

WARRIOR ADVENTURE QUEST PROGRAM OVERVIEW

A High Adventure Outdoor Recreation (ODR) Program



MTN
Bike

ARMOR FOR YOUR MIND

Overview

- What is Warrior Adventure Quest (WAQ)?
- How do Soldiers benefit from WAQ?
- How to get involved in WAQ?



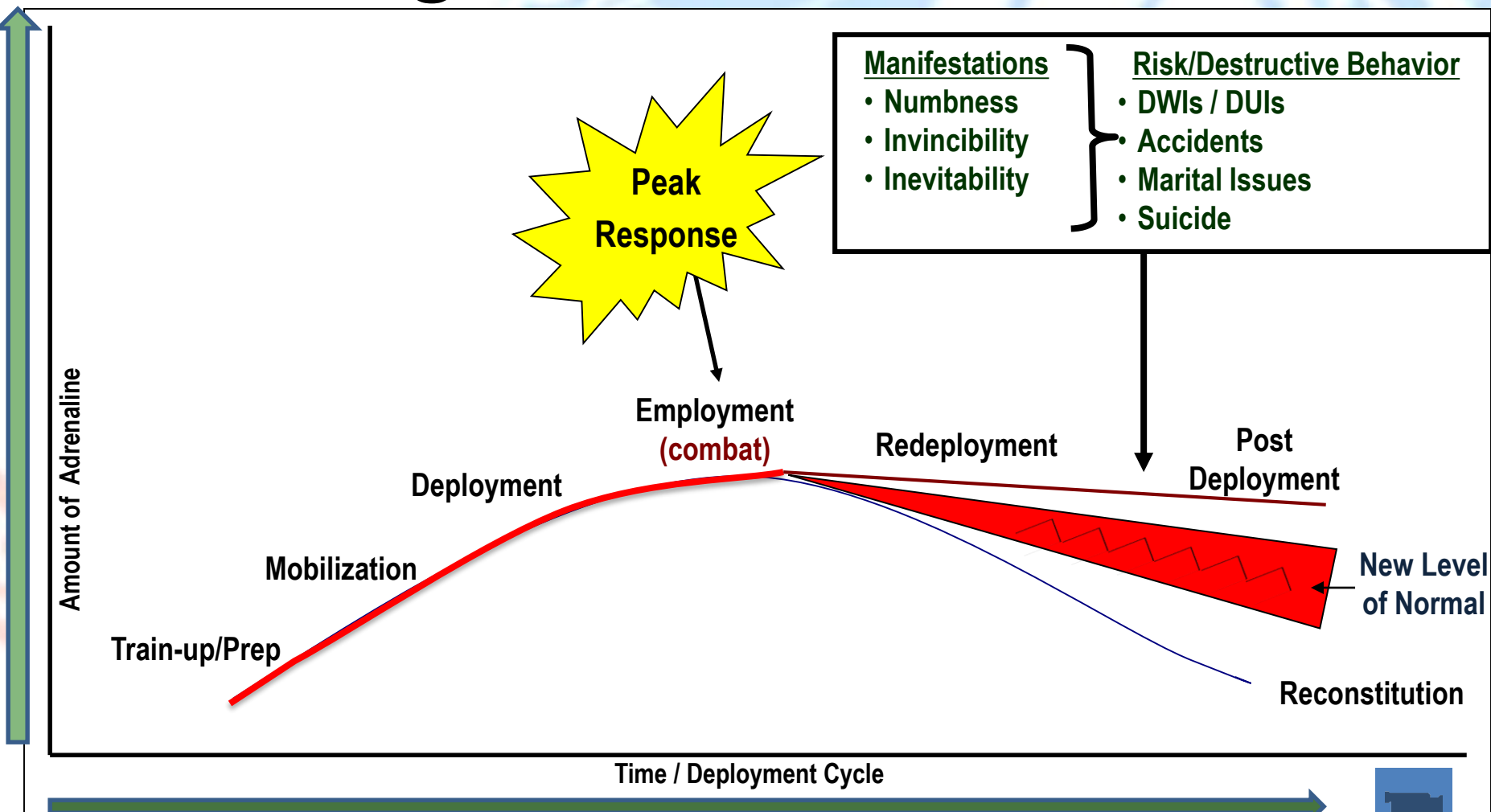
Warrior Adventure Quest (WAQ)

