



# WARRIOR ADVENTURE QUEST

# ADJUST YOUR LATITUDE



**NO-COST** resiliency program options in Hawaii:

1. **REBALL** (Paintless Paintball)
2. **BLITZBALL** (Battleball & Soccer)
3. **MOKOLI'I ISLET** (Ocean Kayaking)

(More programs coming soon!)

## WARRIOR ADVENTURE QUEST

U.S. Army Garrison Hawaii

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**Phone: (808) 787-4097**

[waq.armymwr.com](http://waq.armymwr.com)

[himwr.com](http://himwr.com)

## 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

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

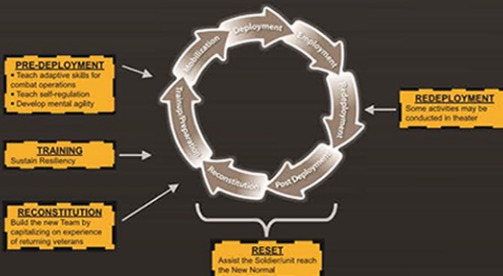
### Who participates:

- ▶ 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-corps

- ▶ 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             |

Please see back flap for your Hawaii options!

## 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



### WARRIOR ADVENTURE QUEST

WAS DESIGNED WITH INPUT FROM MEDICAL, SCIENTIFIC, RECREATIONAL AND OPERATIONAL COMMUNITIES AND DIRECTLY SUPPORTS RESET

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