

WAQ ACTIVITIES

selected using following criteria:

- ▼ High Adventure Component
- ▼ Leverage local resources at each Garrison
- ▼ L-LAAD trained



- ▼ Designed for Platoon-Sized Group
- ▼ Team-Building

All activities are designed to instill cohesion, build teamwork, and share esprit-de-corps in a supervised and controlled manner.



WARRIOR ADVENTURE QUEST PROGRAM MANAGER

2455 Reynolds Road, Building 2266
Fort Sam Houston, TX 78234-7588
Phone (210) 466-1366 / 1367

www.waq.armymwr.com



WARRIOR ADVENTURE QUEST

A High-Adventure Outdoor Recreation (ODR) Program combined with L-LAAD as part of the Army's holistic approach to RESET.

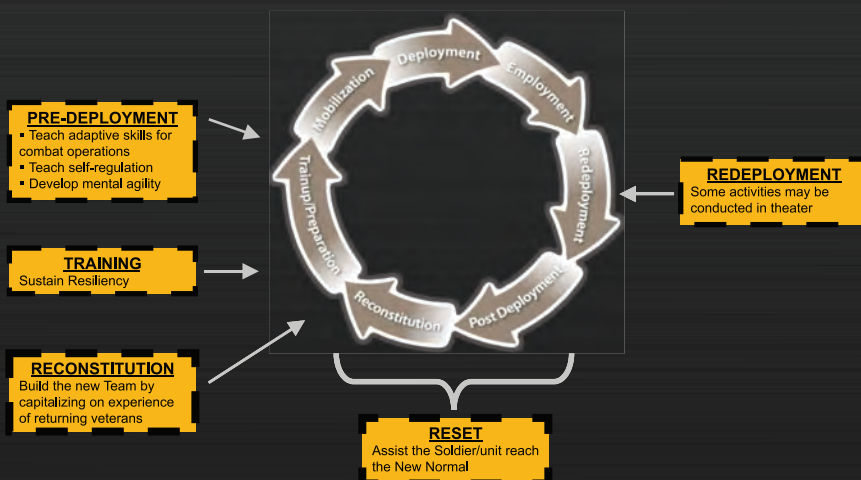
Who participates:

- ▶ All redeploying Soldiers focused at the platoon level
- ▶ Facilitated by L-LAAD trained debriefers
- ▶ Coordinated by the Garrison

When executed:

- ▶ Within the first 120 days of return to home station
- ▶ May be offered at other stages within the Deployment Cycle...

SUPPORT IN THE DEPLOYMENT CYCLE



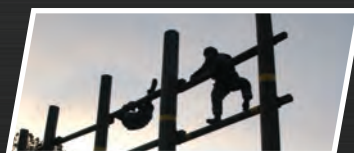
Why:

- ▶ Mitigate boredom and high-risk behavior of redeploying Soldiers by providing high-adventure activity in an outdoor environment
- ▶ Reinforce Soldier unit cohesion and individual coping tools for stress and reintegration challenges

Phases of the Program Package:

LEADERSHIP TRAINING

- ▶ Emphasizes to leaders the importance of demonstrating confidence and competence in front of a group
- ▶ Creates the opportunity for horizontal and vertical bonding in a small group setting



- ▶ Builds unit cohesion and esprit-de-cors
- ▶ Receive training on Leader-Led After Action Debrief (L-LAAD) techniques

SOLDIER TRAINING

- ▶ WAQ Program Overview
- ▶ Addresses Combat Operational Stress Control Model
 - Adaptive
 - Post Traumatic Growth
- ▶ Resiliency Overview
- ▶ Coping Skills

ODR ACTIVITY

A **team-building** activity, focused at the platoon-level, to engage **all Soldiers in RESET**

High-Adventure Activities may include (but not limited to) the following:

- | | | |
|--------------|---------------------|--------------------------|
| Paintball | White-Water Rafting | Rock Climbing/Rappelling |
| Geocaching | Scuba Diving | Canoeing |
| Skeet/Trap | Adventure Racing | Mountain Biking |
| Ropes Course | Skiing | Sea Kayaking |

LEADER LED AFTER ACTION DEBRIEF

- ▶ L-LAAD is integrated into the Army's overall psychological resiliency building program
 - ▶ Leader-Led After Action Debrief
 - Debrief facilitation tool developed by Army Medical Department (AMEDD) Center & School
 - Leverages trained unit assets to conduct debrief at conclusion of ODR activity
 - Connects challenges of WAQ activity and Soldier resiliency

L-LAAD is a Soldier resiliency tool to address both combat and operational stress during rigors of day-to-day military life