



# Road to Mental Readiness (R2MR)

## Mental Resilience and Readiness Mobile Training Apps

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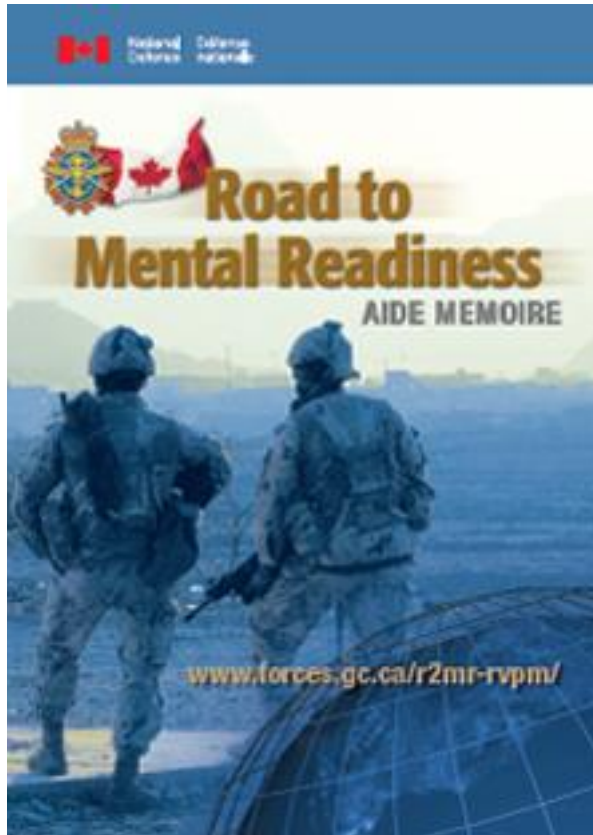
September 13-14, 2016

Canada

# Road to Mental Readiness (R2MR)



- Improve short term performance and long term well-being
- Road to Mental Readiness (R2MR) is the largest mental health/resilience training initiative in the Canadian Armed Forces
  - Mental health literacy
  - Stress management skills
  - Attitudes towards mental health treatment
- However, repetitive application and practice of the skills in the training environment is essential for retention and effectiveness



# R2MR Mobile Apps



- **Road to Mental Readiness (R2MR) mobile apps**
- **Objectives:**
  - To complement classroom training in R2MR
  - To turn R2MR skills into life skills
  - To individualize R2MR skills
- **Partnerships:**
  - Mental Health Commission of Canada
  - The National Center for Telehealth & Technology (DoD)
  - University of Toronto
  - New Zealand Defence Force (NZDF)
  - TNO (Netherlands)



