

WAQ L-LAAD GUIDANCE

Purpose

- This is NOT an AAR
- Help Soldiers to make sense of a difficult or traumatic event
- Solidify/enhance existing unit cohesion, resiliency, and trust
- Solidify/enhance existing unit and individual strengths
- Emphasize the importance of peer support
- Reinforce resilience skills training

Your Role as an L-LAAD

- Ensure tone of the group is positive
- Ensure discussion is not turned into an AAR
- Explain the purpose of the L-LAAD
- Guide the discussion; don't do all the talking
- Use this L-LAAD Cheat Sheet only as a guide

Introduction

- Set the focus of the L-LAAD
- Set ground rules

Event

- Ask Soldiers to describe what happened during the activity
- Ask Soldiers to point out examples of who did well
- Ask Soldiers to point out examples of missed opportunities
 - Ask Soldiers what could have been done differently
 - Ask Soldiers why doing things differently would have been better

Reactions

- Ask Soldiers about physical reactions experienced during the activity
- Ask Soldiers about thoughts experienced during the activity
- Ask Soldiers about times where they experienced similar reactions during a deployment and how they worked through it

Self & Buddy Aid

- Ask Soldiers to provide examples where people helped each other during the activity
- Relate the examples to the Unit's mission
- Encourage Soldiers to ask tough questions of each other and help each other out when they notice changes in behavior

Resilience

- Recap the positives that were mentioned
- Continue to normalize the physical and emotional reactions
- Mitigate stigma to behavioral health or spiritual assistance
- Encourage Soldiers to communicate with their family

Provide Education

- Provide information on resources Soldiers can use if in need of assistance
 - Chaplains, Behavioral Health, Mental Health, Leaders, Buddies...etc.

END ON A POSITIVE NOTE!!!

L-LAAD SAMPLE QUESTIONS

- “So we were out at paintball today. For some of you it was the first time and for others you have done this before. What were some of the things you saw out there today? What went well?”
 - “How many of you felt nervous about trying out this activity for the first time? Did you tell anyone?”
 - “It is normal to be nervous when trying a new activity such as this. Most of us were new to it, how did you react to this unfamiliar situation?”
 - “Did you notice anyone having trouble? Did you step in to help? What did you do?”
 - “Did any of you second guess anything that happened today? How would you have done it differently and why?”
 - “Where there any times where you experienced similar reactions during a deployment? How did you work through it?”
 - “While we were out here today, I noticed some of the more experienced players giving tips to those who were new to it. What sort of examples did you see out there today of you supporting each other?”
 - “How can we continue to support each other now that we have returned?”
-
- Provide information on resources Soldiers can use if in need of assistance
 - Chaplains, Behavioral Health, Mental Health, Leaders, Buddies...etc.
-

END ON A POSITIVE NOTE!!!