

RESILIENCE: PILLAR OF FAMILY

National Task Force for Wellness and Resilience —Wellness & Resilience Focus Day (For In-Person and Online Delivery) This lesson can be facilitated by members of the Chaplain Corps, commanders, and health services or peer-support officers (i.e. CISM).

INTRODUCTION

In 2018, the national commander called for the creation of a Task Force for Wellness and Resilience to teach the skills that mitigate the stresses that are encountered as a national youth and emergency service organization. The CAP Five Pillars of Wellness and Resilience became the model that provides the language and focus areas to define living in excellence. It also articulates the sources of strength for dealing with stresses. Codified in CAP Pamphlet 80-4, every September's character lesson is devoted to a review of the five pillars and the beginning of a year-long emphasis of one of the pillars. Instructors must judge the level of familiarity the cadets of their unit have with the concept of the Five Pillars. More emphasis should be placed on teaching the Five Pillars if there is a need for the basic information in the group, rather than spend additional time on the focus pillar.

Pillar of Family is the emphasis for the coming year.

PRECLASS CHECKLIST

Prior preparation is essential to success. Please prepare the following well ahead of time:

- If meeting online, be familiar with and test the online software platform
- Ensure that Cadet Facilitators have completed online training
- Prepare and test multimedia including the slides and video.

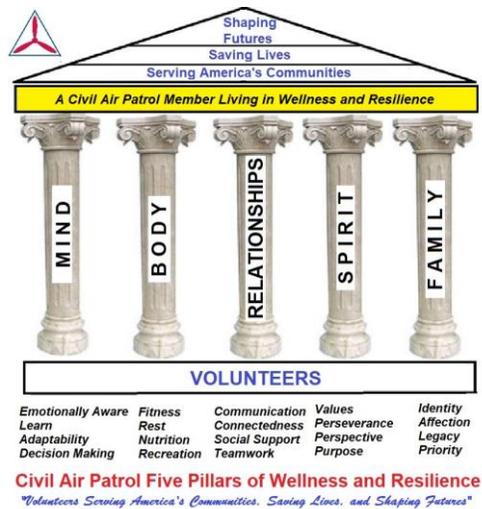
ATTENTION GETTER

LARGE GROUP FACILITATED BY CHAPLAIN/ CDI/ COMMANDER/CISM/HSO (5 -10 MINUTES.)

Wellness and Resilience—Pillar of Family

Intro: Search online for funny family video/s with best and worst moments or share a personal family video or experience as introduction.

Our incoming National Commander, General Edward Phelka, introduced the new CAP Mission Statement at the CAP National Conference. We would like to take a moment and introduce our new Five Pillars of Wellness and Resilience diagram with the new mission statement:



Let's take a few moments and recap major points from the new Mission Statement. What do the following key points mean to you?

- Serving America's Communities:
- Saving Lives:
- Shaping Futures:

Let's take a few moments and recap the Five Pillars of Wellness and Resilience and share how each has been helpful to you over the last year:

- Mind:
- Body:
- Relationships:
- Spirit:
- Family:

UNDERSTANDING THE DESIRED BEHAVIOR
ONLINE GROUP OR SMALL GROUP FACILITATED BY PHASE III CADET (15 MINUTES.)

Highlight different pillars and their habits using the attached slide presentation. If meeting in-person, use the small group format with the Phase III cadets doing the review of the five pillars and these questions:

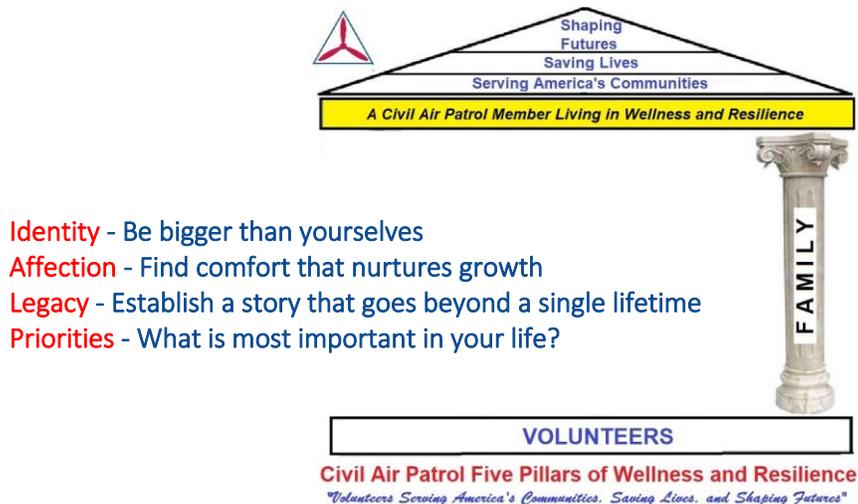
- What is the purpose of the CAP Five Pillars model?
- How does the Pillar of MIND help to keep CAP members resilient during times of stress?
What are the four habits that promote wellness and resilience with this pillar?
- How does the Pillar of BODY help to keep CAP members resilient during times of stress?
What are the four habits that promote wellness and resilience with this pillar?
- How does the Pillar of RELATIONSHIPS help to keep CAP members resilient during times of stress?
What are the four habits that promote wellness and resilience with this pillar?
- How does the Pillar of SPIRIT help to keep CAP members resilient during times of stress?
What are the four habits that promote wellness and resilience with this pillar?
- How does the Pillar of FAMILY help to keep CAP members resilient during times of stress?
What are the four habits that promote wellness and resilience with this pillar?

