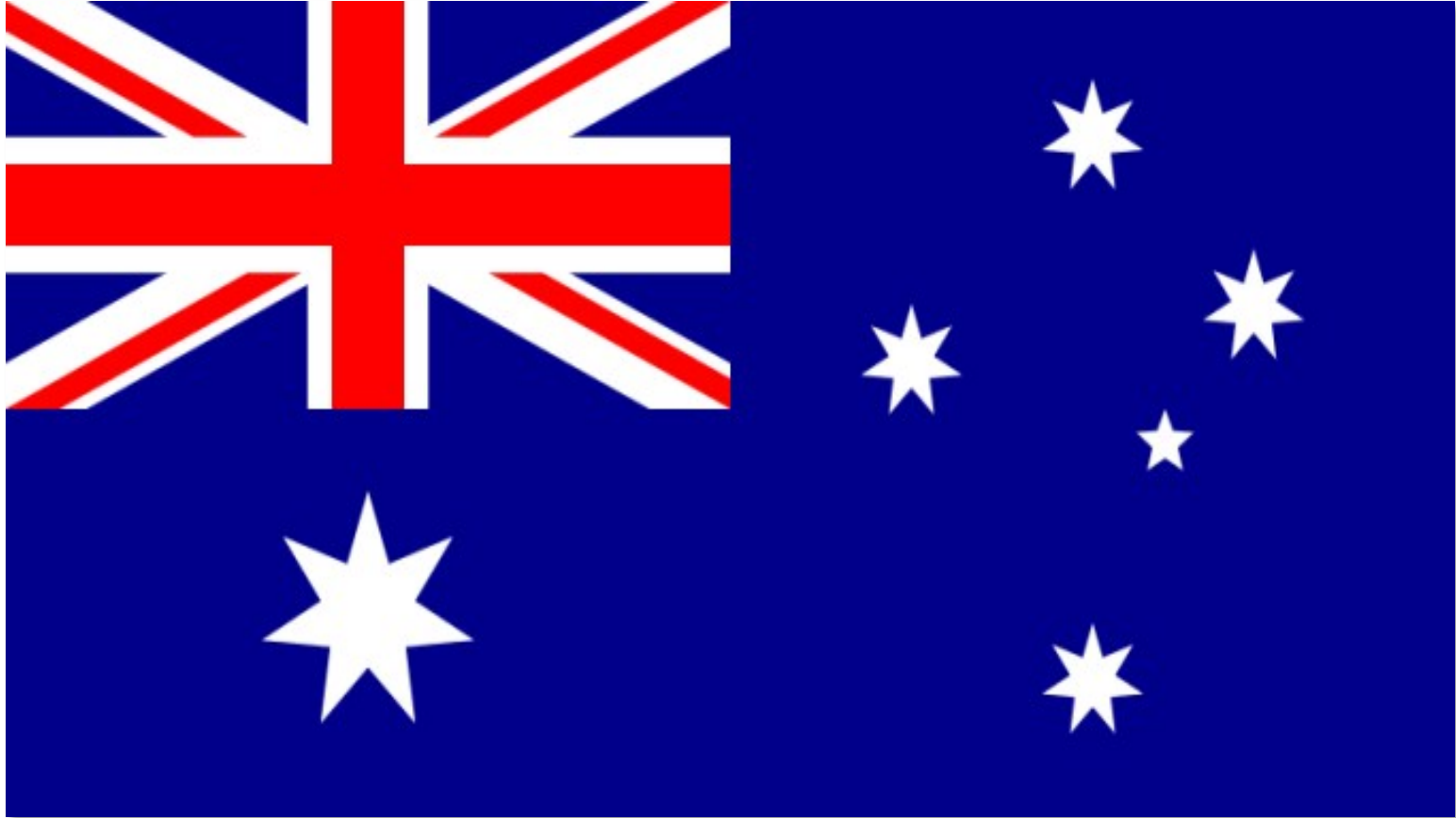


WARRIOR CARE IN THE 21ST CENTURY—DAY 1

AUSTRALIA





Australian Government
Department of Defence



Individual Resilience in the Australian Defence Force

Air Commodore Tracy Smart

Director General Strategic Health Coordination,
Joint Health Command





Overview

- Background - Mental Health in the ADF
- What is resilience?
- What do we and don't we know about resilience?
 - Longitudinal ADF Study Evaluating Resilience (LASER)
- How do we enhance it?
 - BattleSMART
- The role of leadership
- New developments