# R2MR Mobile Apps – Mental Health Continuum

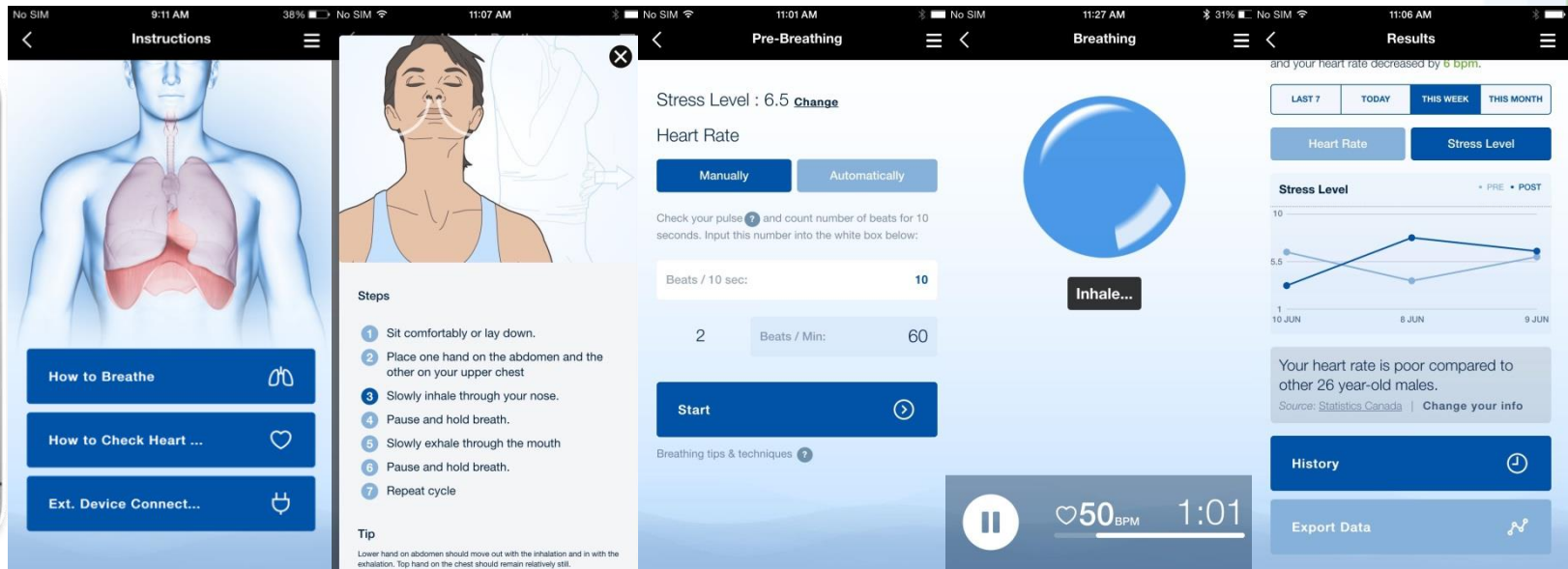
The image displays three sequential screens from the R2MR mobile application:

- Home Screen:** Features the 'ROAD TO MENTAL READINESS MENTAL HEALTH CONTINUUM' logo and a 'Start Assessment' button.
- Assessment Screen:** Shows 'Question 2' asking 'How would you describe your energy level?' with five response options: 'Not at all optimal', 'A little optimal', 'Moderately optimal', 'Quite optimal', and 'Extremely optimal'.
- Results Screen:** Displays 'Overall Results' for 'Alcohol Use'. A 'Latest Results' section for 'Jun 15, 2016' indicates the user is in an 'orange/injured zone' with 'Regular pattern of use with some negative consequences'. It lists several recommendations: 'Talk to someone and ask for help', 'Seek an assessment from a mental health professional', 'Make self-care a priority', 'Get help sooner, not later', and 'Avoid unhelpful coping strategies'.

A self-monitoring tool developed in order to assess the user's current mental state by responding to a series of questions