- DA Endorsed Soldier Reintegration Program
- Cooperation between IMCOM G9 & AMEDD
- Mitigates common high risk behaviors
- Promotes Resilience Factors
- L-LAAD Training
- Sustainment Readiness Model
 - (r.e. ARFORGEN cycle)
 - Prepare Module (Train-up/Readiness Pool)
 - Mission Module (Reset Pool)



Bungee
Video

Reintegration & Reconstitution



Click to view

Traffic Ramming

Leader Training (Part I & II)

Soldier Training (Part III)

High Adventure Activity (Part IV)

Leader Led Debrief (Part V)

LEADER COMMITMENT

SOLDIER RESILIENCE TRAINING

CONTROLLED STRESS

+ RESILIENCE EXERCISE

A COMBAT MULTIPLIER AFFECTING READINESS THROUGH SOLDIERS DEVELOPING RESILIENCY & PROGRESSING TOWARD THE ACHIEVEMENT OF A NEW NORMAL



Roles and Responsibilities

WAQ Phases

- I: Leader Training**
(L-LAAD Classroom)
- II: Leader Training**
(L-LAAD Practicum)
- III: Soldier Training**
- IV: Adventure Activity**
- V: L-LAAD**

AMEDD/IMCOM G-9
Conduct
Train-the-Trainer
Course

Garrison L-LAAD
Trainer 1
(e.g. ODR staff)
Role: Assist Phases
III/V
Conduct Phases IV

Garrison L-LAAD
Trainer 2
(Unit MRT Rep or
Garrison MRT)
Role: Teach Phases
I/II/III/
Coach: Phase V

Garrison L-LAAD
Trainer 3
(e.g. ACS MRT
certified or ACS staff)
Role: Teach Phases
I/II/III

Garrison L-LAAD
Trainer 4
(e.g. Chaplain or
Behavioral Health staff)
Role: Teach Phases
I/II/III

A Platoon
Leadership (SSG+)
Learns Phases I/II
Conducts
Phases III/V

B Platoon
Leadership (SSG+)
Learns Phases I/II
Conducts
Phases III/V

C Platoon
Leadership (SSG+)
Learns Phases I/II
Conducts
Phases III/V



- FM 6-22.5, COSC Manual for Leaders & Soldiers (March 2009)

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Unit Resiliency Fundamentals

Horizontal Bonding:
Trust between peers in a unit

Vertical Bonding:
Trust between Leaders & the Led

Esprit de Corps:
Sense of purpose & identity in the unit

Unit Cohesion:
Binding force that combines 3 previous concepts



Leader-Led After Action Debrief (L-LAAD)

- A Leader's tool to help Soldiers learn from challenging experiences & bond as a team
- Incorporate L-LAAD into training scenarios to build resiliency & enhance cohesion
- An operational tool for Leaders to help maintain cohesion & readiness during deployments

Not an AAR. Not Group Therapy.



Click to view

L-LAAD Examples



L-LAADs & WAQ



L-LAADs bridge WAQ activities with real world events



Click to view Activities

WAQ Program Implementation Status

IMCOM Europe

<u>Location</u>	<u># Platoons</u>	<u>#Soldiers</u>
Ansbach	98	2,450
Baumholder	405	10,122
Grafenwoehr	404	10,085
Hohenfels	41	1,022
Kaiserslautern	43	1,077
Stuttgart	7	165
Vicenza	104	2,445
Wiesbaden	72	1,804
*Bamberg	43	1,068
*Heidelberg	6	153
*Mannheim	18	462
*Schweinfurt	71	1,768
*Closed Bases		

IMCOM Readiness

<u>Location</u>	<u># Platoons</u>	<u>#Soldiers</u>
Fort Bliss	138	3,460
Fort Bragg	995	24,868
Fort Campbell	963	24,079
Fort Carson	1,090	27,262
Fort Drum	206	5,169
Fort Hood	1,638	40,962
Fort Irwin	30	752
JB Lewis/McCord	562	13,770
Fort McCoy	13	318
Fort Polk	355	8,883
Fort Riley	179	4,485
Ft Stewart/Hunter	409	10,219
White Sands	3	75

