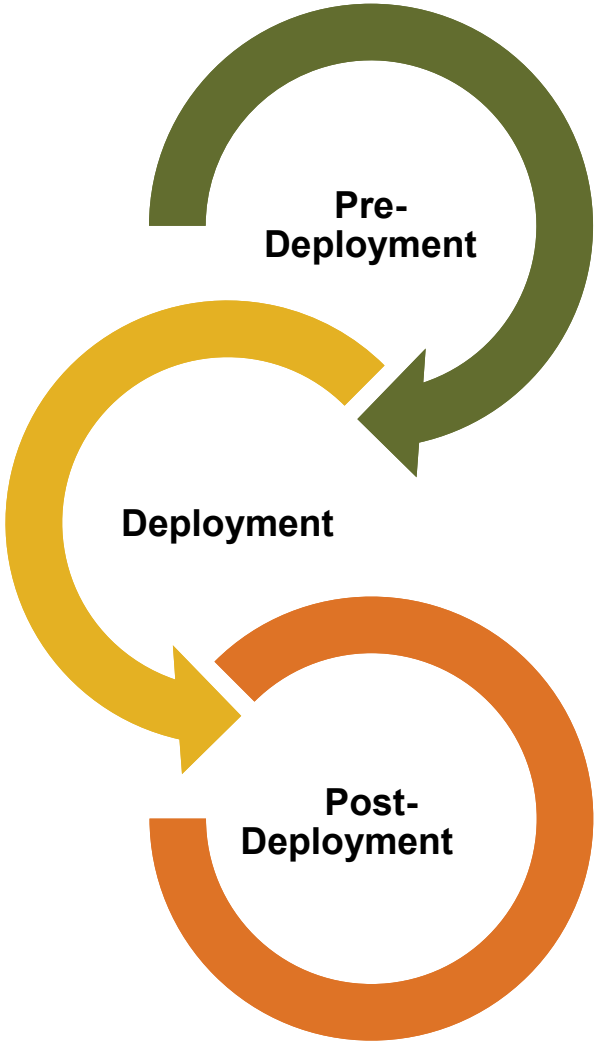
DISCLAIMER

Material has been reviewed by the Walter Reed Army Institute of Research. There is no objection to its presentation and/or publication. The opinions or assertions contained herein are the private views of the author, and are not to be construed as official, or as reflecting true views of the Department of the Army or the Department of Defense. The investigators have adhered to the policies for protection of human subjects as prescribed in AR 70–25.

