



18th Field Hospital BSRT



- The 18th FH UMT (CH Woodberry, CH Hayes, LY Fregin, LT Dabney, LT Griffin) conducted a BSRT event on 3 DEC 2023, at APEX Entertainment in Virginia Beach, VA. Curriculum: Survival Skills for Families; Lesson 7 Solving Family Problems.

- Mission: 18th FH UMT conducted a BSRT event at APEX Entertainment to improve Soldiers and family readiness by facilitating unit cohesion and tools on how to address stress. Establishing resiliency and support Military sustainment.
- Summary: Approximately 200 participants- Soldiers and their families attended invaluable training and participated in personal growth and relational resilience.
- Way Ahead/Follow-Up: 18th FH ensures that we have a 30/60/90 approach concerning readiness and our training requirements are nested within MET training and higher training guidance. Fostering more BSRT events to come.

