

A STRATEGIC PLAN FOR BUILDING
**YOUR RESILIENCE
PROGRAM FOR YOUR
MILITARY COMMUNITY**



**MILITARY COMMUNITY RESILIENCE PROGRAM
STRATEGIC PLAN**

Jusika Martinez
@jusikamartinez

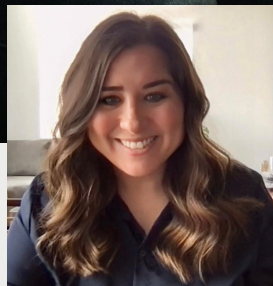




Table of Contents

Introduction	3
Chapter I: What is a Master Resilience Program?	4
Chapter II: Implementation of the Strategic Plan	5
Chapter III: Your Projected Calendar	6
Conclusion	9



INTRODUCTION

Hello, I'm Your Master Resilience Trainer Jusika Martinez

I am a senior marketing and communications professional in the technology industry; a single mother of 3 daughters, I serve as a U.S. Air Force Master Resilience Trainer and a liaison to the Department of the Air Force. I actively seek ways to continue to grow personally and professionally and can continually be found ethically advocating for the safety of military children who have experienced sexual assault or sexual abuse while in the care of a military-regulated childcare program.

I became a DAF Master Resilience Trainer on November 2, 2018, I received my official certificate of certification of Mater Resilience Trainer from The Air University, AF Personnel Professional Development School. During my time as a military spouse of an active duty Member, I developed the original strategic plan that developed the Spouse Resilience Program at Davis-Monthan Air Force Base in 2018.



It's not about blooming where you are planted. It's about continuing to thrive after being replanted or repositioned into an unknown place.

- jusika martinez





CHAPTER I

What is a Master Resilience Program?

Why is Resilience Important?

Research recognizes that many factors come into play regarding how resilient we are, including our traits, environmental factors, and a learned capacity associated with experience (Pemberton, 2015). While our ability to bounce back from the obstacles that life throws at us is, without a doubt, an essential aspect of resilience, it can also surface in other equally adaptive ways that challenge our understanding of the concept (Neenan, 2018).

Why is Building a Community of Resilience Important to the USAF?

The resilient individual often does more than simply bounce back. Psychology recognizes that resilient individuals going through significant life changes or events do not always recover effortlessly; they often find a new path. Even when knocked by what has happened, the darkest times still typically lead to growth. The DAF and the community that surrounds it are constantly filled with change or life events and often those are far away from what they consider home. "Studies have found that having a clear and valued purpose, and committing fully to a mission, can markedly strengthen one's resilience" (Southwick & Charney, 2018, p. 251).

What is an MRT?

Master Resilience Training (MRT) is "a program of study that teaches resilience skills as an aspect of the United States Air Force's broader Comprehensive Airman Fitness program." MRT-Program was developed as a joint undertaking between the Positive Psychology Center at the University of Pennsylvania and the United States Air Force. This course allows the Master Resilience Trainer to conduct Resilience Training.

What is a Military Community Resilience Program (MCRP) Strategic Plan?

This strategic plan for the Military Community Resilience Program outlines a resilience program that integrates the spouse community, the unit, and the base level and uses language specifically for military spouses and military community members who speak to how they would face adversity. This strategic plan has been used as a resource by the Department of the Air Force and adopted and implemented by multiple military installations across the globe to help educate and equip the military community and military spouses on how to be more resilient. This MCRP outline was developed for both base-level and unit-level options.



CHAPTER II

Implementation of the Strategic Plan

How to get started

The SMRT will start with training the Military Community Leaders + Spouses and Key Spouses. Once trained, they will be the hands and feet of the program by hosting RTA's will host quarterly events. These quarterly unit events will gain our program more interest by spouses. Then we will launch non-unit events which will then gain the program more interest by other spouses not involved with their units. We will offer RTA training twice to three-time yearly, along with continuing education during the months that there aren't Military Community Resiliency Days.

