

Best Business Practices

- 🚩 **Small Group (20 or fewer) Leader-to-Led Discussions:** Set the command climate, promote direct contact, and facilitate candid discussions.
 - 🚩 **Interactive Education and Learning:** Engages the team, role-playing the topic, and promotes ownership of the issue.
 - 🚩 **Leader Terrain/Community Walks:** Enhance awareness of available programs and services, foster direct communication, and build on professional relationships.
 - 🚩 **Single R2C Oversight Structure:** Provides unity of effort, promotes interprogram synergy and information sharing, and facilitates objective review and analysis of theater-wide efforts.
 - 🚩 **Community Awareness Events:** Engage teams and communities in planning and executing events, maximize participation, and enhance unit and community cohesion.
- ## Command Initiatives
- 🚩 **SHARP General Court-Martial Convening Authority Areas of Responsibility:** Engage general-officer leaders in the SHARP Program throughout USAREUR, elevate program oversight and execution, and add objective review and validation steps to the program.
 - 🚩 **Brigade-Level Strategic Plans and Summits:** Engage brigade-level leaders in key and essential R2C programs (for example, SHARP, Suicide Prevention and Intervention), convey unit ownership, and encourage local creativity.
 - 🚩 **Senior Leader Summits with Subject-Matter Expert Training and Testimonies:** Provide firsthand expert knowledge to key leaders, a platform for sharing ideas and information, and focus of purpose.
 - 🚩 **Random SHARP 24/7 Response Exercises:** Evaluate response capabilities and timeliness of responses, identify best business practices and opportunities for improvement, and heighten awareness of the program and its roles and responsibilities.

Food for Thought

"I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom."

George S. Patton Jr.

"Inside of a ring or out, ain't nothing wrong with going down. It's staying down that's wrong."

Muhammad Ali

"Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes."

Buddha

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. But whatever you do, you have to keep moving forward."

Martin Luther King, Jr.

"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems."

Mahatma Gandhi

"The oak fought the wind and was broken, the willow bent when it must and survived."

Robert Jordan

Resources/Contacts

USAREUR R2 Directorate:

Director	314-537-1201
SHARP	314-537-1221
Suicide Prevention/Intervention	314-537-1213
ASAP	314-537-12XX
Comprehensive Soldier and Family Fitness	314-537-1241
Health Promotion	314-537-1231
Sponsorship, IDES, SFL-TAP	314-537-1211
Strong Bonds	314-537-0206
CSFR	(Vilseck) 314-476-2885

*****OTHER IMPORTANT POCs*****

DOD SAFE Helpline:	001-877-995-5247*
Online SAFE Helpline:	https://safehelpline.org/
Military Suicide Crisis Hotline:	00800-1273-8255*

*may not be toll-free in all countries

REFERENCES:

AR 600-20, Army Command Policy
AR 600-63, Army Health Promotion

STRONG EUROPE READY & RESILIENT



Soldiers... Leaders... Families... Civilians... Units... The Core of Army Readiness

AE Misc Pub 600-63 • 23 July 2015

R2 SPECIAL EMPHASIS PROGRAMS

1. Sexual Harassment/Assault Response and Prevention (SHARP)

Promotes prevention of sexual assault and harassment, sensitive care for victims of sexual assault, confidential reporting of cases of sexual assault and harassment, and accountability of those who commit sexual assault.

2. Suicide Prevention and Intervention Program

Improves readiness through the development and enhancement of suicide-prevention policies designed to minimize suicidal behavior, thereby preserving mission effectiveness through individual readiness of Soldiers, Department of the Army Civilians, and their Families.

3. Army Substance Abuse Program (ASAP)

Promotes prevention of substance abuse, routinely conducts drug and alcohol testing, ensures the early recognition of and timely response to negative ASAP trends, and promotes rehabilitation.

4. Comprehensive Soldier and Family Fitness (CSF2)

Organized under five dimensions of strength: physical, spiritual, familial, emotional, and social. Teaches the six competencies of resilience: self-awareness, self-regulation, optimism, mental agility, and strengths of character and connection. Builds mental toughness.

5. Health Promotion (HP)

Uses the public health process to promote, maintain, and improve individual, Family, and community health and well-being by raising awareness, changing policy, and providing educational and intervention strategies improving standards that increase the readiness of the total force.

6. Sponsorship Program (SP)

Focuses on providing command-appointed sponsors to help Soldiers, Civilians, and Families transition to their new duty stations.

7. Integrated Disability Evaluation System (IDES)

Ensures IDDES Soldiers efficiently process through all phases of the IDDES: pre-evaluation requirements, medical and physical evaluation boards, and transition or reintegration.

8. Soldier for Life – Transition Assistance Program (SFL-TAP)

Focuses on ensuring that transitioning Soldiers are advised on employment, education, and post-service opportunities and benefits.

9. Strong Bonds

Focuses on building and strengthening the structure of Army



“The Readiness and Resiliency of a Strong Europe team directly facilitates our ability to develop tomorrow’s leaders, sustain our existing alliances as well as promote new partnerships, and enhance USAREUR’s overall readiness posture. A Strong Europe is marked by a leadership style that fosters a climate of confidence and mutual respect and is comprised of professional Soldiers, Army civilians, and Family members who have chosen to accept the calling of service and sacrifice.”

LTG Ben Hodges – CG, USAREUR

What is Readiness?




The ability to accomplish assigned tasks or missions through resilience, individual and collective team training, and leadership.

What is Resilience?




Resilience is the mental, physical, emotional, and behavioral ability to face and cope with adversity, adapt to change, recover, learn, and grow from life’s challenges.

USAREUR Team - R2 Responsibilities




Leaders—

-  Lead by example, set and enforce high standards, and hold themselves and others accountable.
-  Know their teams and equip them with the skills to achieve missions, overcome challenges, and grow—both professionally and personally.
-  Teach, coach, and mentor their teams through positive thinking and effective problem-solving.

Community Health Promotion Councils (CHPCs)—

-  Recommend, coordinate, and ensure the integration of the following processes into the framework of public health promotion programs: assessment, planning, implementation, evaluation, and communication of health information needs and resources.
-  Develop and implement means to allow commanders to monitor program goals and objectives.
-  Identify and recommend strategies to eliminate redundancies and voids in programs and services by evaluating population needs, assessing existing programs, and coordinating targeted interventions.

USAREUR Partners—

-  Provide essential programs and services aimed at improving individual readiness and resilience.
-  Support CHPC goals, objectives, and priorities.
-  Identify and recommend innovative program and service strategies aimed at improving support.