# R2MR Mobile Apps – Tactical Breathing

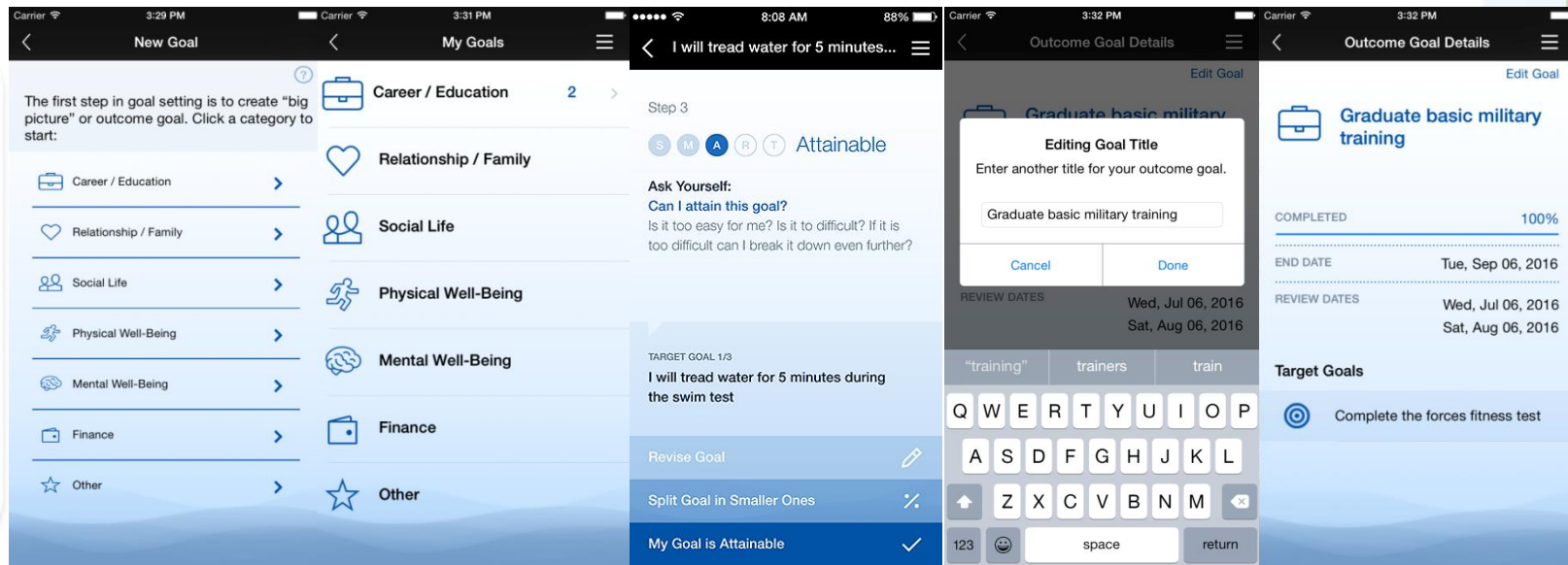


An interactive guide for controlled, deep breathing.

- Intended to restore the user's heart rate and mental state, reduce anxiety and tension, as well as to enhance performance.