IMCOM Training

<u>Location</u>	<u># Platoons</u>	<u>#Soldiers</u>
Fort Benning	235	5,880
Fort Gordon	161	4,018
Fort Huachuca	144	3,612
Fort Knox	169	4,235
Fort Lee	42	1,045
Ft. Leonard Wood	43	1,062
Fort Rucker	156	3,888
Fort Sill	80	1,994

IMCOM Pacific

<u>Location</u>	<u># Platoons</u>	<u>#Soldiers</u>
Schofield Brks	482	12,048
Fort Wainwright	194	4,859
Camp Zama	11	273
A1 - Red Cloud	851	21,280
A2 - Yongsan	149	3,727
A3 - Humphreys	443	11,087
A4 - Daegu	100	2,495

Thru December FY19

Total Platoons: 11,440

Total Soldiers: 258,938

IMCOM Sustainment

<u>Location</u>	<u># Platoons</u>	<u>#Soldiers</u>
Fort Belvoir	17	432
Fort Detrick	2	43
Fort Meade	0	0

IMCOM (Direct Report)

<u>Location</u>	<u># Platoons</u>	<u>#Soldiers</u>
JB Elmendorf/ Richardson	143	3,586
JB Langley/Eustis	44	1,093



Post Surveys

- **Surveys:**
 - Collect data to get a realistic look at the WAQ process
 - **Critical for the program**
- **Post-Experience Survey:**
 - Given immediately after the WAQ high adventure event
 - Explain Importance and Use of SSN# and DoDID#
 - Submit Completed Surveys by 20th of each Month










What's in it for Soldiers

- Participation has a long standing positive impact (WAQ participants vs. Army norms)
- Reduced Accidents caused by unsafe behavior
 - Combat Readiness Center (CRC)
- Reduced Behavioral Incidences
 - Defense Finance & Accounting Service (DFAS)



Warrior Adventure Quest Statistics

PRE/POST WAQ Survey	%	 
agree/strongly agree		
Group Cohesion (Worked well together)	26%	
Reduce Stress (Outlet)	21.2%	
Leadership (Army cares)	18.5%	
Leadership (CO level leaders care)	14.1%	
Use of Outdoor Recreation (Use again)	30.2%	
Important Factors		
The L-LAAD techniques used at the activity conclusion could be used effectively to debrief a traumatic event impacting my unit.	80.5%	agree/strongly agree
One of the most satisfying aspects of this activity was that it provided me with the opportunity to burn off stress .	85.1%	agree/strongly agree

Short-Term Data (N=34,907)

Short-Term Pre/Post Surveys

- Provides short term, immediate impact of WAQ event.
- Measures Resiliency through Leader/Cohesion assessments.