DEPLOYMENT CYCLE RESILIENCE TRAINING (DCRT) WORKSHOP

ARMY RESILIENCE DIRECTORATE

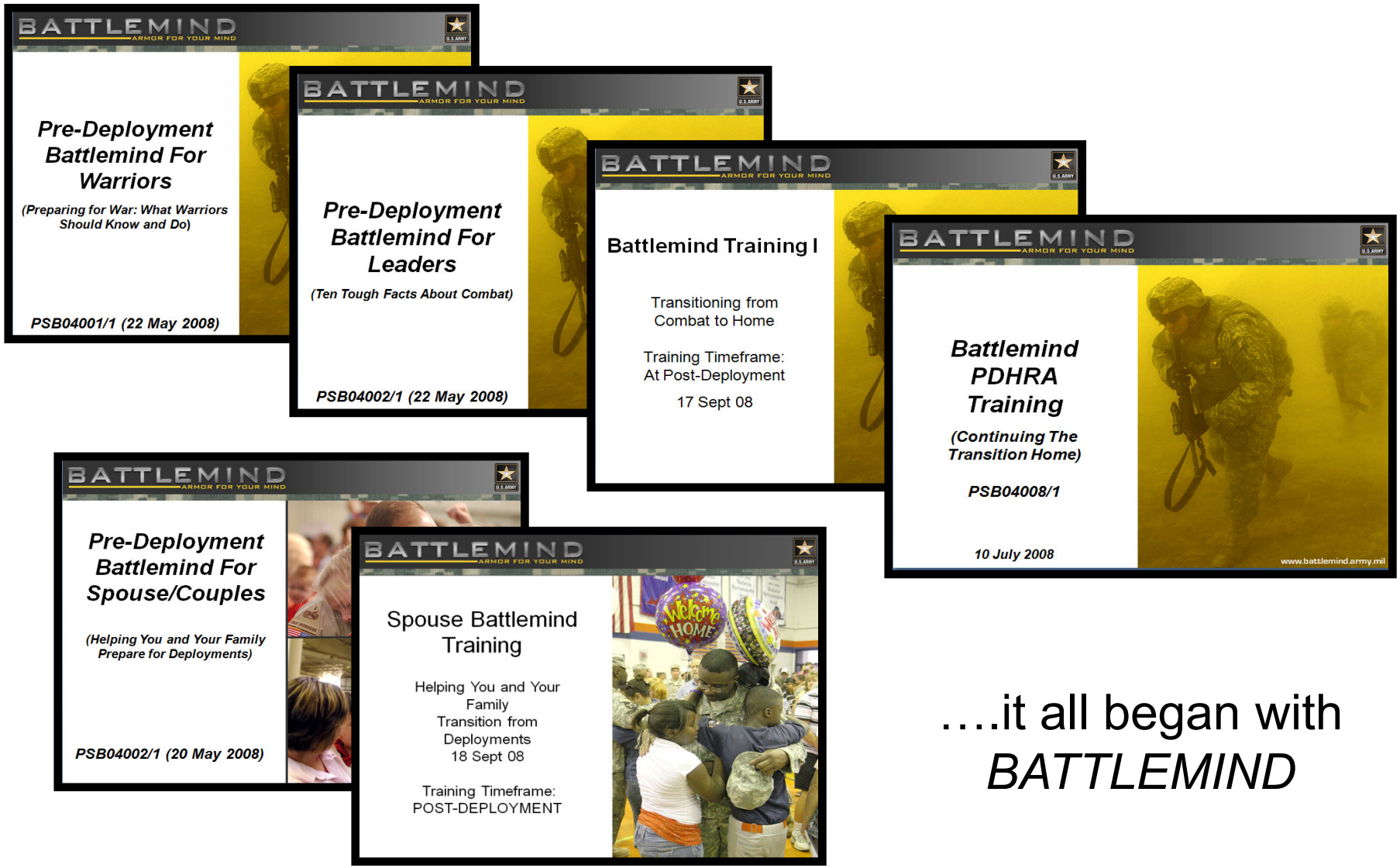
Purpose of DCRT



DCRT modules are designed to prepare Soldiers, leaders, and members of the Soldier's Circle of Support for the challenges and demands of the deployment cycle

- Based on research, lessons learned, and first-hand accounts
- Focus on building and sustaining individual resilience
- Strive to enhance mission effectiveness, Soldier and Family well-being, and unit cohesion

History of DCRT



….it all began with *BATTLEMIND*

DCRT Modules: Timeline



1-6 months before
Soldiers
Leaders
Circle of Support

During Deployment for Circle of Support

+/- 1 month of reintegration
Soldiers
Circle of Support

3-6 months after return
Soldiers

DCRT Regulations & Requirements



DCRT is mandated as part of AR 350-53

- Training must be given to all Soldiers before and after a deployment lasting 90 days or longer
- Training must be made available to the Circle of Support members

