELD TRIP/GUEST SPEAKER. Effort includes relating an activity, trip or speaker to the resilience skill.

- Sample activity: painting activity that highlight the participant's values.
- Sample field trip: group attendance at a movie that demonstrates optimism.
- Sample speaker: Airman Leadership School (ALS) instructor invited to give presentation on how the USAF develops supervisors.

PROJECTED 2020 - 2022 EVENT CALENDAR (TENTATIVE)

Nov 2020

WYI: Enlisted and Officer Promotion Boards
RESILIENCE SKILL: Gratitude/Optimism
REINFORCEMENT: Wood Signs for Gratitude

Jan 2021

WYI: USAF Fitness Program
RESILIENCE SKILL: Physical Resilience
REINFORCEMENT: Fitness Assessment/HAWC Tour

Mar 2021

WYI: Promotion Programs (BTZ and STEP)
RESILIENCE SKILL: Character Strengths
REINFORCEMENT: Mock Boards with spouse board members

Apr 2021

SPOUSE RESILIENCE TRAINER CERTIFICATION

May 2021

WYI: Permanent Change of Station
RESILIENCE SKILL: Mindfulness
REINFORCEMENT: Yoga/Mindfulness Activity

Jul 2021

WYI: Commander/CMSgt/First Sergeant Leadership Roles
RESILIENCE SKILL: Purpose
REINFORCEMENT: Leadership Panel

Sep 2021

WYI: Remote Tours and Deployments
RESILIENCE SKILL: Cognitive Behavior – Balance Your Thinking
REINFORCEMENT: Mock Deployment

Oct 2021

SPOUSE RESILIENCE TRAINER CERTIFICATION

Nov 2021

WYI: Squadron, Group, Wing and MAJCOM roles
RESILIENCE SKILL: Value-Based Goals
REINFORCEMENT: Craft (TBD) or guided discussion on spouse career impacts.

Jan 2022

WYI: Developmental Special Duties (DSD)

RESILIENCE SKILL: Active listening/Celebrate Good News

REINFORCEMENT: TBD

Mar 2022

WYI: USAF Readiness

RESILIENCE SKILL: Cognitive Behavior Theory - Reframing

REINFORCEMENT: Spouse Processing Line

Apr 2022

SPOUSE RESILIENCE TRAINER CERTIFICATION

May 2022

WYI: Professional Military Education (Leadership Development)

RESILIENCE SKILL: Cognitive Behavior Theory – Check Your Playbook

REINFORCEMENT: Craft (TBD)

Jul 2022

WYI: Transition Issues

RESILIENCE SKILL: Interpersonal Problem Solving

REINFORCEMENT: Craft (TBD)