WTB & COMMUNITY COLLABORATION:

PROGRAMMING ON & OFF POST

LTC Mechelle Tuttle
Fort Carson Warrior Transition Battalion Commander

Sarah Braun, CTRS
City of Colorado Springs Therapeutic Recreation Program, Paralympic
Sport Club Colorado Springs

E = MC²
Warrior Transition Battalion Mission:
Provide command and control, primary care and case management for Warriors in Transition to establish conditions for healing and promote the timely return to the force or transition to civilian life.

Warrior in Transition Mission:
I am a Warrior in Transition. My job is to heal as I transition back to duty or continue serving the nation as a Veteran in my community. This is not a status, but a mission. I will succeed in this mission because

I AM A WARRIOR AND I AM ARMY STRONG.
ORGANIZATIONAL STATS

- 272 Soldiers total; 203 BOG
- 130 Staff; 77 Mil, 53 Civ
- 2 PCMs, 1 Bn Surgeon,
- 1 Psychologist / 1 Psychiatrist
- 6 LCSWs
- 1 Occupational Therapist

WTB RATIOS

- 1 Squad Leader: 8 Warriors in Transition
- 1 Nurse Case Manager: 15 Warriors in Transition
- 1 Primary Care Manager: 173 Warriors in Transition
POPULATION STATISTICS

**POPULATION TREND**

![Bar chart showing population trend from April 2011 to March 2012.]

**CURRENT COMPONENT POPULATION**

![Pie chart showing distribution of population components.]

**TOP 5 DIAGNOSIS**

- Ortho (86%)
- Post Traumatic Stress (80%)
- BH (non-PTSD) (48%)
- TBI (21%)
- Neurological (10%)

**COMMENTS**

- BH population increasing
- Decreased population allows for Remote Care planning and implementation
• Battalion-wide Physical Training (PT) program assessment conducted

• "Exposure" PT begins

• Fall Commander’s Cup / mini Warrior Games competition

• Warrior Games Training Program developed

• Spring Commander’s Cup

• Warrior Games

• LTC Tuttle takes command; Paralympic Sport Club Colorado Springs receives grant to focus on programming for WTU

• Battalion-wide Physical Training (PT) program assessment conducted
• Adaptive Reconditioning Program

• Career, Education Readiness (CER)

• Continuous Training Program for TOL & TOC
  • Comprehensive Transition Plan
  • MC2
  • Comprehensive Soldier Fitness (CSF) Training

\( E = MC^2 \)
ADAPTIVE RECONDITIONING PROGRAM

• Purpose: Intended to rehabilitate our Soldiers through Sports.

• End State: Identifying athletic competitors for the 2012 Warrior Games.

187 Wounded Warriors involved in the following events:

• Wheelchair Basketball
• Sitting Volleyball
• Cycling
• Archery
• Swimming
• Track and Field

Our Partners are:

• US Olympic Committee
• City of Col Springs Parks and Recreation
• US Air Force Academy
• LifeQuest Transitions

MILESTONES

- Aug 11: “Exposure” PT Begins
- Sep 11: Fall CDRs Cup / Mini Warrior Games
- Nov 11: Warrior Games Training Begins
- Jan 12: Spring CDRs Cup / Mini Warrior Games
- Mar 12: Warrior Games
- May 12: Warrior Games
ADAPTIVE RECONDITIONING PROGRAMS
The Therapeutic Recreation Program (TRP) is part of the Parks, Recreation & Cultural Services Department and Recreation Services Division of the City of Colorado Springs.

**Mission**

The mission of the TRP is to provide opportunities for youth and adults with disabilities to acquire skills that enable them to participate in leisure experiences of their choice and enhance their abilities to function within a community setting.

Since 2008, injured service members and veterans in the Pikes Peak region have utilized adapted sports and recreation opportunities provided by the TRP to aid in their rehabilitation and mission of healing. The program mirrors the motto of the Paralympic Military Program of helping injured soldiers have “rehabilitation through sport.”
PHYSICAL TRAINING PROGRAM HIGHLILTES

2008: Alternative Physical Training (PT) programming and multi-week adapted sports series for ill and injured service members assigned to the Warrior Transition Battalion (WTB) at Fort Carson Army Post.
   Began providing services 2x/week for 1 company with the WTB;

March 2011: Received a grant from U. S. Paralympics to expand services to include all companies of the WTB and increase programming opportunities to 2-3x/week per company

June 2011: Conducted a battalion-wide assessment to gauge activity interests, peak availability times, and locations for Physical Training (PT) programs

August 2011: “Exposure” PT begins
   TR Program; Life Quest Transitions; Morale, Welfare & Recreation
   •Average individual attendance: 170 soldiers/month
   •Average participation touch points: 600 soldiers /month
WTB PT PROGRAM ASSESSMENT

1. What day(s) of the week are you most available to participate in PT activities?
   Monday 64%  Tuesday 62%  Wednesday 56%  Thursday 66%  Friday 49%  Saturday 18%

2. What time of the day works best for you to participate in PT activities?
   Mornings 71%  Afternoons 18%  Evenings 11%  Total 100%