Evidence for DCRT Effectiveness



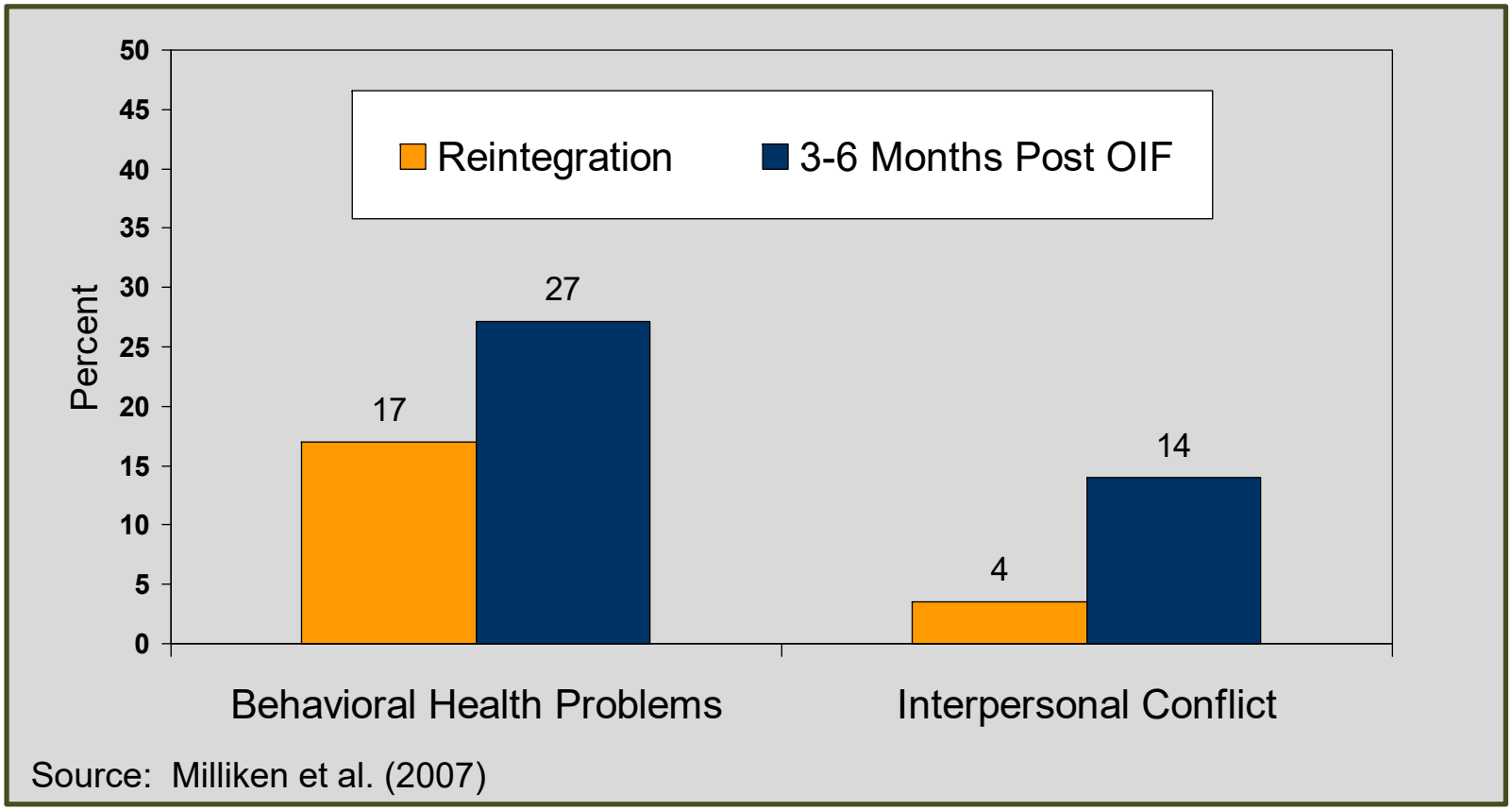
Battlemind training was found to be beneficial for Soldiers throughout the deployment cycle

Effects included

- Lower rates of behavioral health problems during deployment
- Reduced post-traumatic stress symptoms
- Reduced depression symptoms
- Reduced sleep problems
- Increased life satisfaction

Rationale for 3-6 Month Module

What happens to reintegration challenges over the first 6 months?



Source: Milliken et al. (2007)

DCRT Quality Improvement Evaluation (QIE)

