



WTU/AW2 Connection

November 2013

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CG Corner

Building a Ready and Resilient Force

November is Warrior Care Month, and this year, our focus is on “Building a Ready and Resilient Force.” The Warrior Care and Transition Program plays an important role in Army readiness and individual resilience as we support wounded, ill and injured Soldiers and their Families and Caregivers throughout the recovery and transition process. For example, the WCTP:



BG David J. Bishop, Commander, U.S. Army Warrior Transition Command and Assistant Surgeon General for Warrior Care and Transition

- Supported more than 56,000 Soldiers since 2007, returning more than 47% to the force
- Established a Cadre Resilience Course for all WTU Cadre to further prepare them to handle their tough assignments
- Supports a holistic recovery for each Soldier through a personalized Comprehensive Transition Plan (CTP), with short- and long-term goals across six domains of life (physical, social, spiritual, emotional, Family, and career)
- Conducts a risk assessment for each WTU Soldier within first 24 hours of arrival
- Provides personalized support for the more than 17,000 most severely wounded, ill and injured through the Army Wounded Warrior Program (AW2), even into Veteran status
- Provides career and employment readiness resources to Soldiers to prepare them for life after transition,
- Educates civilian employers on the benefits of hiring Veterans and on resources to support accommodations for Veterans with disabilities

WTUs and CBWTUs will host Warrior Care Month events throughout November to raise awareness of the key elements of the Warrior Care and Transition Program, such as career fairs, adaptive reconditioning demonstrations and Family appreciation events. In the National Capital Region, an Army team will compete against the other services in the third annual Sitting Volleyball Tournament at the Pentagon, where we’re encouraging senior leaders from all branches of the military to show their support for wounded, ill and injured. You can view a full list of Warrior Care Month events on the WTC [website](#).

Warrior Care Month is an important commemoration for the Army. We honor the WTU Cadre, medical and non-medical, who serve and empower Soldiers and their Families to set goals and meet challenges each day. We honor the service

and sacrifice of wounded, ill and injured Soldiers and take inspiration at their strength and resilience as they navigate the often long, challenging recovery and rehabilitation process. We honor the Family members and Caregivers who support them throughout this process, whose deep resilience plays an essential role, not just during Warrior Care Month, but throughout the year.

CSM Corner

Team, for the sixth consecutive year November is recognized as Warrior Care Month throughout the Department of Defense. During Warrior Care Month across the Army you will see various events and engagements honoring wounded, ill and injured Soldiers, their Families and WTU Cadre. This year our theme is "Warrior Care Month - Building a Ready Resilient Force" and the Army will highlight four different elements of the warrior care experience, Recovery, Rehabilitation, Reintegration, and Reconditioning.



CSM Mark Dennis, U.S. Army
Warrior Transition Command

Recovery takes on many different meanings with Soldiers and Families. We could define RECOVER as returning to health. But honestly because of the complexity of Soldiers' medical conditions, this word takes on many different meanings. Much of this lies in the state of mind of the individual and a goal to get back to as normal a life as possible.

A major part of recovery is the REHABILITATION process. Most of our Soldiers in the Warrior Care and Transition Program receive some type of specialty care or treatment. Rehabilitation is defined as treatment or treatments designed to facilitate the process of recovery from injury, illness or disease to as normal a condition as possible. This is why it is critical for Soldiers to make all of their appointments.

Reintegration is a process we all go through upon returning from deployment in a theater. I consider this the adjustment time back to our world, our country, our society, our Families, and our friends. For many of us, life changes and will never be the same after a deployment. We really have to reintegrate ourselves back into a normal or somewhat normal life. This is especially challenging and requires patience from those around us. REINTEGRATION can be defined as restoration to a condition of integration or unity. Everyone's levels of resilience is not the same and every Soldier's experience is different. Being able to reintegrate may take longer for some of us.