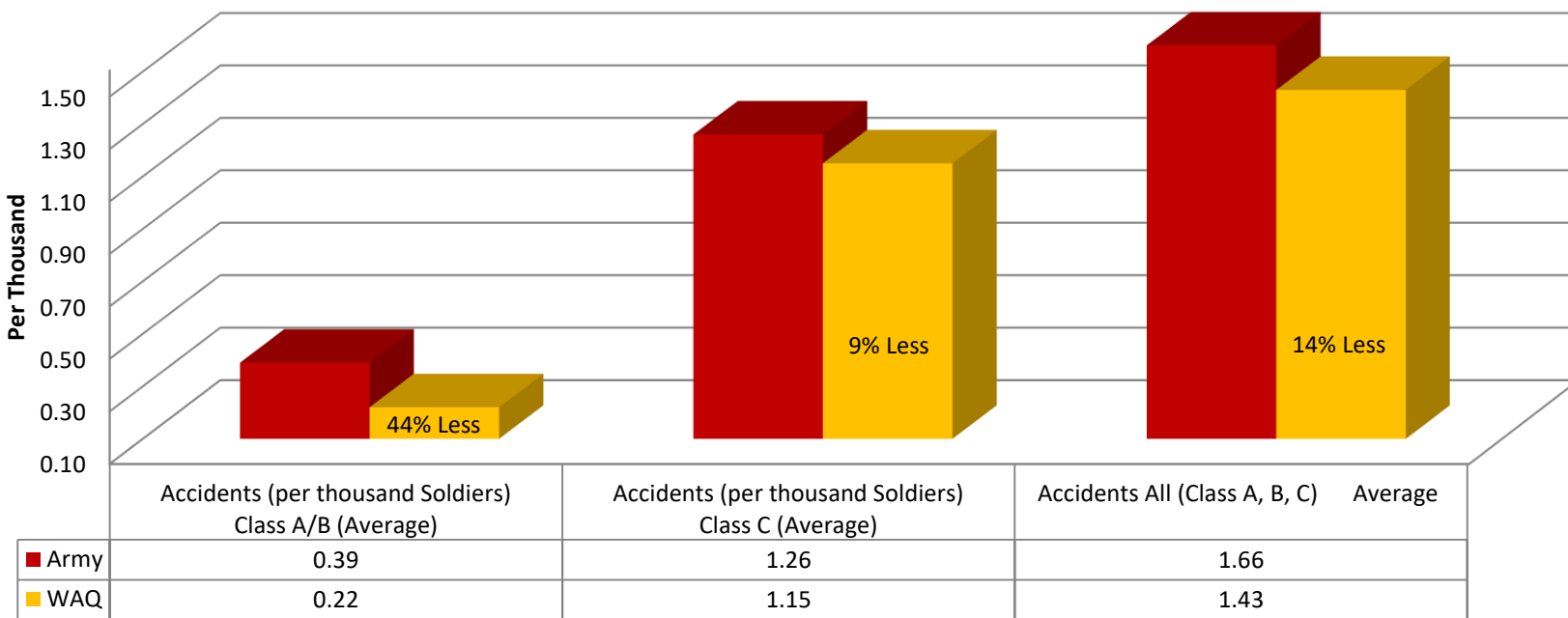
 Resiliency Indicator



Off Duty Accident Incidents FY 10-11

Army Combat Readiness & Safety Center (CRC) Statistics

Averages for FY 2010 and FY 2011



Soldier "Average" Population Samples

Total Army: 561,708

WAQ Participants: 24,429

Over two years, WAQ participants were involved in an average of 14% fewer off-duty accidents compared to the general population of the Army