The Outline

Training Programs:

- RTA Training for Community Leaders + Spouses and Key Spouses
- RTA Continuing Education Community Leaders + Spouses and Key Spouses

Resilience Events:

- Military Community Resiliency Days and Evening Courses

Frequency of MRT + Spouse Events:

- MRT Training: 2 times a year
- Resilience Days: 2 times a year
- Unit Resilience Days: Quarterly

MRT'S + RTA'S
MILITARY COMMUNITY LEADERS,
SPOUSES AND KEY SPOUSES

RTA TRAINING
FOR MILITARY
COMMUNITY LEADERS,
SPOUSES AND KEY SPOUSES

RESILIENCE EVENTS
HOSTED BY MRT/RTA
MILITARY COMMUNITY
LEADERS, SPOUSES AND KEY
SPOUSES

MRT TRAINING
FOR MILITARY
COMMUNITY LEADERS,
SPOUSES AND KEY SPOUSES

UNIT EVENTS
HOSTED BY RTA - MILITARY
COMMUNITY LEADERS,
SPOUSES AND KEY SPOUSES
QUARTERLY

CONTINUING EDU
FOR MILITARY
COMMUNITY LEADERS,
SPOUSES AND KEY SPOUSES

BASE EVENTS
HOSTED BY MRT/RTA
MILITARY COMMUNITY
LEADERS, SPOUSES AND KEY
SPOUSES

TRAINING EVENTS
FOR MILITARY
COMMUNITY LEADERS,
SPOUSES AND KEY SPOUSES



CHAPTER III

Your Projected Calendar



Month 1 – Month 2

Content Review:

- Review current slides
- Review the feel of current branding

Training:

- Community Leaders + Spouses and Key Spouses Training NLT month 3. By training Key Spouses it will enable us to have at least one spouse RTA in each unit.



Publicity:

- Develop Social Media Channels
(Keep unpublished until launch)
- Meet with current RTA's from each unit to make them aware of the upcoming program for spouse RTA's. This will give them the time to find interested spouses and to include their Key Spouses in any meetings they have in the future.



Month 3 – Month 4

Content Review:

- Finalize slides/work on examples
- Finalize branding
- Create branded content for the program
- Get to planning the first event



CHAPTER III CONTINUED

Month 3 – Month 4 Continued

Training:

- Launch event RSVP for Spouses RTA Training NLT later than month 3.
- Work towards an evening course that could also train others that come after month 4.

Publicity:

- Attend and brief First Sergeants weekly Morning Meeting to bring awareness
- Meet with current RTA's from each unit to bring awareness of the RTA/MFRT training for Military Community Leaders, Spouses, and Key Spouses
- Attend and brief at the Chief Council Meeting to bring awareness of the RTA/MFRT training for Military Community Leaders, Spouses, and Key Spouses.
- Attend and brief Wing Staff Meeting
- Attend and brief ACE Council, 5–6, and TOP 3 Meeting
- Launch social media strategy

Month 5

Content Review:

- This should be completed.

Training:

- Have Military Community Leaders, Spouses, and Key Spouse RTA Training event

Publicity:

- Brief First Sergeants on Weekly Morning Meetings to make them aware of the event
- Meet with current RTA's from each unit to make them aware of the event





CHAPTER III CONTINUED

Month 5 Continued

Publicity:

- Brief Chief's Council Meeting
- Brief Wing Staff Meeting
- Brief ACE Council & 5-6 Meetings
- Brief at the latest Heart Link, Newcomers Briefings, Spouses Groups etc.

Month 6, Month 7, Month 8:

Content review:

- This should be completed.

Training:

- Break out Key Spouse team and divvy them up amongst CORE MRT's.
- MRT's work with Military Community Leaders, Spouses, and Key Spouse to have a program kick off for Spouse Unit Resilience Day/evening.
- Plan a Spouse Resilience Day not associated with any unit for Month 11.
- Complete training layout for evening course that could also train new Military Community Leaders, Spouses, and Key Spouse who are interested that come after first training.

Publicity:

- Publicize to Facebook pages content from the Resilience Program. This should be done 2 times a week.

Month 9 - Month 10:

Content review:

- This should be completed.

Month 9 - 10 Continued

Training:

- Attend and support the Military Community Leaders, Spouses, and Key Spouse with their program kickoffs.
- Start hosting training for new MRTs
- Work towards a Base Spouse Resilience Day

Publicity:

- Publicize to Facebook pages content from the Resilience Program. This should be done 2 times a week

Month 11 - 12:

Training:

- Host the evening training course

Publicity:

- Publicize to social media content from the Resilience Program.

The goal should be to have a RTA in every unit and to maintain the training of new RTA's and hosting unit and base events.





CONCLUSION

This is the beginning of something good.

Every single military community member should feel as if they belong to their community. Every single military community member should have a basic set of resilience tools to help them not only survive but thrive wherever they are replanted due to their spouse's military career. You are the first step in helping others establish their community and their ability to thrive within an ever-changing military community.

Join me in helping build a resilient, inclusive, and welcoming community wherever you are.