Adaptive reconditioning is critical to continuing on to live a healthy, productive lifestyle and can be integrated into the Surgeon General's Performance Triad -- sleep, activity, and nutrition. I define ADAPTIVE RECONDITIONING as beginning or continuing a fitness program to facilitate a healthy life, but adapting it based on the physical mental limitations an individual may be experiencing. The following statement from the VA sums it up:

"Disabled Veterans of all ages and abilities report better health, new friendships and a better quality of life when participating in adaptive sports. Disabled Veterans who are physically active simply have more fun!"

Please check the WTC website at http://www.wtc.army.mil/about_us/warrior_care_month_2013.html for updates on current events taking place in recognition of Warrior Care month. And then get out there and take advantage of the events and have fun. Thank you for your

commitment, dedication and sacrifices. All the Way!

AW2 Update

***Editors Note:** On July 1, 2013, Colonel Johnny Davis became the Director of the U.S. Army Wounded Warrior Program. Prior to coming to AW2, Col. Davis attended the Naval War College at Fort McNair in Washington, D.C., earning a master's degree in National Security Strategy. He has served in the Army for more than 20 years, his awards and decorations include the Bronze Star Medal (2 OLC), Purple Heart Medal, Defense Meritorious Service Medal, Meritorious Service Medal (2 OLC), Army Commendation Medal for Valor, Army Commendation Medal (2 OLC), Joint Service Achievement Medal, Army Achievement Medal (5 "Silver" OLC), Iraq Campaign Medal, Afghanistan Campaign Medal, Global War of Terrorism Medal, Southwest Asia Service Medal and Multi-national Forces Observer (MFO) Medal. Col. Davis offered some of his thoughts on AW2 and the way ahead.



*COL Johnny K. Davis,
Director of the U.S. Army
Wounded Warrior Program
(AW2)*

What are your impressions of AW2 and the staff?

It's an extremely honorable position to serve in, especially when providing support to our Nation's service members on a daily basis. Not a day goes by that we are not positively impacting the lives of AW2 Soldiers, Veterans, Families and Caregivers. I'm so happy with the performance of our AW2 workforce, because the success of our program revolves around our Advocates and the Advocate Support Branch. What other program has the ability to place an Advocate with subject matter expertise in locations where a majority of our Veterans are -- at WTUs, VA centers and other government offices.

I'm very happy with what we are doing for our Nation as a program and how it supports the mission of WTC and the Army's Ready and Resilient campaign.

How does AW2 help build a Ready and Resilient Force?

My father used to tell me "We will all be tested." As Soldiers, we understand this because of our profession, and because of that responsibility to the Nation, we must and will pass each test with flying colors.

AW2's main goal is helping our Nations' most severely wounded, ill and injured Soldiers, Veterans, Family members and Caregivers understand that things are different but we will assist you through difficult times. AW2 will also help them become independent productive citizens, either by demonstrating how they can provide a meaningful contribution to the military, or how to successfully transition to civilian life.

WTU Spotlight

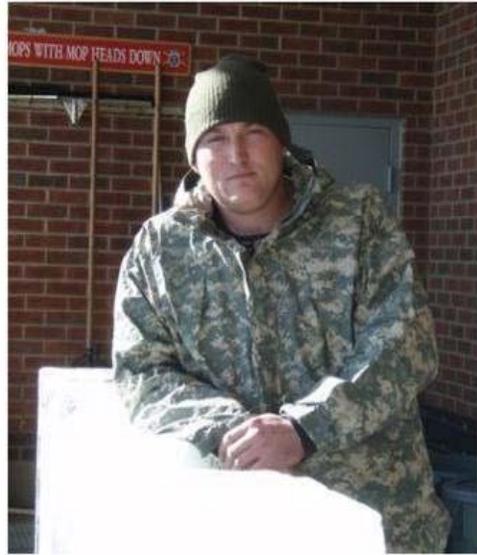
Former Military Chef Hosts New Cooking Show, Out-Cooks Opponents on Food Network Show "Chopped"

By Emily Anderson, Warrior Transition Command Communications Division

U.S. Army Wounded Warrior Program (AW2) Army Veteran Sgt. 1st Class Robbie Myers puts his military culinary skills to work as host of the new cooking show "Come and Get It," a new series created to pay tribute to the men and women who have and are serving in the military.