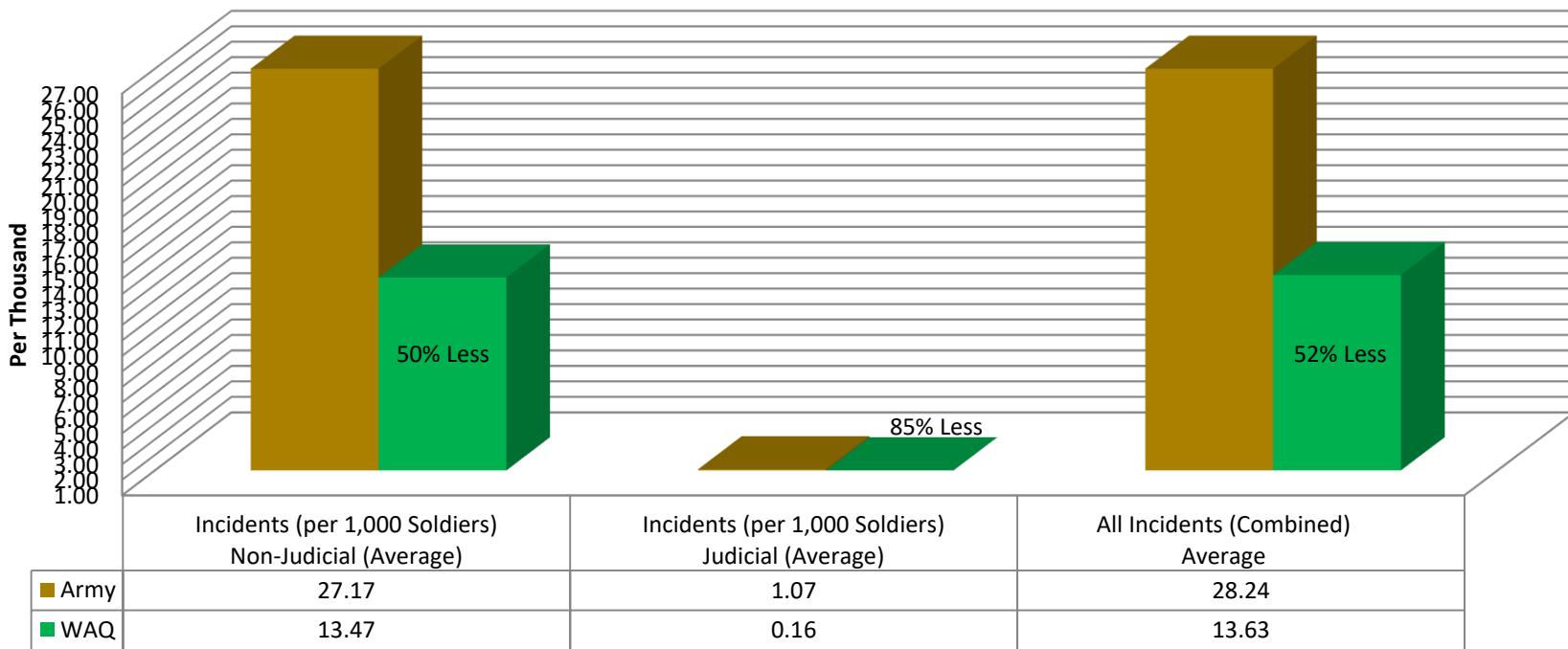
Class A: Injury resulting in fatality or permanent total disability
 Class B: Injury resulting in permanent partial disability
 Class C: Nonfatal injury that causes 1 or more days away from work beyond the day it occurred or disability at any time.



Behavioral Incidences Resulting in Deduction in Pay

Army Combat Readiness & Safety Center (CRC) Statistics

Averages for CY 2010 and CY 2011



Soldier "Average" Population Samples
 Total Army: 561,708
 WAQ Participants: 24,429

Over two years, WAQ participants were involved in an average of 52% fewer behavioral incidences compared to the general population of the Army



Behavioral Incidences Resulting in Deduction in Pay

Defense Finance and Accounting Services (DFAS) Statistics

Averages for CY 2015 and CY 2016



Soldier "Average" Population Samples
 Total Army: 479,319
 WAQ Participants: 23,407

Over two years, WAQ participants were involved in an average of 34% fewer behavioral incidences compared to the general population of the Army



Way Ahead

- Increase Program Capability
 - Expand WAQ ARFORGEN Support into Train/Ready
 - Brief ACOM CSMs
 - Utilize CSF Master Resiliency Trainers as qualified WAQ/L-LAAD Trainers (Proposed)
 - Utilize online Soldier Training
- Continue Measurement Strategy
 - Data collection/analysis of Pre/Post Surveys
 - Analyze longitudinal data
- Continue WAQ Train-The-Trainer
 - Coordination through MEDCOM / Executed by AMEDD
 - Goal of 4 trainers per Garrison (Garrison Metric)
 - Improved Support with Media Production



How to Get Involved

- Unit Involvement
 - Contact your MWR Outdoor Recreation Staff
 - Contact your Garrison Commander
- Become a WAQ Trainer
 - Train Soldiers and Leaders on the WAQ Program
 - Teach L-LAAD techniques
 - Help build individual and unit resiliency



Summary

- WAQ is a proven reintegration and resilience focused program.
- Soldiers benefit is demonstrated by reductions in accidents, negative administrative actions and behavioral health incidences
- Soldiers can get involved with WAQ by contacting their local MWR Outdoor Rec Staff.



QUESTIONS?

