



COMMANDER'S CALL TALKING POINTS

April 2021



DAF Resilience Summit Highlights Months of Hard Work

The Department of the Air Force is committed to the health and well-being of Airmen, Guardians and families. To demonstrate this support, leaders in the DAF Resilience community and hundreds of interested Forces and Families came together for a virtual two-day summit to learn about the efforts of a task force focused on building and growing resilience.

The summit involved interactive polling to receive feedback from the 280 participants on topics including the current and future state of DAF Resilience, integrated messaging for resilience, ways to enhance resilience programs and operations, and the importance of the spouse perspectives.

At the summit, several speakers also shared powerful personal stories of resilience. Maj Kim Rigby discussed the support of her community after her husband's passing, CMSgt (Ret, USAF) Todd Simmons advocated for creating and promoting a help-seeking culture in our units, and CMSgt (Ret, USAF) Juan Lewis (aka: the "Fired Up Chief") shared his resilience during his 28 years of active duty service. Two military spouses, Jusika Martinez and Nicole White, also shared some of their experiences and challenges they and other spouses must overcome when seeking care and support.

The data gathered during the summit validated the intent, direction, and objectives of the Resilience Strategy and the next step: developing the DAF Resilience Strategic Roadmap.

Over the next month, the task force is meeting with DAF Resilience leaders and subject matter experts for additional inputs and activities to build the roadmap and make the DAF Resilience vision a reality.

[The DAF Resilience task force](#) was established in response to on-going feedback received over the last year and as part of the 2019 Resiliency Tactical Pause.

April Is Sexual Assault Awareness and Prevention Month

April is designated Sexual Assault Awareness and Prevention Month (SAAPM), bringing awareness to sexual assault and providing resources, all of which reinforces a no tolerance stance on these issues.

Trauma from sexual assault can lead to the development of an invisible wound, such as post-traumatic stress disorder (PTSD), severe anxiety, depression, or eating disorders.

It's vital for Airmen and Guardians to understand and identify signs and symptoms of invisible wounds in themselves and in their peers to ensure a strong and resilient Air Force.

The Air Force is committed to establishing a national benchmark for recovery and eliminating sexual assault through empowered and engaged Airmen and Guardians. As a leader, you can support SAAPM by creating the appropriate culture in your Unit to eliminate sexual assault and direct Wingmen who are experiencing invisible wounds to the [resource and programs available](#).

Signs and symptoms that indicate someone may have an invisible wound include:

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|-----------------------------------|----------------------------|
| Flashbacks | Fatigue |
| Irritable, frustrated, angry | Poor self-care |
| Trouble with memory and attention | Feeling anxious |
| Sensitivity to light and sound | Trouble sleeping, insomnia |
| Headaches, migraines | Feeling depressed |
| Constant negative tone | Chronic pain |
| | Avoidance, detachment |

Resources



The [Air Force Sexual Assault and Prevention Response \(SAPR\)](#) program educates, advocates, and collaborates to stop sexual assault and its harmful effects.



The [Family Advocacy Program \(FAP\)](#) helps prevent and intervenes in cases of domestic abuse in situations including intimate partner sexual assault and sexual abuse of children.



[Make the Connection](#) is a one-stop resource where Veterans and their families and friends can hear fellow Veterans and their families share their experiences with military sexual trauma, as well as access useful support services.



All Safe Helpline services are: anonymous, confidential, 24/7, and tailored to support members of the DoD community and their loved ones affected by sexual assault.

Call: 877-995-5247

Online: [SafeHelpline.org](#)