



The NICoE leverages the U.S. Army's Comprehensive Soldier and Family Fitness program to focus on re-educating and re-training service members and their families on how to strengthen their minds and their performance in all areas of their lives. Specifically, the service members the NICoE serves are recovering from traumatic brain injury (TBI) and co-occurring psychological health (PH) conditions, and the skills taught by CSF2 helps them bounce back both mentally and physically. The CSF2 training offered at the NICoE is taught in four hours of group workshops and two hours of individual one-on-one sessions with a CSF2 trainer. By using the Performance Enhancement Model below, our program trainer is able to work with service members to develop the mental skills and tactics they need to become more resilient when dealing with symptoms of TBI and PH.

Performance Enhancement Model



➔ Mental Skills Foundation

- Explores how thoughts affect performance

➔ Confidence Building

- Works on selective perception, self-talk and effectively interpreting mistakes and setbacks

➔ Goal Setting

- Develops goals that are meaningful and identifies concrete steps to create a path to success

➔ Attention Control

- Helps to develop appropriate targets, queues and routines to assist with focus and concentration

➔ Energy Management

- Uses tools such as biofeedback to restore energy and thrive under pressure

➔ Integrating Imagery

- Teaches the ability to mentally plot out a task and to program the mind to perform it automatically in the future

Service Members in Transition

The NICoE has tailored the CSF2 training to be an integral part of the interdisciplinary model of care in order to assist our service member population with their specific needs and goals. In order to help transition the service members back into their social, personal and professional lives at the end of the program, the patients will have developed the following tools:

- 1) Personal Goal Sheet: outlines what they would like to accomplish in the months and years to come
- 2) Lessons Learned: highlights key take aways from their CSF2 lessons
- 3) Attitude and Action Statement: identifies what type of an attitude they want to have after the program and how they will move forward post-NICoE

To learn more about CSF2 please go to <http://csf2.army.mil>