# R2MR Mobile Apps – Goal Setting

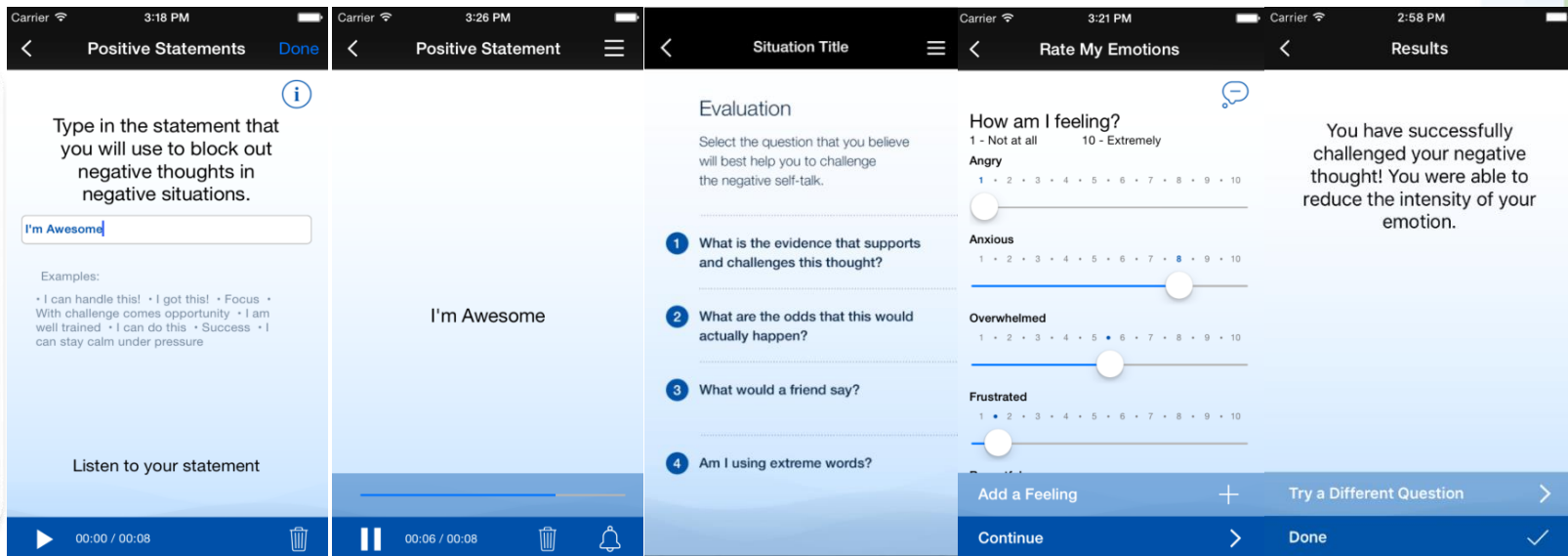


An interactive guide for effective goal setting.

- Ensures that each goal is specific, measureable, attainable, relevant and time-bound (SMART criteria)



# R2MR Mobile Apps – Self-Talk

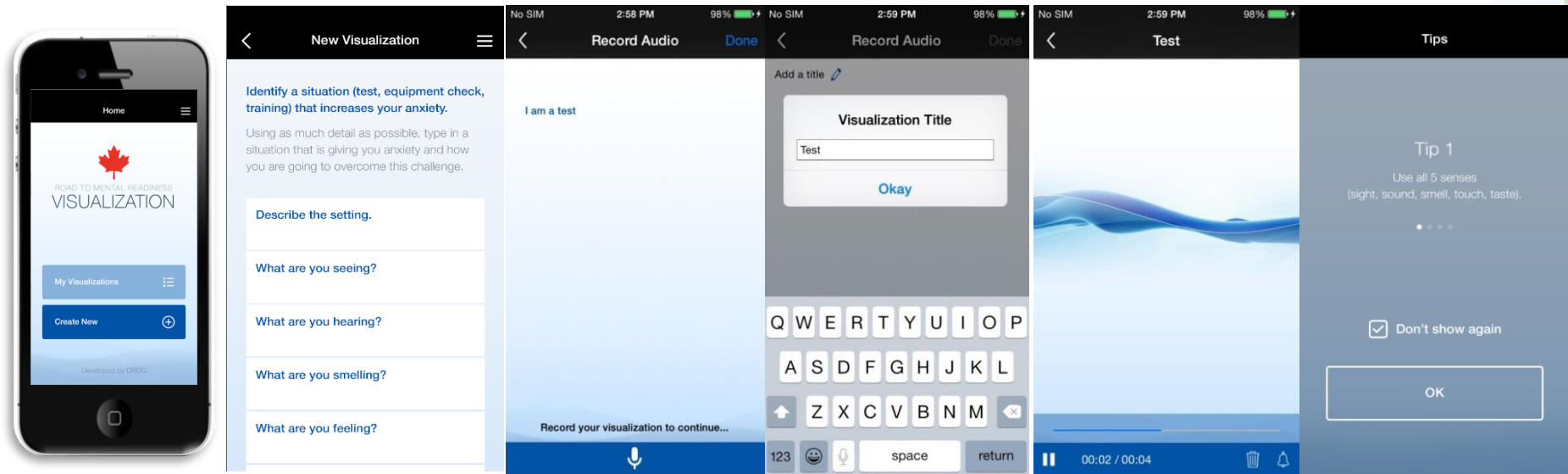


An interactive training guide intended to:

- Challenge negative self-talk
- Increase positive self-talk
- Guide the user to stay in the moment



