



HEADQUARTERS CIVIL AIR PATROL
UNITED STATES AIR FORCE AUXILIARY
105 South Hansell Street
Maxwell AFB, Alabama 36112

17 September 2018

To the CAP Community,

The October resiliency lesson plan and attachments come to you as the second phase of General Smith's request that we "excel in our service to our members." In September we are teaching all cadets the CAP's Five Pillars of Wellness and Resilience, using it to define a life best prepared to achieve personal excellence. In October we introduce the pillars to all CAP members and families with an emphasis on the resilience component.

This October lesson goes beyond "living in wellness" to using the pillars as a source of strength during stress and when crisis occurs in an individual's life. We will all learn the skills for recognizing the signs of crisis in an individual's life, using the ACE response for thoughts of suicide in our peers and using the national crisis hotlines where we can get immediate assistance for ourselves and for others. More importantly, we will come together as squadrons and flights to build the Pillar of Relationship in our CAP community. In this pillar we underscore the importance of communication, social support, connectedness and teamwork. These things will provide the resilience we seek as we serve our fellow members and the excellence we strive for as we serve the nation in our CAP units. Please use this material to facilitate open communication and bonding in your unit.

At the end of October there will be several opportunities to provide feedback to the National Task Force to improve this program. We hope that the October Down Day will be an annual event with changing emphasis elements that strengthen the relationships in our units and grow individual resilience from the stresses of life and our missions.

Thank you again for your support as we work to be one Civil Air Patrol.

A handwritten signature in cursive script, reading "John M. Knowles".

JOHN M. KNOWLES, Colonel, CAP
Chair, Resiliency and Suicide Prevention Task Force