APPLICATION OF THE BEHAVIOR TO THEIR LIVES

LARGE GROUP FACILITATED BY CHAPLAIN/ CDI/ COMMANDER/CISM/HSO (15 MINUTES)

After reviewing the CAP Five Pillars of Wellness and Resilience, the lesson focuses on the Pillar of Family, which will be the national commander's emphasis for the year until the next national conference in August 2022. (The facilitator may want to use the attached slide presentation or use their own material.)

This year our Pillar of Focus is on the Pillar of Family:



We want to take a few moments and recap Pillar of Family from CAPP 80-4 on Wellness and Resilience:

As a volunteer organization with a large youth program, there is a no pillar more important to the success of all the missions than the pillar of family. While the definition of “family” can be unique to every individual, it is critical that there exists a pillar that is the basis for nurturing.

For cadets as it is for all youth, “family” is the sources of their values, culture and commitment to service. The cadet program only has its cadets for a few hours every week. For most cadets, family is where the youngest members go for most of their needs in all the pillars. For these cadets, having a robust partnership with cadet parents is critical to the success of this vital CAP mission. However, there are many testimonials of a cadet’s greatest impact being made by the CAP cadet program, and not their biological family. For the purposes of resilience and wellness, “family” is the group of people where one finds the most comfort, nurturing and emotional support.

CAP senior members have different perspectives on family. Like all responders, if one’s family is not taken care of first, there is degraded mission effectiveness. Without the support of families, the volunteer service would not get done. Every senior member needs to ensure that their priorities are to the family first so that they can serve effectively. Since emergency call outs can come at inconvenient times, there needs to be a history of positive experiences to allow an occasional event that mandates a sacrifice. All units need to acknowledge this critical support that makes missions possible.

It is through their families that Auxiliary Airmen get their first sense of an **identity** to something that is bigger than themselves.

Families are the wells of nurture and **affection** that comfort. Appropriate touch is still an important healer.

“Family and friendships are two of the greatest facilitators of happiness.” -- John C. Maxwell

In the generations that come before and that follow, there is a **legacy** established that goes beyond a single lifetime.

The relationship of a CAP member to their family can establish the **priorities** in life that allow the volunteer service that is the lifeblood for all CAP activities and missions.

RECAP Pillar of Family:

1. 5. Pillar of FAMILY

a. Every member of our unit begins this pillar with different family types and relationships. Family does not have to be biological but can be emotional as well. The family is who supports your membership in CAP and ultimately determines your availability for CAP activities and missions.

b. This pillar is about having good habits with the strongest “community” in your life to ensure that you are well supported.

c. Four focus areas for consideration:

- Identity (Do you have a healthy and positive understanding of who you are?)
- Affection (Are you able to give and receive healthy affection?)
- Legacy (Do you know your family roots and how you’re connected to the past?)
- Priorities (Do you make time to develop and honor your most important relationships?)

ACTIVITY

LED BY SMALL GROUP FACILITATORS OR ONLINE INSTRUCTOR (15 -20 MINUTES.)

Resilience Focus Day Discussion questions for small groups then large group
(Facilitating/Discussion/Affective): (includes Identity, Affection, Legacy & Priorities) (Also renew in final quarter to see areas of growth)

- How have families changes over the last 10-20 years?
- How have families remained the same?
- What is the most important thing about family to you?
- What is unique/important about your family identity?
- How well do you share feelings/emotions among your family?
- How do you talk about a good/bad day with family?
- How do you talk about values (same or different) with your family?
- How do you talk about priorities (same or different) with your family?
- How do you talk about goals (same or different) with your family?
- How do core values impact the pillar of family?
- What significant legacy has a family member passed on to you and your family?
- What significant legacy would you like to pass on to your family?
- What goals do you want to make to strengthen your family this year?
- How do our CAP Core Values relate to Pillar of Family?