# R2MR Mobile Apps – Visualization



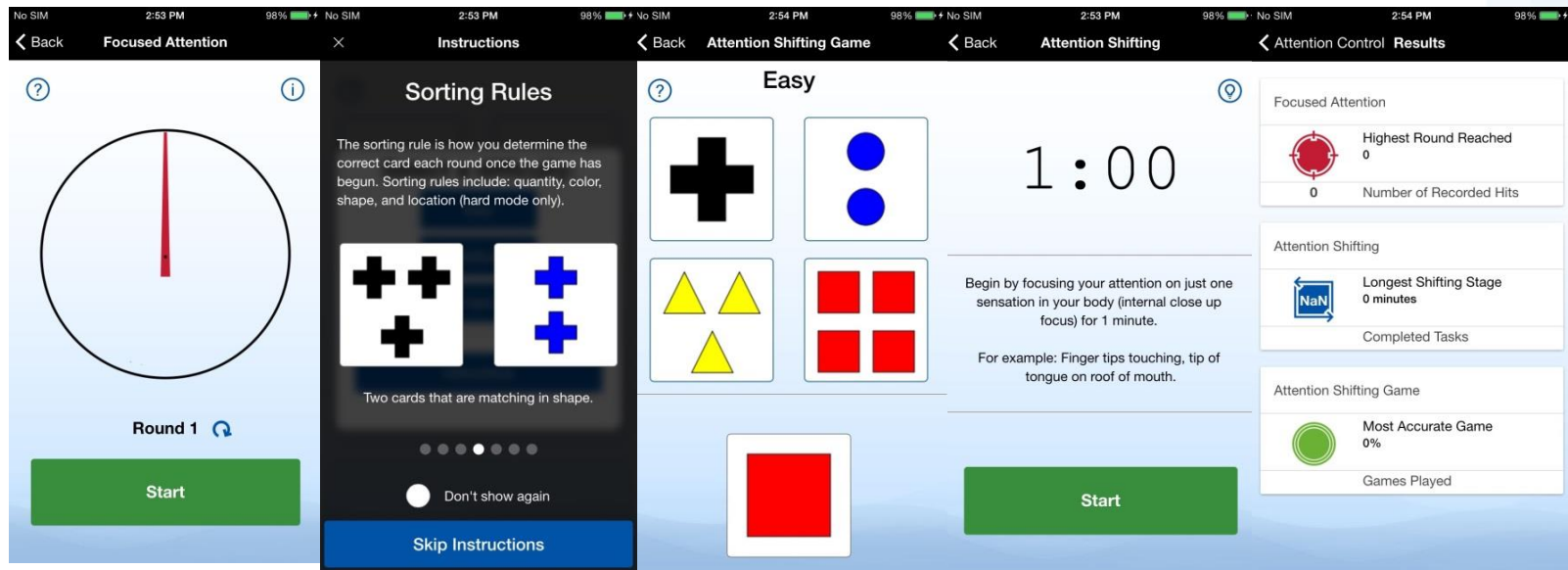
An interactive guide intended to mentally prepare the user for an upcoming task.

