



200th Military Police Command UMT



WHO: CH (COL) Philip Willis Jr., CH (LTC) Jimmy Bellamy Jr., Chaplain Candidate 1LT Joseph Heisey, and MSG April Caswell

WHAT: Building Strong and Ready Teams (BSRT) Alpha Event on the Seven Series training for three hours

WHEN: 02 DECEMBER 2023

WHERE: Fort Meade, MD – HHC Drill Hall
200th MP CMD Battle Assembly

WHY: BSRT supports integrated prevention efforts by focusing on proactive training emphasizing character, morality, and ethics as the foundation for healthy relationships, resiliency, and suicide prevention. BSRT supports the spiritual domain Army Holistic Health and Fitness, building spiritual resiliency as part of an integrated approach to Soldier well being.

EFFECT: CH (LTC) Bellamy and CH (COL) Willis facilitated training on the Seven Habits Series for Soldiers for three hours. The training provided a framework for applying Covey's 7 principles that enable Soldiers to build resiliency and break down barriers to success. Executed one BSRT event which included a booklet for the participants to follow along and a catered meal from On the Border for a total of 124 Soldiers.

Command Assessment: The 200th MP CMD UMT provided a BSRT Alpha Event on Seven Series training for three hours and a delicious meal from On the Border to our Soldiers. The main objective is to support the Commander's Religious Support Program that strengthens holistic health and spiritual fitness. The BSRT provided research tested, evidence-based training to increase Soldier readiness, to increase Soldier resiliency, reduce EO and SHARP cases, and decrease suicidal ideations. Our mission is to nurture the heart of the Army which is our Soldiers, For God and Country.