



OFFICE OF THE NATIONAL COMMANDER
NATIONAL HEADQUARTERS
CIVIL AIR PATROL
UNITED STATES AIR FORCE AUXILIARY
MAXWELL AIR FORCE BASE, ALABAMA 36112-5937

30 August 2018

MEMORANDUM FOR CAP Members

FROM: CAP/CC

SUBJECT: Resiliency and Suicide Prevention Initiative

Fellow CAP Members,

When I became your National Commander in 2017 I asked you to join me on a journey where we would be "One Civil Air Patrol, excelling in service to our nation and our members!" For us to succeed in this vision each of us are called to live lives in a way that promotes wellness and resilience.

I challenged a working group comprised of our experts in Cadet Programs, Operations, Health Services, and the Chaplaincy to develop a plan to promote wellness and resiliency in all of our activities in CAP. This working group has developed a program entitled the "Five Pillars of Wellness and Resilience." The working group presented their draft program to me at the national conference, and I approved them to move out and implement their planned actions.

The five pillars are Mind, Body, Relationship, Spirit, and Family. They represent focus areas that contribute to our personal level of "wellness." This personal wellness enables us to operate at our best, sustaining us during times of stress and making us resilient to the difficulties of life. This helps us to be successful as CAP Volunteer Airmen.

September is National Suicide Awareness month. I am directing that during the month of September all cadet and composite squadrons complete a lesson that introduces our cadets to the five pillars of wellness concept. We will provide the materials for you to accomplish this lesson, which you can use in place of the Cadet Character Development Forum. A commander, chaplain, CDI, health services, or CISM officer can teach the lesson. In October, we will observe a Resiliency Down Day in which we introduce the wellness program to our adult volunteers.

I ask for your help to make this initiative a success. In doing so you might just save a life!

Thank you for your support!

A handwritten signature in black ink that reads "Mark E. Smith".

MARK E. SMITH
Major General, CAP

cc:
CAP National Staff