The ADF Health System

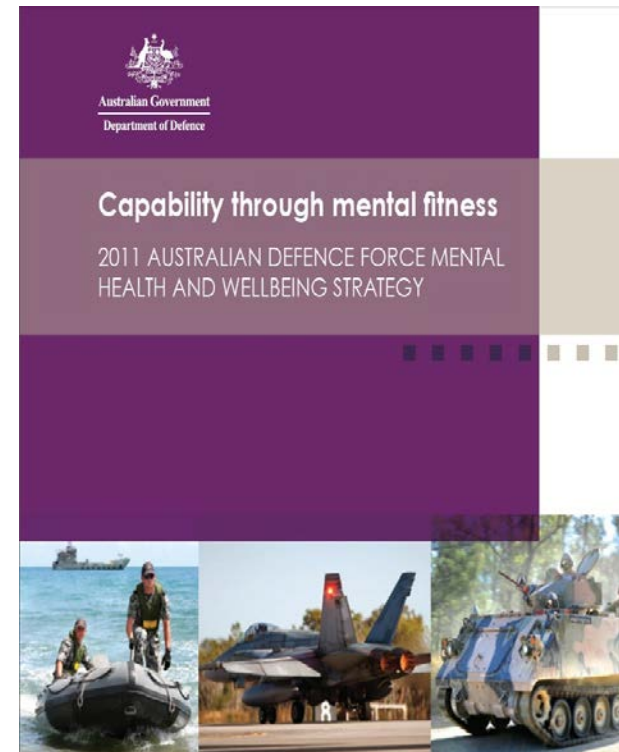
- Joint Health Command provides:
 - garrison health services (including MH) for 59,000 + FT personnel and 20,000+ reserve from health centres and clinics on all ADF bases
 - Joint health capability coordination
 - Strategic health advice and input
- Single Services provide Deployable/operational health



Mental Health Plans and Strategy



- 2002 ADF MH Strategy
- 2009 Dunt Review
- 2010 MilHOP Research
- 2011 ADF Mental Health and Wellbeing Strategy
- 2012-2015 ADF MH and Wellbeing Action Plan
- 2014 ADF Alcohol Management Strategy and Plan
- Working on our new Strategy with Services