3. What is your preferred location to participate in activities?
   On base 37%  Off base 38%  No preference 25%  Total 100%

4. What type of incentive(s) would encourage you to participate in various PT activities on a regular basis?
   Please check all that apply.
   Report to post at a later time? 56%  Opportunities to wear non-commissioned uniforms? 50%
   Apparel/Bags/Water bottles (swag)? 23%  Other, please specify 15%

5. What is your goal(s) for participating in PT activities?
   Weight loss 46%  Training for competitions 15%  Maintain current levels of fitness 54%
   Expand knowledge of available fitness activities 15%  Opportunity for socialization and camaraderie 20%
   Fill leisure time 6%  Other, please specify 17%

6. What are your greatest barrier(s) to participation?
   Transportation 15%  Times 36%  Knowledge of available options 8%  Conflicts with appointments 38%
   Type of injury is not suitable to specific activity participation (limits participation) 61%

Questions 8 & 9 pertained to “Activities Currently Participating In” and “Activities Interested In Participating In”
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PHYSICAL TRAINING PROGRAM ACTIVITIES
PROGRAM SERIES HIGHLITES

TRACK CYCLING

• 6 week series, meeting Tuesdays & Thursdays each week
• 10 soldiers participated
• Program was held at the 7-11 Velodrome in Colorado Springs
• Program culminated with soldiers participating in one event of the Winslow BMW Grand Prix of Sprinting (August 2011)
TRACK CYCLING

E = MC²
BIATHLON

• 8 Week series, meeting 1x/week (Wednesday evenings & Tuesdays)
• Alternating shooting and Nordic skiing each week
• 5 soldiers participated
• Train-ups and competition held at the Olympic Training Center indoor shooting range in Colorado Springs and the Frisco Nordic Center in Frisco, Colorado
BIATHLON
BIATHLON
HEALTHY MINDS HEALTHY BODIES

• 8 Week series, meeting Mondays, Wednesdays & Fridays
• 13 soldiers & Veterans participated
• Program facilitated under the supervision of a certified personal trainer
• Participants each received a 6 month membership to access the facility upon completion of the program
PROGRAM SERIES HIGHLITES

ARCHERY

• 8 Week series, meeting Thursdays
• 12 soldiers & Veterans participated
• Series concluded with an in-house competition featuring Compound and Recurve archers
ARCHERY
ARCHERY
COMMANDER’S STAKES COMPETITIONS

**November 2011:** held first Commander’s Stakes competition
- Mirrored events after national Warrior Games
- Featured all 7 events from the Warrior Games
  - Shooting, Archery, Wheelchair Basketball, Sitting Volleyball, Swimming, Cycling, Track & Field
- 175+ soldiers in attendance for the event; over 15 hours of competition

[Link: Ft. Carson Commanders Cup - YouTube]

**March 2012:** Spring Commander’s Stakes competition
- Featured a combination of events from the Warrior Games and some new
  - Shooting, Archery, Wheelchair Basketball, Sitting Volleyball, Swimming, Dodgeball, Mental Skills Challenges
- Offered 2 adaptive sports demonstrations: Goalball, Adaptive Kayaking
- 200+ soldiers in attendance for the event; over 20 hours of competition
COMMANDER’S STAKES COMPETITIONS
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HIGHLIGHTS & OUTREACH INITIATIVES

• Ride 2 Recovery
• Kayaking / Rafting/Fishing
• Equine Therapy
• Colorado Technical University Scholarships
• USA Pro Cycling Challenge AUG 11
• BN Warrior Games NOV 11
• Hunt for Heroes NOV 11
• Commander’s Stakes MAR 12
• Warrior Games APR 12
• Hartsel Barn Raising JUN 12
PROGRAM PARTNERSHIPS

- AngleTech, Cycle Different
- Breckenridge Outdoor Education Center (BOEC)
- City of Colorado Springs Parks, Recreation & Cultural Services
  - Cottonwood Creek Recreation Center
  - Hillside Community Center
  - Youth & Adult Sports
- National Training Center Shooting Club
- Olympic Training Center
- Pellegrino’s Archery Hut
- School District 11
- Southeast Family Center / Armed Services YMCA
- Summit Cycling Productions, LLC.
- United States Association of Blind Athletes
- USA Shooting
- USA Swimming
- USA Volleyball
- USO
PROGRAM GOALS

• Continue to plan & implement ongoing adaptive sports programs to enhance the rehabilitation of injured service members assigned to the WTB

• Increase participation rate to 75% for all injured service members assigned to the WTB (list current rate of participation)

• Offer specific programs that allow family members to participate with injured service members

• Facilitate the participation of injured service members in local sports competitions
  • (i.e. Warrior Games, Valor Games, Rocky Mountain State Games, Ride 2 Recovery, Parks & Recreation leagues, etc.)

• Work with key personnel to assist transitioning soldiers returning to their home towns with connecting to sports/adaptive sports programs in their community
  • (i.e. community-based Therapeutic Recreation programs, Paralympic Sport Clubs, etc.)
QUESTIONS
CONTACT INFORMATION

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