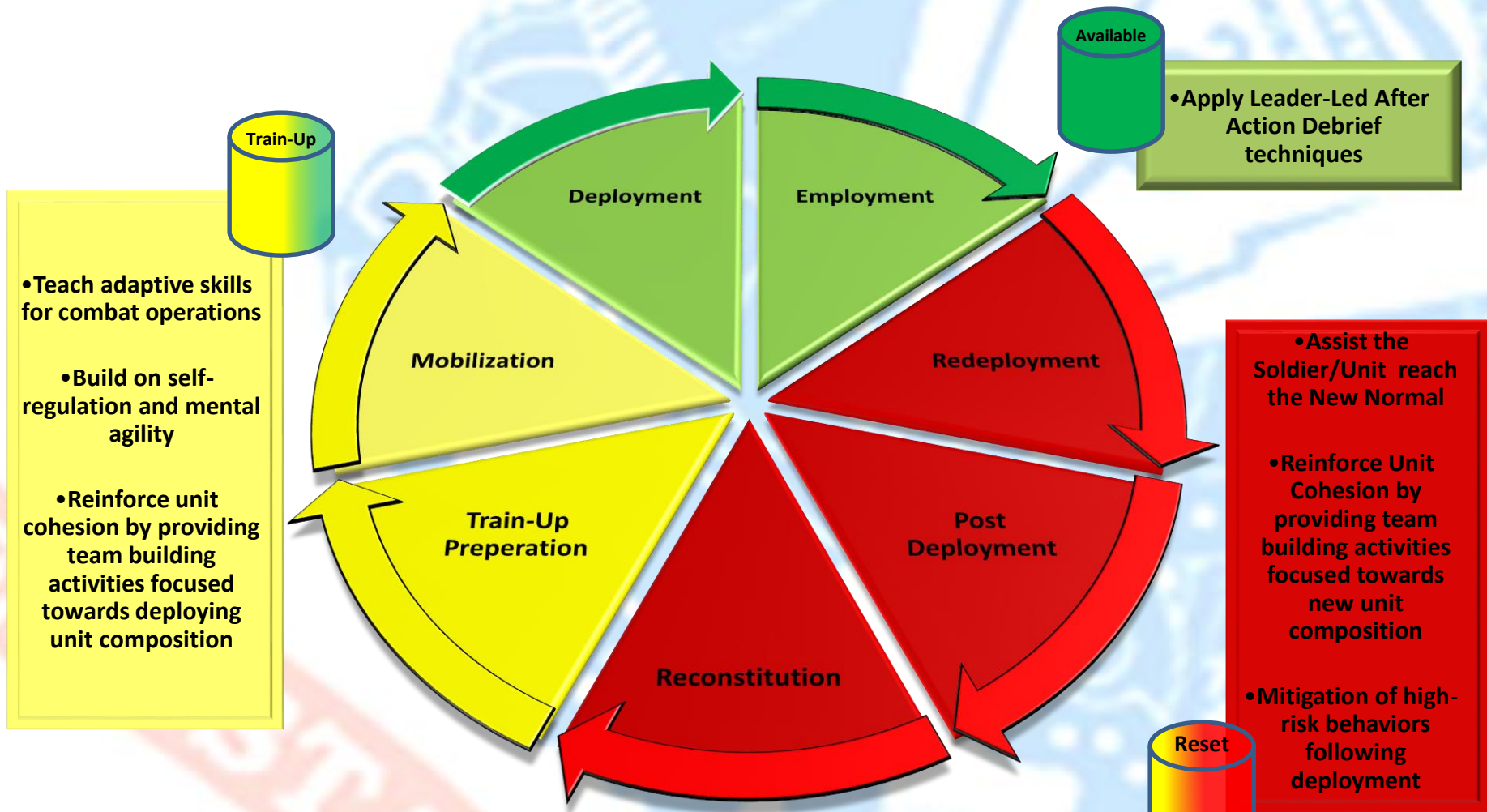


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