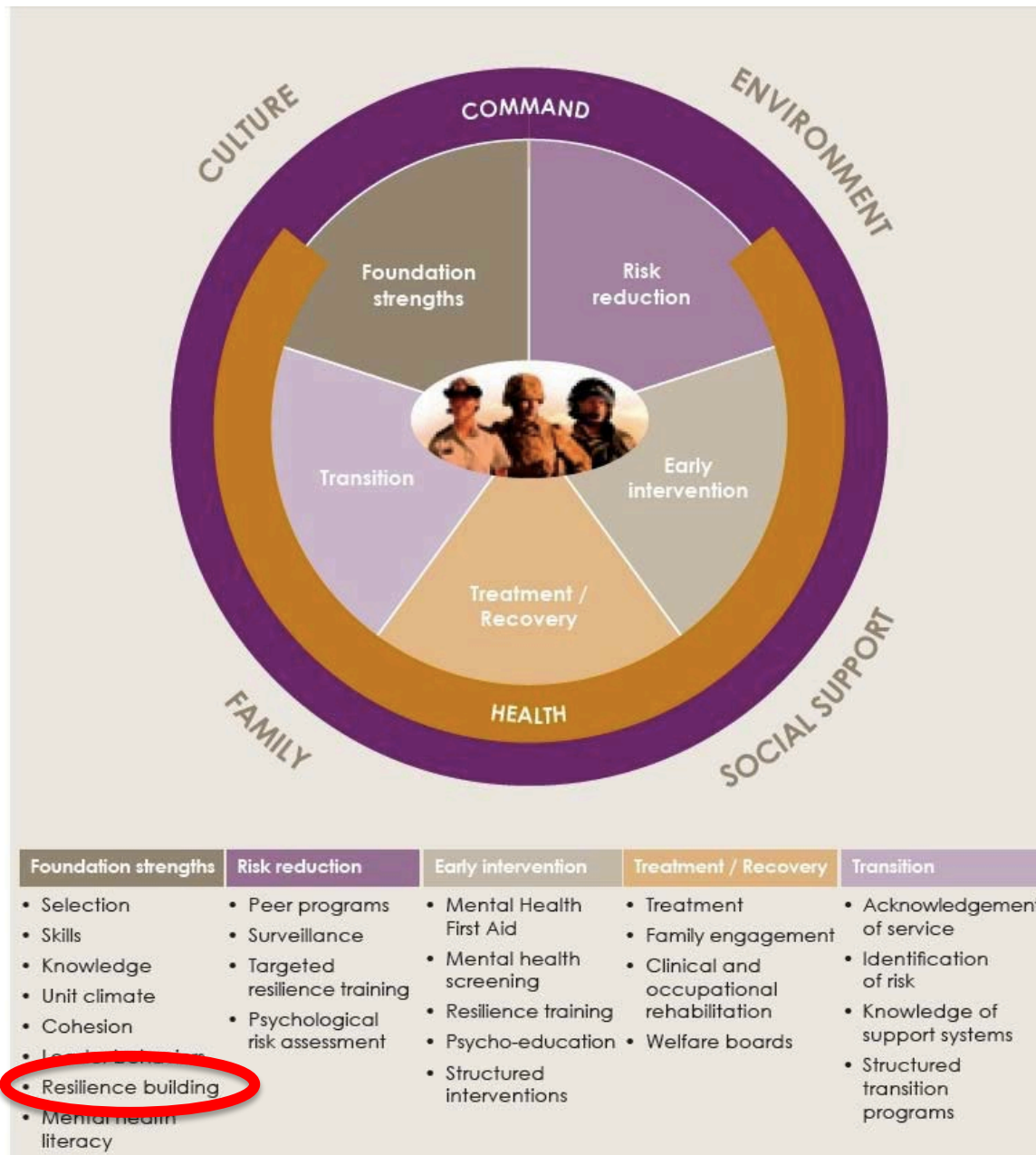


2010 ADF Commitment:

Capability through mental fitness by

- Promoting good mental health and wellbeing through **leadership** at all levels
- A **culture that supports** personnel to recognise MH issues and assist themselves and others
- **Prepare** to meet unique risks of military service
- Evidenced based **treatment and recovery**
- **Partnerships** between individuals, families, command and health providers
- **Innovation and research** to improve understanding of needs and delivery of care
- Support **effective transition** and continuity of care for those leaving the ADF







*The greatest glory in living lies not
in never falling, but in rising
every time we fall*
– Nelson Mandela





Resilience

The sum-total of psychological processes that permit individuals to maintain or return to previous levels of well-being and functioning in response to adversity.

- The Technical Cooperation Panel (TTCP)
Technical Panel 13



What we know about resilience



- We know resilience
 - is a dynamic process
 - requires a range of coping strategies
 - is helpful in everyday life
- What we don't know
 - Is resilience stable over time?
 - What factors influence resilience?
 - Is the ADF approach to building individual resilience effective?



Longitudinal ADF Study Evaluating Resilience: Study Goals



- To examine changes in MH and psychological resilience during training and military service
- To determine the personal or situational characteristics that build or erode psychological resilience
- To examine changes in behaviour and psychological processes relevant to psychological resilience

Crane, M.F., Lewis, V., Cohn, A., Hodson, S.E. , et al. (2012) A Protocol for the Longitudinal Study of Psychological Resilience in the Australian Defence Force. *Journal of Military and Veterans' Health*, 20(4).