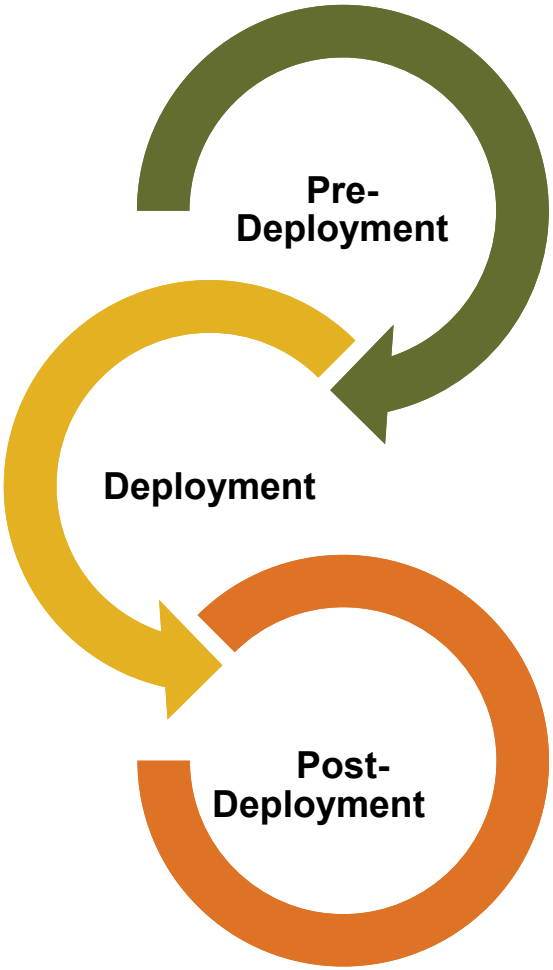
Sustains

- Discussion-based
- Content (e.g., skills/strategies, discussion topics)
- Engaged presenters

Improves

- Content (e.g., inclusivity, practical application)
- Delivery (i.e. timing, duration, participants)
- Resources/Handouts

DCRT Revisions: Overview



DCRT is based on **research** in military psychology and resilience, **data** from the QIE, WRAIR Combat Land Study, and MHAT, and **relevant materials** such as Army Doctrine and MRT curriculum

Four **themes** of DCRT revisions

1. Deployment cycle
2. Growth
3. Practical application
4. Inclusivity

DCRT Revisions: Inclusivity



Circle of Support



Soldier Demographics



Deployment Types



Connectivity/Technology

DCRT Train-up

Before an MRT can train DCRT at the unit level, MRTs must be **trained in the new DCRT material** from the local R2PC, Fort McCoy MRT Schoolhouse, or WRAIR

- 4-hour DCRT Bridging Workshop
- New 3-day DCRT Workshop *(as of August 2021)*

MRTs cannot train-up or provide refresher training for other MRTs to deliver DCRT modules

Delivery Format of DCRT



Goal is to facilitate a discussion which is guided by the material

Should be trained within intact platoons or smaller elements (*gold standard*)

Only for the deploying/deployed Soldiers in the unit (*anecdotal evidence*)

Recommend coordination with Behavioral Health provider/Chaplain (*coordination, not invitation*)

DCRT Trainer: FAQs

Can you train the DCRT Soldier modules if you have never deployed?

Can you train the DCRT Circle of Support modules if you're not an Army Family member?



YES! The focus is on the Soldier / Circle of Support member

Training Considerations



- Pacing and tone
- Level of interaction
  - Leverage veteran deployers
- Maintain training perspective, reiterate purpose of training as necessary
- Never allow training to devolve into “group therapy”

Handling Tough Situations



In-depth war stories / “hijackers”

- Lift & shift
- Embrace & break contact

The “Silent Sergeant” or “Silent Circle of Support member”

- Present the evidence
- Leverage experience

The “Angry Soldier”