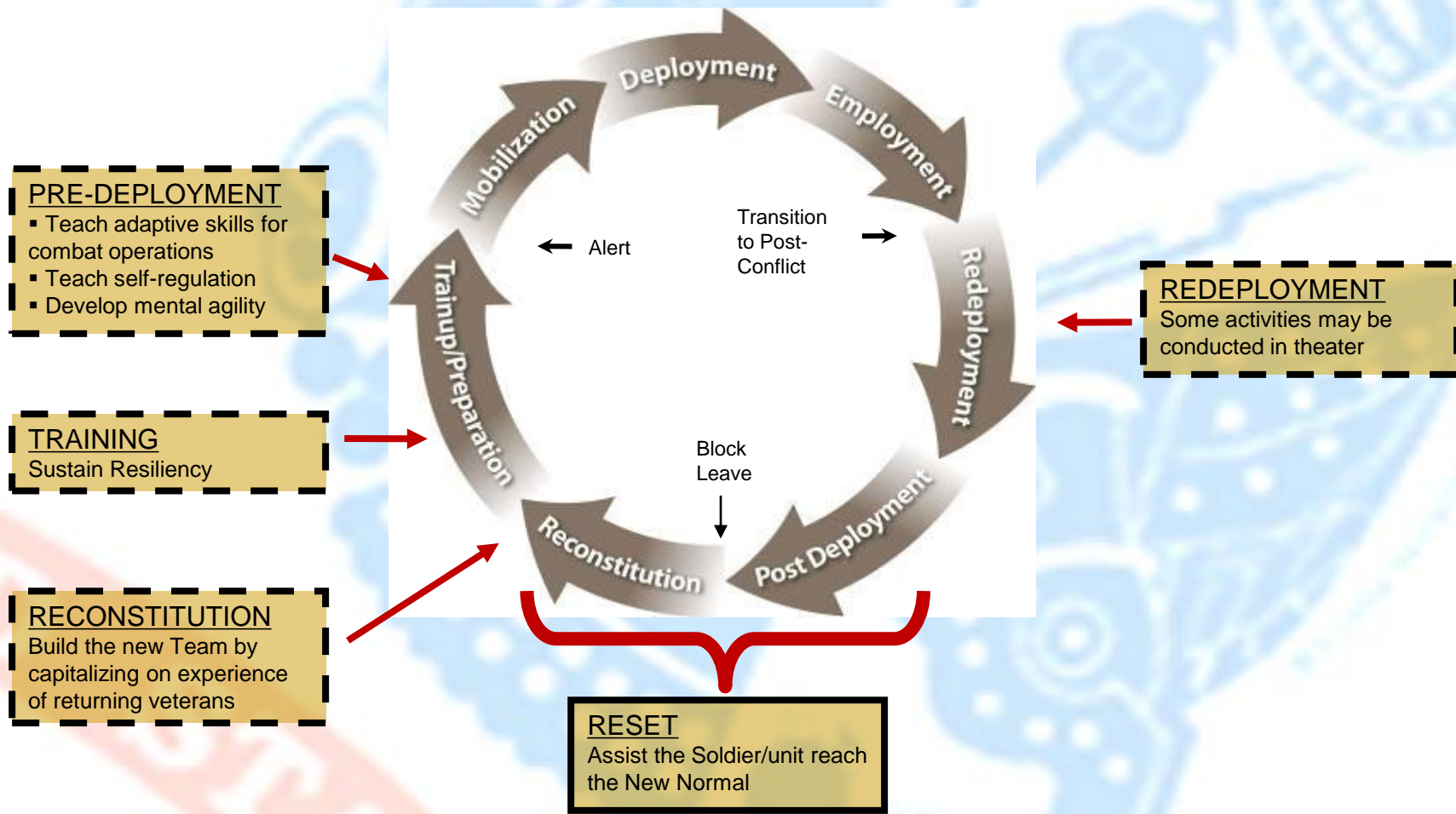
BACK-UP SLIDES