LASER | Resilience

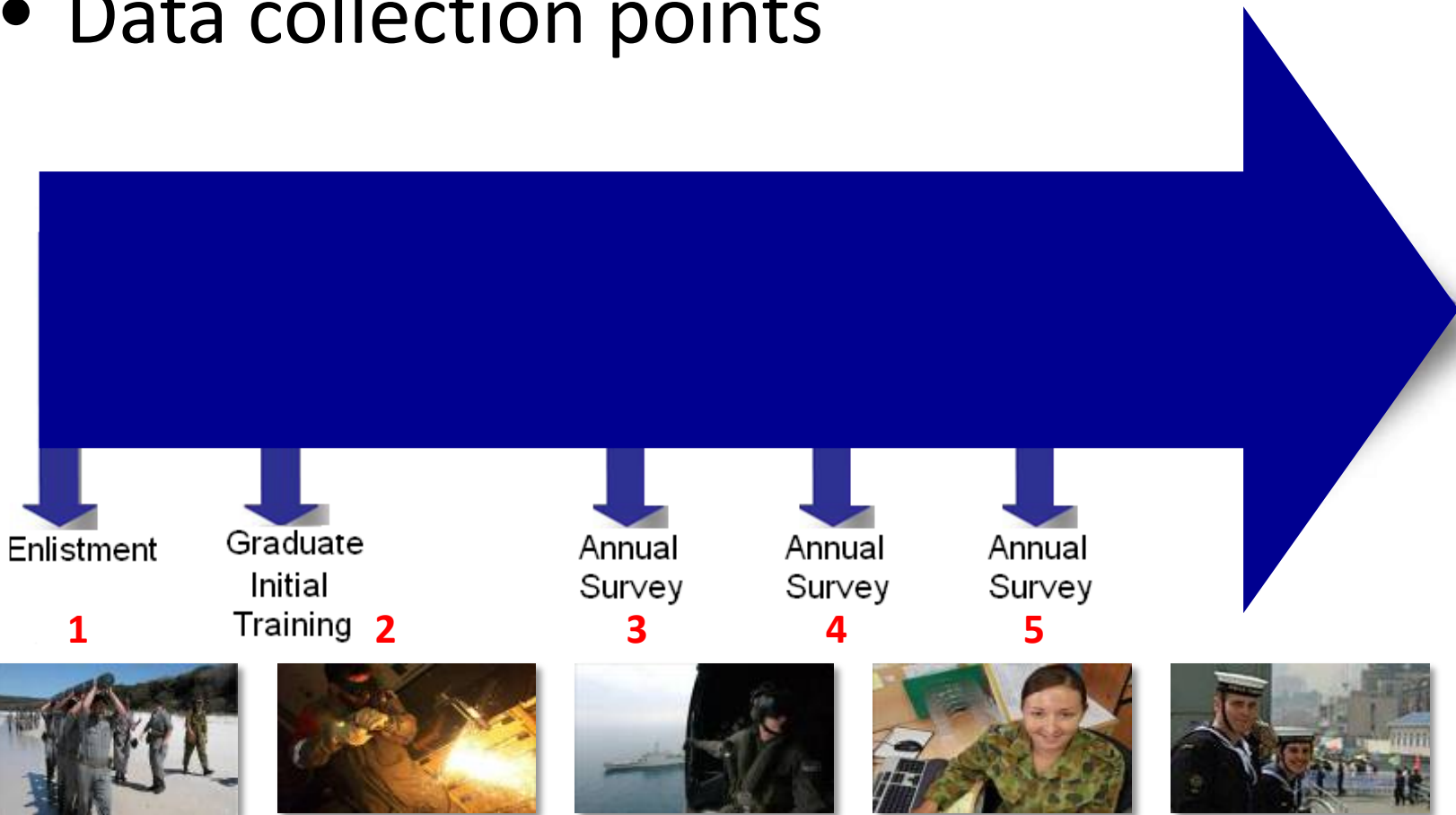
An ADF initiative to better understand psychological resilience



Longitudinal Methodology



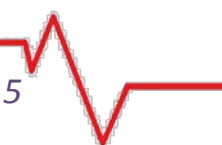
- Data collection points





Where are we now?

- Time 1 – data collection complete
- Time 2 - data collection complete
- Time 3 – data collection complete
- Time 4 – to conclude Oct 2015
- Time 5 – to conclude Oct 2016





Reporting

- Three Reports have been generated and disseminated
 - *Pre-enlistment Report and Initial Training Report*
 - *Contributors to Change Report*
 - *Early Careers Report*
- Future detailed reports
 - Relationship between prior trauma exposure and mental health outcomes
 - Relationship between smoking and drinking behaviours and mental health outcomes
 - The role of social psychological factors in relation to the health and wellbeing of ADF members
- Reports will inform training and policy

How do we enhance it?