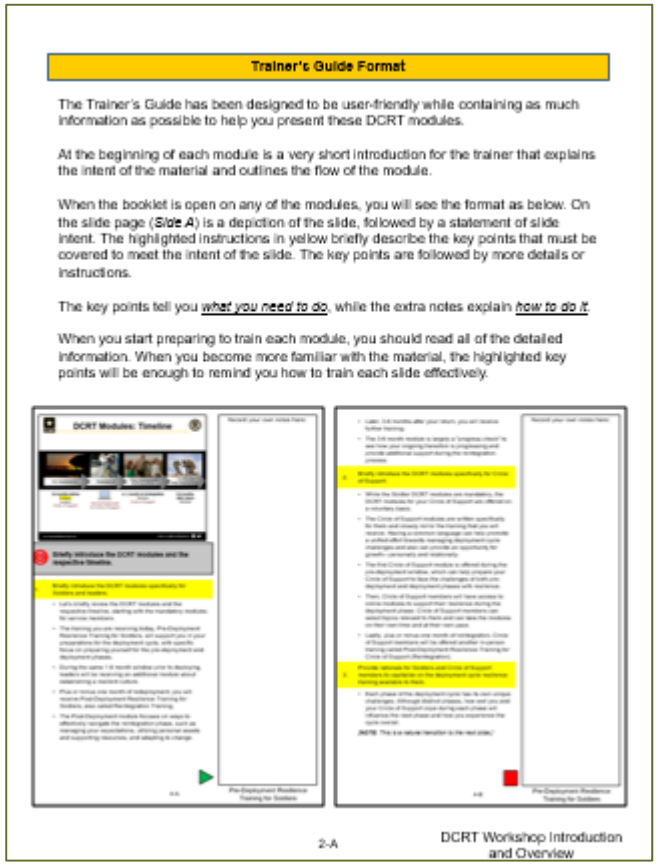
Preparation is Key

Once tasked to provide a DCRT module, find answers

- ❑ What type of unit is it?
- ❑ Deployment location?
- ❑ What is/was the nature of the deployment?
- ❑ What is/was the [planned] deployment length?
- ❑ If post-deployment, were there any critical incidents, injuries, or deaths during the deployment?
- ❑ How much prior resilience training have the Soldiers/Circle of Support members received?
- ❑ If post-deployment, have there been any significant incidents since the deployment ended?

DCRT Binder Format

Turn back to pages 2-A and 2-B



Trainer's Guide Format

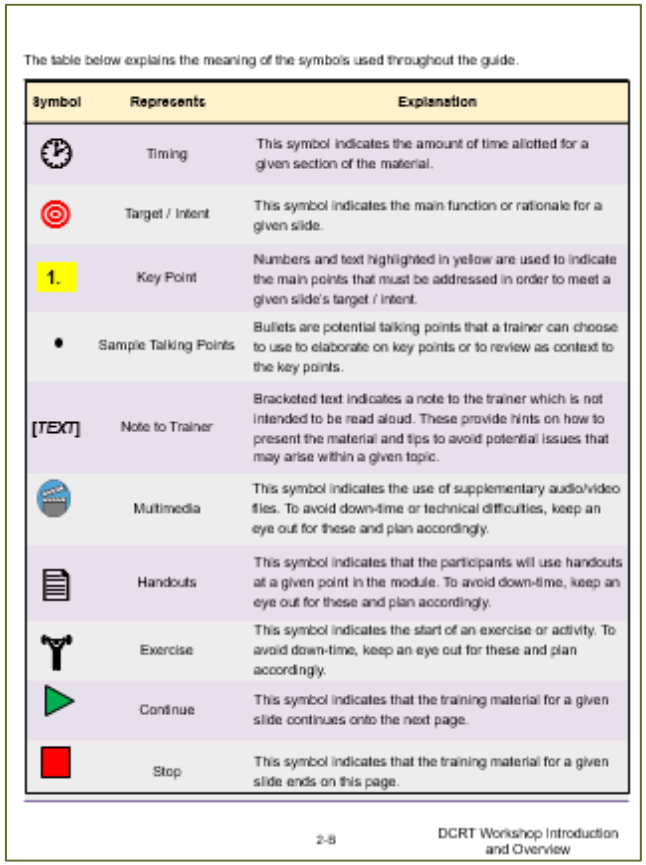
The Trainer's Guide has been designed to be user-friendly while containing as much information as possible to help you present these DCRT modules.

At the beginning of each module is a very short introduction for the trainer that explains the intent of the material and outlines the flow of the module.

When the booklet is open on any of the modules, you will see the format as below. On the slide page (*Side A*) is a depiction of the slide, followed by a statement of slide intent. The highlighted instructions in yellow briefly describe the key points that must be covered to meet the intent of the slide. The key points are followed by more details or instructions.

The key points tell you *what you need to do*, while the extra notes explain *how to do it*.