“This show will be a Veteran run television show, from cameramen to set designers, everyone will be Veterans,” said Myers, an Adams Center, N.Y. native. “The show will highlight Veterans because there are many out there who got out of the military for extenuating circumstances, but became successful business owners and valuable members of the community.”

Myers served two combat tours in Afghanistan in 2006 and 2009, where he was subject to combat stressors and the loss of fellow Soldiers while fighting in the Korengal Valley. He sustained post traumatic stress disorder from his wartime experiences and has had a long road to recovery and a great deal of support from his wife, Jamie, and his Family.



AW2 Veteran, Robbie Myers, won first place on the Military Salute Edition of the Food Network Show "Chopped".

His wife, Jamie, said she is happy to see her husband doing so well after making it through many stressful times together. Jaime works for the Cerebral Palsy Association and as a substitute teacher for students with special needs in a local school district.

“She’s my brain and has always been there for me through my recovery at every step,” Myers said about his wife. “She is very supportive, standing by my side through everything.”

Earlier this year, Myers competed against military chefs from other services on the Military Salute Edition of the Food Network show “Chopped.” During the competition, he made appetizers, entrees and desserts within a limited amount of time with ingredients unknown beforehand by the contestants.

“I had just medically retired, and a friend sent me a link to apply,” said Myers, who worked in the food industry before joining the military and during his military career. “I figured why not apply, and I was selected.”

“I went in humble and didn’t expect to win. It was three rounds, with four competitors,” he added. “I was kind of sick and couldn’t smell or taste anything, so I was happy as long as I didn’t get eliminated first.”

Despite his illness, Myers won the competition after competing one-on-one against a Navy chef in the final round when he created a “deconstructed sundae using pomegranates, pilot bread crackers, fruit chewy candy and dried carrots.”

As the winner, he received a prize of \$10,000 dollars, a significant achievement reflecting his strong skill in the culinary arts.

“I have loads of respect for his courage, perseverance and strength in working his recovery and overcoming many challenges on the road to recovery,” said Jeff Johnson, Myers’ AW2 Advocate. “Myers has been very active in his recovery and has put his culinary interests and the support of his Family to the forefront in moving on with life after the military.”

“His strength and perseverance are evident in all he does for himself and his Family, and he is an inspiration for others that you can realize your dreams and move on in your recovery,” Johnson added.

Did You Know... Policy Update

- **WCTP Policy Memo 13-006, Entry and Exit Criteria**, provides a revised entry and exit criteria for assignment/attachment and enrollment of Soldiers to a Warrior Transition Unit (WTU). This policy replaces Annex A, FRAGO 3 and 4, EXORD 118-07 (Healing Warriors).
- **WCTP Policy 13-007, Exception to Policy for Transfer of Soldiers in WTU/CBWTU**, establishes policy guidance on case-by-case situations as exception to policy (ETP) on the expeditious evaluation and transfer of Soldiers assigned to WTUs/CBWTUs who are enrolled in the disability Evaluation System (DES).
- **WCTP Policy 13-008, WTU/CBWTU Non-Medical Attendants Policy**, outlines guidance to Regional Medical Commands (RMC), WTU, and CBWTU on the WTU Non-Medical Attendant (NMA) Program. It defines NMA entitlements, Cadre and NMA responsibilities, and training. WTC Operations will provide RMC WTCOs with NMA policy training packages for distribution to their units. Additionally, the WTC will schedule Regional NMA policy training via VTC (TBD).