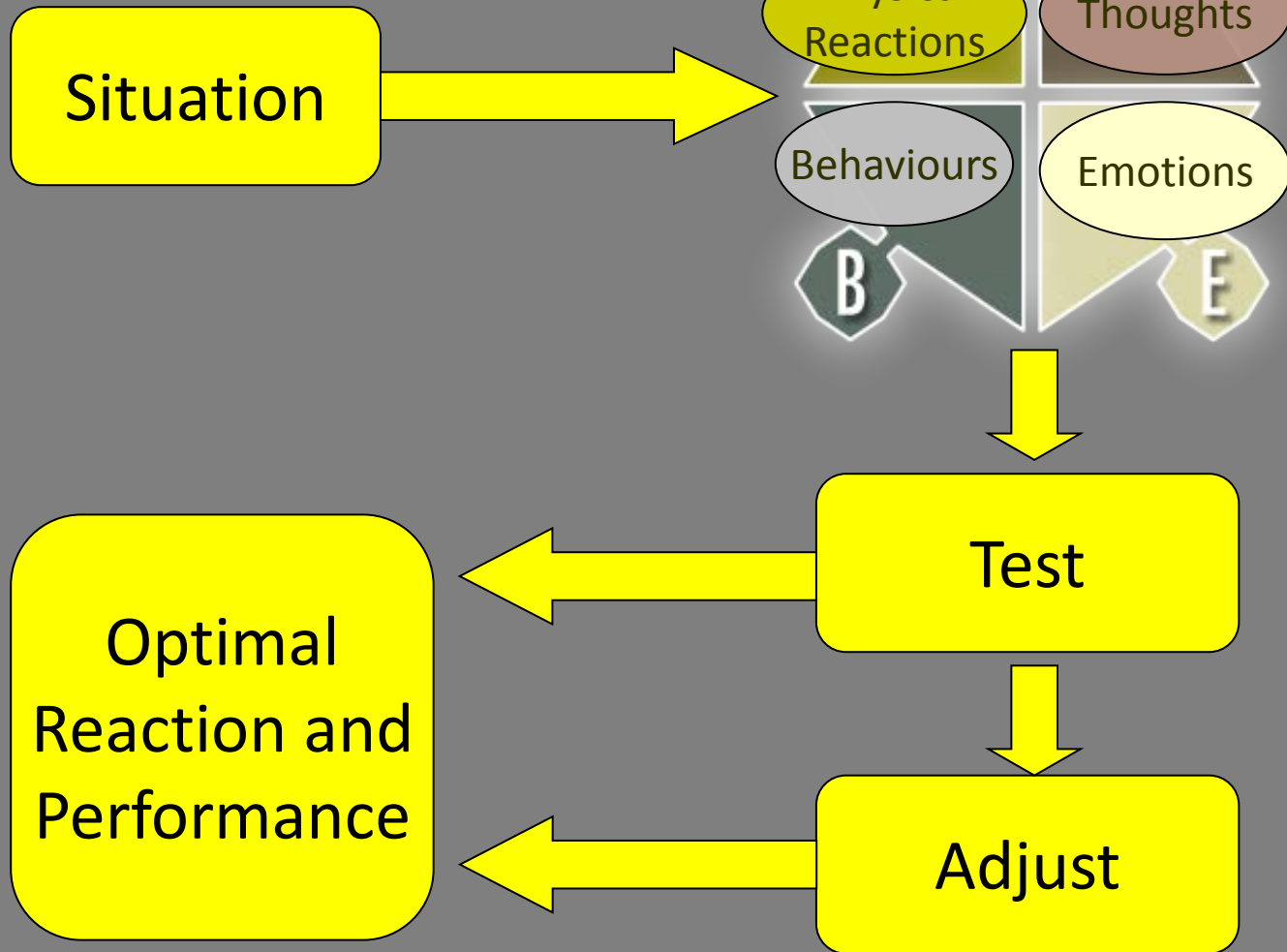
 **BATTLESMART**

TEST AND ADJUST YOUR INITIAL REACTION
PHYSICAL, THOUGHTS, EMOTION, BEHAVIOUR

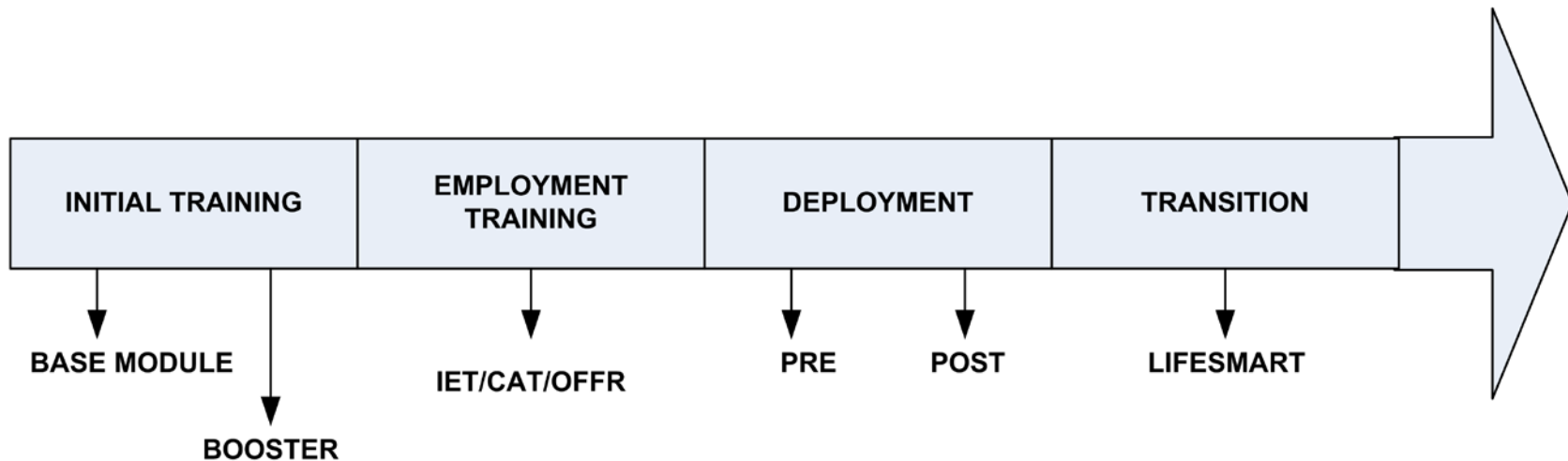
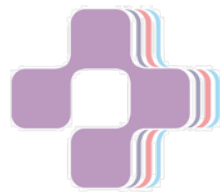


TEST AND ADJUST YOUR INITIAL REACTION
PHYSICAL, THOUGHTS, EMOTION, BEHAVIOUR

Initial Reaction



BattleSMART Training Continuum



ALSO FamilySMART for ADF families based on the LifeSMART package

Tailored Training: OP Resolute



- Does not fit the phased approach
- Program commenced in June 2011 for assigned Navy crews and other personnel
- Comprises a biennial group SMART resilience brief, annual Questionnaire, screening interview with a psychologist



What we know resilience training won't do



- No evidence that training in resilience will stop development of PTSD
- Will not stop the harmful impact of bullying and workplace harassment
- A 'one off' presentation on resilience will not increase resilience

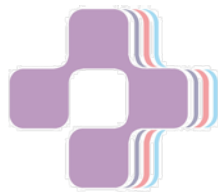


Leadership and resilience



- Support from others
- Reinforce principles of BattleSMART
- Link between morale and resilience
- Expectations regarding resilience
 - Variable
 - Situation dependant
 - Needs to be practiced





New developments

- ‘High Res’ smart device app and website
- BattleSMART website
- Keep Your Mates Safe (KYMS) – Peers
- The Technical Cooperation Program (TTCP): Action Group 21 – Resilience





Summary

- We need our personnel to be resilient
- Want to assist personnel to build and maintain their mental fitness at all stages of their career
- Research to tell us what components of resilience we need to identify, develop and foster in individuals
 - LASER-R
- Need to build and foster resilience through entire career - BattleSMART
- Shared responsibility: role of leadership in maintaining resilience

