



THE USAFE-AFAPRICA

CARING WARRIOR

GOAL

Strong U-A Wingman Culture--Airmen setting positive norms that cultivate connectedness in their work centers

FACILITATOR'S NOTES

TOOLS TO PREPARE YOURSELF

1. Watch video: "Every person has a story" Message: Every life has a story.. if we only bother to read it. This video reminds us that every interaction with the people we engage daily is a chance to create a remarkable experience.

<https://www.youtube.com/watch?v=BtneiOo84Wo>

2. Think of a personal story of when you worked for a caring supervisor or in a caring environment and how that experience increased your commitment to the mission and/or the Air Force. Use that story to frame your discussion this month.

3. "Every Airman has a Story..." learn more about AF Storytellers as you prepare this month: <https://vimeo.com/46024230>

4. Ensure the venue and environment will encourage dialogue with the group. The purpose of this conversation is to mentor by listening and aligning viewpoints

****The tools provided in Facilitator Notes, Extra Mile, Mission Plan, and Mission Challenge are here to help guide your discussion and are not mandatory. Please feel free to adapt the conversations based on your own personal experience, audience, and what you think will make the most impact****

THE EXTRA MILE

ADDITIONAL RESOURCES

Guided Activity Option: "Building Connections" Give each Airmen 2 - 4 minutes to talk to the person sitting next to them and get to know them. After the discussion, ask them to share something unique they learned about that person with the group.

MISSION PLAN

HOW TO EXECUTE

FRAMING THE CONVERSATION

People are our most valuable weapon system in USAFE-AFAPRICA, but when we focus solely on the mission we can lose sight of that. As we find ourselves caught up in the daily grind, we must combat the tendency to be desensitized towards the needs and feelings of our teammates. You don't have to wait around for a high-risk situation to get involved and learn what might be impacting someone's life. Challenge those around you to breakdown barriers and close communication gaps by listening more and talking less. Take the time to know one another and make more meaningful connections.

The small choices we make daily that foster a culture of help-seeking and connectedness can seem detached from the big issues that are negatively impacting the well-being of our Airmen. However, the kind of culture that we know will truly make a difference will only be established when we take a vested interest in caring about one another. Consider what action we can take today that will lead our Airmen toward hope rather than hopelessness.

SUGGESTED DISCUSSION POINTS:

1. What does the saying "Every Airmen has a story" mean to you?
2. Discuss why you think it is important to know another Airman's story.
3. Describe how it feels when you do and don't work in a caring environment.
4. Discuss ideas that you think would improve connectedness to the mission and each other in your work center. What can we do better?
5. Who do we reach out to when we are struggling with something big? Something small?
6. Be sure that all of your team members know about the available resources that are standing by ready to help (A&FRC, Mental Health, SAPR, EO, Chaplains, EAP, First Sergeants and more...) see page 2 for a matrix

MISSION CHALLENGE

HOW TO APPLY THE LESSON

Define and reinforce a unit culture conducive to early help-seeking. Dispel the myths related to help-seeking (e.g. "my career will be over if I seek help") by understanding the facts (Career Impact Fact Sheet: <https://www.resilience.af.mil/Portals/71/Documents/Career-Impact-Factsheet.pdf>). Promote a help-seeking unit culture. Regularly include conversations on help-seeking in staff meetings, commander's calls, and other appropriate venues.

o Talk about your own help-seeking behaviors and how you benefited. Encourage unit leaders/members to talk about the benefits they have received from seeking help in times of distress. See page 2 of this tool for a "Where to Go for Help Matrix" that you can share with your teams.


References: Standard Operating Procedure (SOP) for Leading Airmen in Distress: https://www.resilience.af.mil/Portals/71/Documents/SOP_Leading_Airmen_In_Distress.pdf



CORE VALUES • PROFESSIONALISM • WARRIOR ETHOS

This Check 6 is a guide to allow you to have a discussion with your employees on the values and culture that represent the Air Force. This 15-30 minute discussion replaces traditional formalized training and CBTs to allow you to frame the concepts in the way that best meets the needs of your Airmen.

WHERE DO I GO FOR HELP?

	ADAPT	Adolescent Support and Counseling Services (ASACS)	Airmen and Family Readiness Center (A&FRC)	Area Defense Counsel	Behavioral Health Optimization Program (BHOP)	Chapel	Community Support Coordinator (CSW)	Drug Demand and Reduction	Domestic Violence Victim Advocate	Educational and Developmental Intervention Services (EDIS)	Education and Training	Employee Assistance Program (EAP)	Equal Opportunity (EO)	Exceptional Family Member Program (EFMP)	Family Advocacy Program (FAP)	First Sergeant (Shirt)	Health Promotions	Legal	Mental Health	Military and Family Life Counselor (MFLC)	Red Cross	School Liaison (SLO)	Sexual Assault Response and Prevention	Violence Prevention Integrator
Alcohol/Drug																								
Anxiety/Depression/Sadness/Worry																								
Child and/or Adult Issues Concerns																								
Domestic Violence or Neglect																								
Finances																								
Information and Referral																								
Homicidal/Suicidal Thoughts																								
Marriage and Family																								
Nutrition/Fitness/Tobacco																								
PCSing/Separation																								
Resilience																								
Sexual Harassment/Sexual Assault																								
Sleep/Stress																								
Special Needs																								
Unlawful Discrimination																								
Work/School Concerns																								