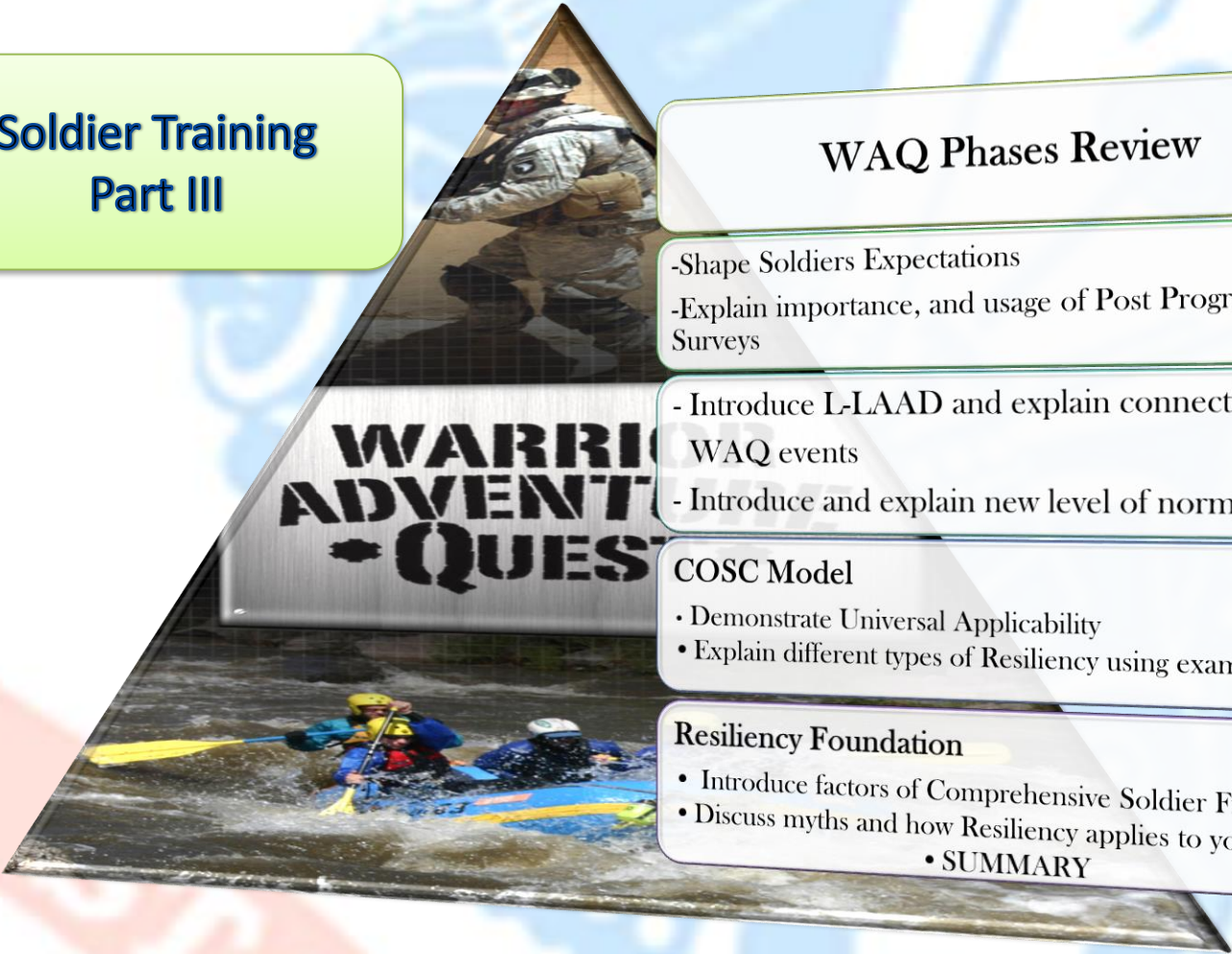
Warrior Adventure Quest / ARFORGEN Cycle



Warrior Adventure Quest / ARFORGEN Cycle



Soldier Training Part III



WAQ Phases Review

- Shape Soldiers Expectations
- Explain importance, and usage of Post Program Surveys

- Introduce L-LAAD and explain connection to WAQ events
- Introduce and explain new level of norm

- COSC Model
- Demonstrate Universal Applicability
 - Explain different types of Resiliency using examples

- Resiliency Foundation
- Introduce factors of Comprehensive Soldier Fitness
 - Discuss myths and how Resiliency applies to your unit
 - SUMMARY



Leader-Led After Action Debrief

- A leader-led Commander's tool which reconstructs events in a way similar to a traditional after-action review with additional emphasis on teamwork, unit cohesion and restoring or enhancing readiness.

Phase 1

• Introduction

Phase 2

• Event

Phase 3

• Reactions

Phase 4

• Self & Buddy Aid

Phase 5

• Resiliency

