Title: Resiliency and Engaged Leadership; Force Preservation Combined Arms

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Abstract Statement of the Problem: Health and well-being cannot be viewed from a singular lens. The Force Preservation Combined Arms approach instills the holistic (mind, body, spirit, and social) approach coupled with a council applying a strengths based approach (Rideout, 2019). This perspective enables us to look at frequently experienced challenges and issues from a broad angle with a wealth of experience sitting at the table to offer solutions while exploring influencers, individuals and groups that impact Marines, and how these protective factors can increase resilience of the individual. Additional perspectives include the applications of the six F's of Marine Corps Leadership Development: Fidelity, Fighter, Fitness, Family, Finance, and Future as well as Marine Total Fitness for all Marines. This combined arms approach is a proactive and preventive approach to combat critical incidents and suicidal behavior among service members and their families. Methodology & Theoretical Orientation: Applying the social-ecological model which represents the interplay between the individual, those with whom they have close relationships, and the community. It is determined that these factors can increase or decreases the likelihood of experiencing behavioral health issues. Factors from one level can influence factors from another level of influence. Resilience is defined by the Marine Corps as the ability or capacity to successfully adapt in the presence of adversity and or risk (CG, 2019). Warriors possess grit, toughness, and the determination to persevere, however they also require a balance or total fitness approach to not only adapt but flourish. The combined arms approach to force preservation offers additional lenses to view and tackle the behavioral health issues. Using a holistic view of mind, body, spirit, and social; each area is of equal importance as physical strength does not outweigh mental strength nor spiritual growth and resilience; just as healthy peer relations are of equal importance as well. Implementing the six functional areas of the Marine Corps Leadership Development, combined with total fitness, and SMITR offers the perspective of the Marine as a total human. When applied holistically these areas then become a natural evaluation and reference point. Building resilience means that we continue to challenge our Marines, strengthen their protective factors, build their skills and abilities, teach them to go farther than they've gone. Through this total fitness approach we mitigate challenges as they arise, teach and mentor positive coping strategies, and actively utilize those resources that increase performance and readiness. All the while recognizing that there will be times when an individual may need to take a knee, and SMITR (Strengthen, Mitigate, Identify, Treat, and Reintegrate) will bring them back in the fight. This approach is a direct catalyst for mission readiness, and will assist leaders in identifying/mitigating personal and professional stressors in order to preserve the force, their families, defined as more than spouses or children but rather born into, sworn into, and married into-the people they love and those who love them, and maintain combat readiness. The ultimate end state is to prevent casualties, mitigate negative physical, psychological, spiritual, and behavioral issues from stressors, increase individual health and problem solving skills, improve unit cohesion and combat readiness. All of this can be accomplished through: early recognition, holistic solutions, healthy work-life balance and leadership engagement. Resilience and leadership engagement go hand in hand and the interconnectedness of force preservation is also intertwined with family readiness. The total Marine approach views Marines as human beings and in turn they are the most valuable asset in the Marine Corps. To increase total fitness of the individual and the unit, as well as the institution, we must build and sustain a sense of community with belongingness. Our warriors are tough, and as we continue to strengthen them in mind, body, spirit, and social capacities we must recognize how important the individual, unit, and family are in the service member's continued success.

Image



Recent

Figure 1: Force Preservation Combined Arms: Social-Ecological Model, Marine Corps Leadership Development, Marine Total Fitness, and SMITR

Publications

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5. Rogers, M., Kelliher-Rabon, J., Hagan, C., Hirsch, J., & Joiner, T. (2017). Negative emotions in veterans relate to suicide risk through feelings of perceived burdensomeness and thwarted belongingness. *Journal Affective Disorders*, 15-21. doi:10.1016/j.jad.2016.09.038

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7. Stein, J., Levin, Y., & Backem, R. (2018). Growing Apart: A Longitudinal Assessment of the Relation Between Post-traumatic Growth and Loneliness Among Combat Veterans. *Frontiers in Psychology*, 893. doi:10.3389/fpsyg.2018.00893

Biography

Lelia Brady has spent the last 12 years embedded with the Marine Corps as a civilian Behavioral Health Specialist. Her expertise includes a strengths based approach to prevention. Her combined arms approach offers a different lens to view, and can be applied at all levels of leadership. She has built this model after years of experience in research, evaluation, teaching and administration both in hospital and education institutions. The foundation is based on the social-ecological model to holistic total fitness, and aids in breaching the barriers to care. This approach is applicable to all stakeholders and is unique to the program.

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