In small-groups discuss the following and consider making goals and completing a “Personal Contract”:

1). What am I doing NOW that supports this pillar whether in CAP or in personal life?

2). What new commitment can I make to work toward excellence in this pillar?

Some answers might be:

- Work with your family to share at least one meal a day or more
- Consider having no electronic devices at the table when sharing a meal to increase quality interaction among family
- Assist other family members with their activities

- Learn about your family history
- Limit the number of activities in your life so you can be available for family play and vacations
- Make sure those who love and support you know that you love and support them, too.

LESSON SUMMARY, CHALLENGE AND WRAP-UP

LARGE GROUP FACILITATED BY CHAPLAIN/ CDI/ COMMANDER/CISM/HSO (5 MINUTES)

In this lesson, we have learned about how important it is to value the importance of the Pillar of Family including our identity, affection, legacy and priorities. This year we want to make sure we go beyond teaching and training and plan for real-life integration by making families an emphasis for our squadron as well as our individual family lives.

This year we want to take up the challenge for squadrons to go beyond a single Focus Day or Special Activity Day and adopt a Quarterly Challenge for Pillar of Family Activity:

- 2 Squadron Activities (do at least 2 and invite suggestions)
 - CAP Open House for Family
 - CAP Picnic with Family
- 2 CAP Member Family Activities (do at least 2 and invite suggestions)
 - Plan & Initiate One Day-Fun Day-Day Trip on Budget with Family (then share how it went)
 - Plan & Initiate a Game Night with Your Family (then share how it went)
 - Plan & Initiate One Dive Deeper Day with Family Cookout or Similar Time
 - Family Discussion-best & worst part of past week (each family member shares)
 - How is our family important & helpful? (each family member shares)
 - What might make family even better? (each family member shares)
 - Fun Time Smores etc.

Best Practices:

We also want to introduce Best Practices when it comes to Pillars of Wellness and Resilience, which we will try to update from time to time and invite your participation. One excellent example we heard was of a squadron that has an individual assigned as a point person for each of the Five Pillars of Wellness and Resilience. Another suggestion might be to focus on one of the four habits for each of the quarters and have a point person for: Identity, Affection, Legacy and Priorities. Consider applying that best practice to your local squadron.

We invite you to share your family day experiences and other practical applications to see where you have grown and perhaps where you can improve.

Also discuss how you might apply quarterly activities for squadron and squadron families and share those with us so we can share them with others. Let's raise the bar on our pillars and in so doing raise the bar on our own level of wellness and resilience.

QUOTABLE QUOTES

Closing: Remind everyone that families don't always look the same, but the most important things are the family ties we share of love and commitment. Consider closing with an inspirational story or video on the importance of family and an insightful quote.

"I've learned through the years that it's not where you live, it's the people who surround you that make you feel at home." - J.B. McGee

"The love of family and the admiration of friends is much more important than wealth and privilege." - Charles Kuralt

"Family is not an important thing. It's everything." - Michael J. Fox

"Family is the most important thing in the world." - Princess Diana

"A happy family is but an earlier heaven." - George Bernard Shaw

"A man should never neglect his family for business." - Walt Disney

"To us, family means putting your arms around each other and being there." - Barbara Bush

"In every conceivable manner, the family is link to our past, bridge to our future."
- Alex Haley

"The family is one of nature's masterpieces." - George Santayana

"The family is the first essential cell of human society." - Pope John XXIII

"Family means no one gets left behind or forgotten." - David Ogden Stiers

"A man travels the world over in search of what he needs, and returns home to find it." - George Moore

"I sustain myself with the love of family." - Maya Angelou

"The most important thing in the world is family and love." - John Wooden

<https://www.inc.com/dave-kerpen/19-quotes-that-highlight-importance-of-family.html> (retrieved 20 August 2021)

*CAP Pamphlet 80-4 can be downloaded at:

https://www.gocivilairpatrol.com/media/cms/CAPP_804__58A6566D3AF9D.pdf

For more information or questions about the "CAP Five Pillars of Wellness and Resilience" contact: Chief of Chaplains' Spiritual Resilience Team

CREEL: Center for Religion and Ethics for Excellence in Leadership at the CAP Chaplain Corps College
resilience@hc.cap.gov

This material was created by the *National Task Force for Wellness and Resilience* at CAP NHQ