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## What is Building Strong and Ready Teams?

Building Strong and Ready Teams (BSRT) is the Army's premier moral and ethical, relationship enhancement training program, enabling commanders and Unit Ministry Teams to enhance Soldier and Family spiritual readiness through an integrated and approved command religious support plan. BSRT is a program with adjustable formats, relevant curricula and engaging training material.

UNIT MINISTRY TEAM

UNIT CHAPLAIN: \_\_\_\_\_

EMAIL: \_\_\_\_\_

RELIGIOUS AFFAIRS SPECIALIST:

\_\_\_\_\_  
EMAIL: \_\_\_\_\_



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**US ARMY RESERVE  
COMMAND**

*Ready Now!  
Shaping Tomorrow...*



## PROGRAM

Building Strong and Ready Teams (BSRT) is a Command directed, Chaplain led program that builds and maintains healthy Soldiers and Family structure. BSRT will differ from the legacy Strong Bonds Program by broadening the program scope for holistic wellness, increasing cost efficiency, and training a greater percentage of Service Members.



BSRT will expand relationship skill building to include organizational relationships of all types: friendships, community partnerships as well as marriage and family relationships. BSRT is an integrated part of Holistic Health and Fitness, building spiritual readiness through tailored training designed to meet unit specific needs.

## OBJECTIVES

The Building Strong and Ready Teams program will achieve the following objectives to increase Soldier and Family holistic wellness:

- 1) Strengthen Soldier and Family structure through evidence based relationship training.
- 2) Improve quality of life by providing skills necessary to endure adversity.
- 3) Build spiritual readiness, ethical and moral strength for better decision making, leading to healthy behavioral outcomes.
- 4) Enrich Spiritual Character to develop self-value and identity.
- 5) Ensure the free exercise of religion for all Soldiers and Families.



## PURPOSE

Building Strong and Ready Teams supports the Army Reserve's effort to build the readiness of our Soldiers, by building spiritual fitness. FM 7-22, Holistic Health and Fitness describes spiritual fitness as having the personal qualities needed to sustain a person in times of stress, and hardship, and to thrive amidst the rigors of military service.



***“The Army is its people, and a strong, healthy, resilient, trained force is the most important indicator of our readiness”***

-Christine Wormuth  
Secretary of the Army