



DEPARTMENT OF DEFENSE  
OFFICE OF FORCE RESILIENCY

Together, we can increase resilience and readiness across the Force.



Integrated prevention advances our ability to promote healthy climates by increasing **shared** protective factors and reducing **shared** risk factors.

EXAMPLES OF SHARED PROTECTIVE AND RISK FACTORS

EXAMPLES OF PREVENTION ACTIVITIES

<p><b>INDIVIDUAL</b></p> 	<p><b>PROTECTIVE FACTORS</b></p> <ul style="list-style-type: none"> <li>Attitudes that support inclusion</li> <li>Healthy coping mechanisms</li> </ul> <p><b>RISK FACTORS</b></p> <ul style="list-style-type: none"> <li>Debt or financial stress</li> <li>Substance misuse</li> </ul>	<p><b>PREVENTION ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>Life skill development and resistance to peer pressure</li> <li>Problem-solving skills</li> </ul>
<p><b>INTERPERSONAL</b></p> 	<p><b>PROTECTIVE FACTORS</b></p> <ul style="list-style-type: none"> <li>Social support</li> <li>Cohesion</li> </ul> <p><b>RISK FACTORS</b></p> <ul style="list-style-type: none"> <li>Toxic leadership</li> <li>Poor communication skills</li> </ul>	<p><b>PREVENTION ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>Fostering healthy command climate and norms</li> <li>Healthy relationship programs</li> </ul>
<p><b>ORGANIZATIONAL</b></p> 	<p><b>PROTECTIVE FACTORS</b></p> <ul style="list-style-type: none"> <li>Adequate housing</li> <li>Community engagement</li> </ul> <p><b>RISK FACTORS</b></p> <ul style="list-style-type: none"> <li>Military community in civilian neighborhoods with high crime or poverty</li> <li>Easy access to alcohol</li> </ul>	<p><b>PREVENTION ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>Strengthen household access to financial supports</li> <li>Modify the physical and social environment to reduce exposure to risk</li> </ul>