Warrior Care Month

To honor and show the Joint Service and local Community the resilience of wounded, ill and injured service members and Veterans, the Department of Defense will Joint Services Sitting Volleyball Tournament at the Pentagon Athletic Center. The tournament will begin at 1000 hours on 21 November 2013. Please take time out of your busy schedule to come out and support these military athletes.

Cadre Resilience Course

Serving as Warrior Transition Unit cadre is a challenging job, and Cadre members can face incredible stress and fatigue as they support wounded, ill and injured Soldiers and Families recovering from life-changing wounds, illnesses, and injuries. The Warrior Transition Command is actively working toward enhancing readiness and resilience for the Cadre population to ensure they are equipped with the skills identified to build resilience and empowered to succeed in this challenging role.

One year ago, in conjunction with the Cadre Course, the Cadre Resilience Course (CRC) was implemented for incoming platoon sergeants and squad leaders. Ten, one-week sessions, attended by more than 400 Cadre have been completed with positive anecdotal feedback. The CRC curriculum aligns with the Master Resilience Training (MRT) course, which is an established training program through the Comprehensive Soldier Family Fitness (CSF2). The MRT course has demonstrated efficacy in reducing behavioral health problems in a wide range of demographics and the CRC helps Cadre develop critical thinking, knowledge, self-awareness, and skills to overcome challenges, bounce back from adversity and mentor WTU Soldiers.

The CRC is now a permanent part of the WTU Cadre Course through the AMEDD Center and School (MEDCOM OPORD 13-60).

Senior/Clinical Leaders Orientation Program(SLOP/CLOP)

The scheduled October 7-11, 2013 Senior/Clinical Leaders Orientation Program (SLOP/CLOP) was cancelled due to the Government shutdown. The next scheduled SLOP/CLOP is January 6-10, 2014. A tasker requesting the list of attendees went to the Regional Medical Commands on October 25, 2013.

SLOP/CLOP is a mandatory course for all new WTU/CBWU Brigade and Battalion Commanders, Command Sergeants Major, and Community Based Warrior Transition Unit First Sergeants who are within 90 days of assuming their positions.

The Clinical Leader portion of the SLOP/CLOP is for all new WTU/CBWU Senior Nurse Case Managers, Primary Care Managers (PCMs), Brigade/Battalion Surgeons and Separate Company PCMs who are within 90 days of assuming their positions or are inbound. New Battalion/Brigade Transition Coordinators must also attend SLOP/CLOP within six months of entering into their positions.

Due to the October cancellation, we expect a large class in January. All non-mandatory Cadre who want to attend the SLOP/CLOP should postpone their attendance to the 7-11 April class date.

Draft Army Regulation

The Warrior Transition Command is working on the publication of an Army Regulation (AR) that consolidates policies on the Comprehensive Transition Plan (CTP) and warrior care for transitioning wounded, ill and injured Soldiers back into the force or Veteran status. This regulation will prescribe the organization and functions of Warrior Transition Units throughout the force. It will specify regulatory guidance and establish standards for operational activities conducted by assigned and attached cadre personnel in supporting the CTP, including all clinical and non-clinical care. The regulation will also include clear guidance regarding expectations for the personal conduct of WTU Soldiers and standardize program functions.

The final AR will standardize the functions of the program.

Stratcom Update WTC Stratcom Update: Support Warrior Care Month

Mr. Joshua Miller, WTC Communications Division Social Media Lead

November is Warrior Care Month, and this year's theme is: "Warrior Care Month - Building a Ready and Resilient Force."

The WTC Communications Division is requesting leaders, colleagues, staff, friends to show support for wounded warriors through a few simple actions:

- Like the WTC Facebook page <https://www.facebook.com/ArmyWTC>
- Follow WTC on Twitter <https://twitter.com/armyWTC>
- Include the Warrior Care Month theme and website link in your email signature.
- Make the Warrior Care Month Logo your Facebook profile photo. Keep the photo up for the month of November.
- Make the Warrior Care Month Logo your cover photo on Facebook. Keep the photo up for the month of November.

