

INFORMATION PAPER

DASG-ZH
1 August 2008

TR for THA
C
Come see me
this month
C

Subject: "Whole-life Fitness" Strategy

1. Purpose: Report on results of the July 2008 "Whole-life Fitness" Offsite.

2. Facts:

a. The Assistant Surgeon General for Force Projection (ASG-FP) completed an offsite (21-25 July 2008) in support of a CSA directive to recommend a comprehensive behavioral health (BH) strategy. The offsite achieved diverse participation with ARSTAFF (G1 and G3/5/7), Office of the Chief of Chaplains, DRU Surgeons (USARC, ARNG, TRADOC, FORSCOM), various program consultants, BH subject matter experts, and Lean-6-Sigma black-belts present.

b. Comprehensive behavioral health implies a "Whole-life Fitness" Strategy, including the six categories of wellness (social, spiritual, emotional, family/finance, career and physical). The offsite team recognized the need to incorporate enhancement of current health (Soldier and Family), prevention of future problems, and treatment when problems arise. The group emphasized use of standardized metrics to determine success, standardized screening and treatment modalities, and use of evidence-based clinical guidelines.

c. Offsite preparation included 15 capability based assessments (CBAs) from behavioral health SMEs, G-1 functional areas, and DRU Surgeons. The CBAs assessed: 1) presence of individual assessments, 2) accurate descriptions of target populations, 3) descriptions of interventions, 4) presence of metrics to evaluate the capability, and 5) level of integration of the capability within the overall structure of whole life fitness. The offsite format included a 2 day capability-based exercise, 1 day integration exercise, and 2 day balance score card (BSC) exercise.

d. The mission statement is: "Provide a comprehensive whole-life fitness strategy which is applied to the entire force over the life-cycle of the Soldier." The vision is: "Balanced Force-Balanced Soldier, in an era of persistent conflict."

e. A combined CBA/Integration master list of 20 prioritized DOTMLPF required capabilities is proposed (attachment A). A recommended strategy following the Balanced Score Card (BSC) process is also proposed (attachment B). The BSC incorporate ends, ways and means, as well as four familiar categories: Soldier/Leader, Army Implementation Processes, Learning and Growth, and Resources. Moreover, it proposes a "super bubble" that includes all domains (physical, emotional, spiritual, family/financial, social and career). The team came to final, unanimous consensus on the current and proposed processes.