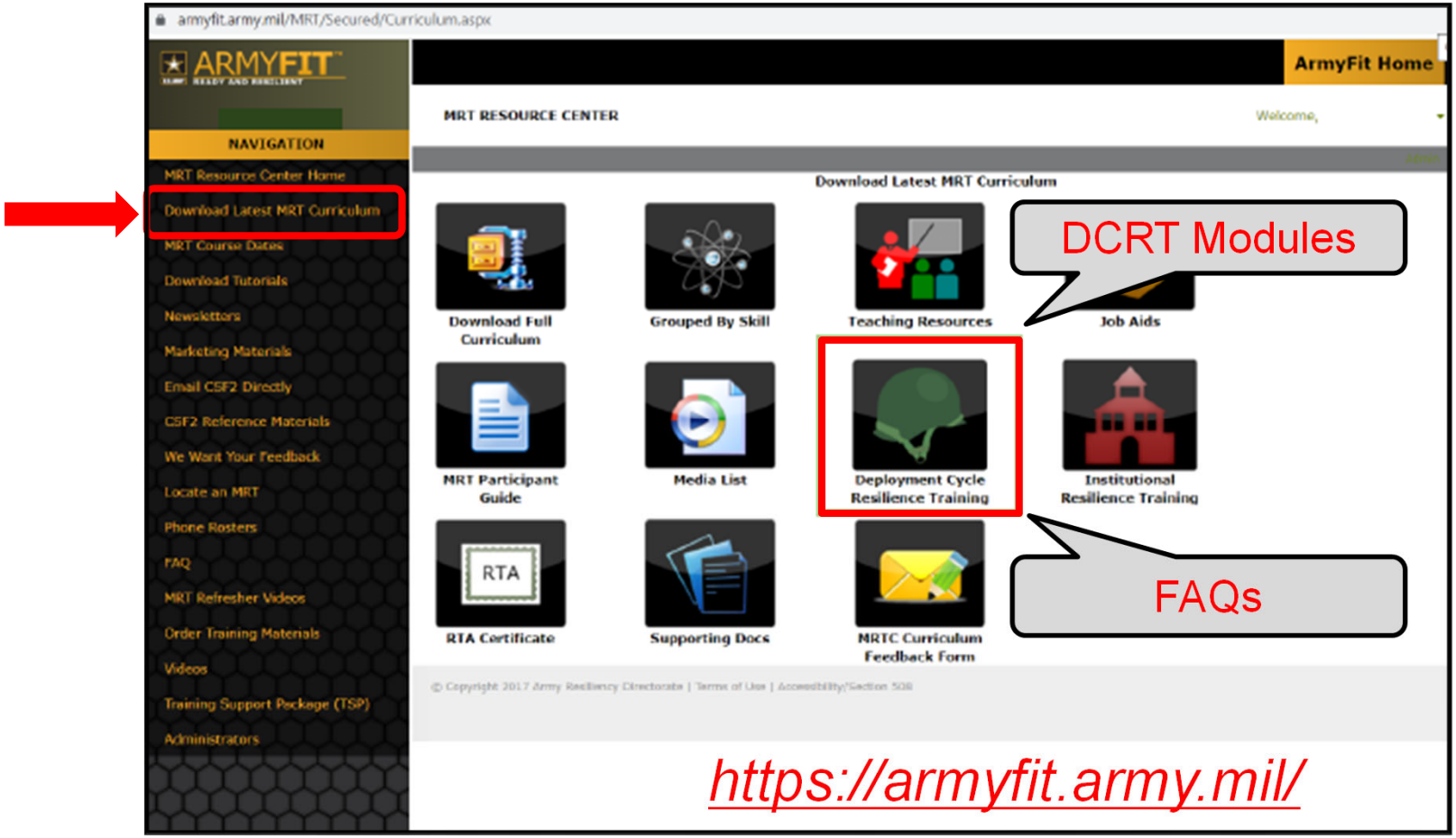
When you start preparing to train each module, you should read all of the detailed information. When you become more familiar with the material, the highlighted key points will be enough to remind you how to train each slide effectively.



The table below explains the meaning of the symbols used throughout the guide.

Symbol	Represents	Explanation
	Timing	This symbol indicates the amount of time allotted for a given section of the material.
	Target / Intent	This symbol indicates the main function or rationale for a given slide.
1.	Key Point	Numbers and text highlighted in yellow are used to indicate the main points that must be addressed in order to meet a given slide's target / intent.
•	Sample Talking Points	Bullets are potential talking points that a trainer can choose to use to elaborate on key points or to review as context to the key points.
[TEXT]	Note to Trainer	Bracketed text indicates a note to the trainer which is not intended to be read aloud. These provide hints on how to present the material and tips to avoid potential issues that may arise within a given topic.
	Multimedia	This symbol indicates the use of supplementary audio/video files. To avoid down-time or technical difficulties, keep an eye out for these and plan accordingly.
	Handouts	This symbol indicates that the participants will use handouts at a given point in the module. To avoid down-time, keep an eye out for these and plan accordingly.
	Exercise	This symbol indicates the start of an exercise or activity. To avoid down-time, keep an eye out for these and plan accordingly.
	Continue	This symbol indicates that the training material for a given slide continues onto the next page.
	Stop	This symbol indicates that the training material for a given slide ends on this page.

Downloading DCRT Materials



Questions?