FACEBOOK PROFILE PHOTO:

1. Go to WTC's Warrior Care Month page www.WTC.army.mil/about_us/warrior_care_month_2013.html
2. Right click on the logo named "Warrior Care Month Facebook Profile", and save to your computer as "WCM Facebook Profile logo"
3. Go to your Facebook page (note, you will need to be on your profile page in order to change pictures)
4. Move your cursor to your Facebook profile photo and click "Edit Profile picture" Choose Upload photo
5. Choose the file you named "WCM Facebook Profile logo" and click

OPEN

6. The Warrior Care Month logo will appear as your new Facebook profile photo.

FACEBOOK COVER PHOTO:

1. Go to WTC's Warrior Care Month page
www.WTC.army.mil/about_us/warrior_care_month_2013.html
2. Right click on the logo named "Warrior Care Month Facebook Cover", and save to your computer as "WCM Facebook Cover logo"
3. Go to your Facebook page (note, you will need to be on your profile page in order to change pictures)
4. Move your cursor to your Facebook cover photo and click "Change Cover"
5. Choose Upload photo
6. Choose the file you named "WCM Facebook Cover logo" and click OPEN, then click "Save Changes"
7. The Warrior Care Month banner logo will appear as your new Facebook cover photo
8. EMAIL SIGNATURE:

For your email signature, we are asking that you include a link to the WTC Warrior Care Month page, and the Warrior Care Month theme. Here is an example.

Sgt. John Q. SmithAction Officer

U.S. Army Warrior Transition Command

Direct: 703-555-5555

Email: john.q.smith.mil@mail.mil

WARRIOR CARE MONTH – BUILDING A READY AND RESILIENT FORCE

www.WTC.army.mil/about_us/warrior_care_month_2013.html

#WarriorCare #ReadyandResilient

WTC and AW2 online: <http://www.WTC.army.mil>

WTC Blog: <http://WTC.armylive.mil>

WTC Twitter: <http://twitter.com/armyWTC>

WTC Facebook: <http://facebook.com/armyWTC>

We Want to Hear From You...

WTU/CBWTU Cadre Collaboration Portal now LIVE

The Warrior Transition Unit (WTU) and Community Based Warrior Transition Unit (CBWTU) Cadre Collaboration Portal is now "LIVE" on milBook. This site was developed as a secure online method for the WTC staff and WTU cadre to collaborate, exchange information, share best practices, and store knowledge. It is available at <https://www.milsuite.mil/book/groups/wtucadre> and also includes links to the WTC PCM Forum, NCM Professional Forum, and WTC TC Group.

Follow the directions below to access the Cadre Collaboration Portal:

1. Open the following URL: <https://www.milsuite.mil/book/groups/wtucadre>

2. If not yet logged in to milBook, you will be required to authenticate. Click on the 'I AGREE' button and, if prompted, select your CAC certificate and enter your pin number.
3. If you already have a milSuite account, skip to step 5. Otherwise, click on the link that reads 'Click here to register!' Your personal information will be pulled automatically from DEERS. If all data appears correct, click on 'Create New Account'.
4. You will receive a confirmation page stating that 'You have successfully created a milSuite account!' At this time, you will need to reenter the URL found above.
5. Before you can view any site content, you will need to be approved to join the group. Click on 'Ask to join this group' on the right-hand side of the page.
6. You will receive an email notification when your membership has been approved.
7. Use the URL above; also found in the email you will receive, to access the portal.

The appearance of external hyperlinks does not constitute endorsement by the United States Department of Defense of the linked web sites, or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation (MWR) sites, the United States Department of Defense does not exercise any editorial control over the information you may find at these locations.

US Army Warrior Transition Command
Wounded Soldier Family Hotline: 1-800-984-8523
Online www.WTC.army.mil Blog <https://WTC.armylive.dodlive.mil>