- Intended to help them manage arousal levels and improve performance





# R2MR Mobile Apps – Attention Control

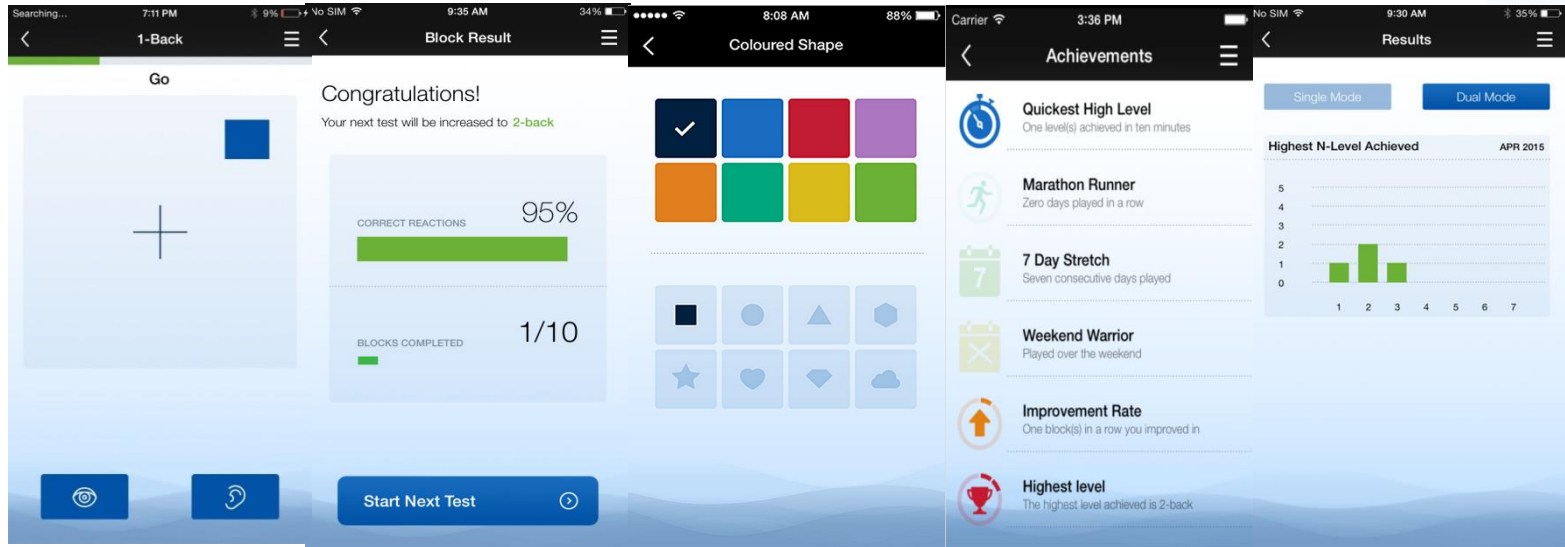
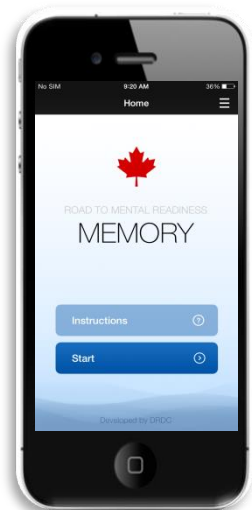


A guide and training tool in order to enhance:

- Selective attention to relevant cues
- Enhance the ability to remain present and focused
- Improve the ability to shift attention based upon changing demands

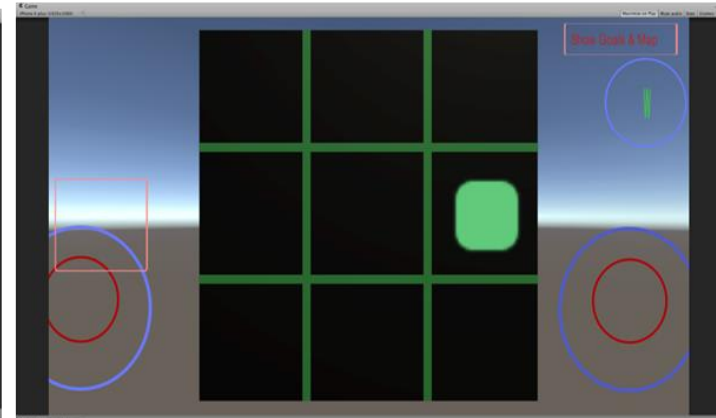
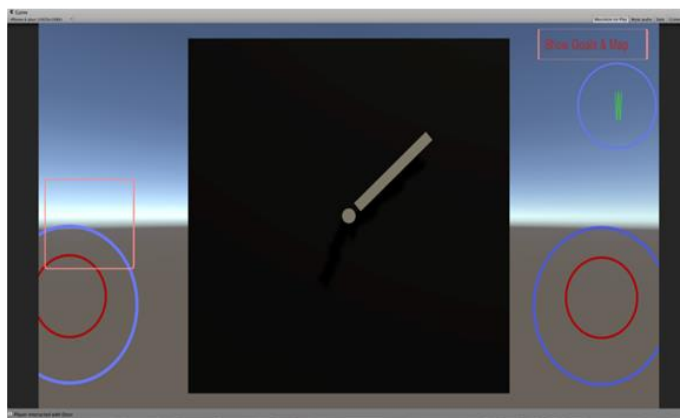
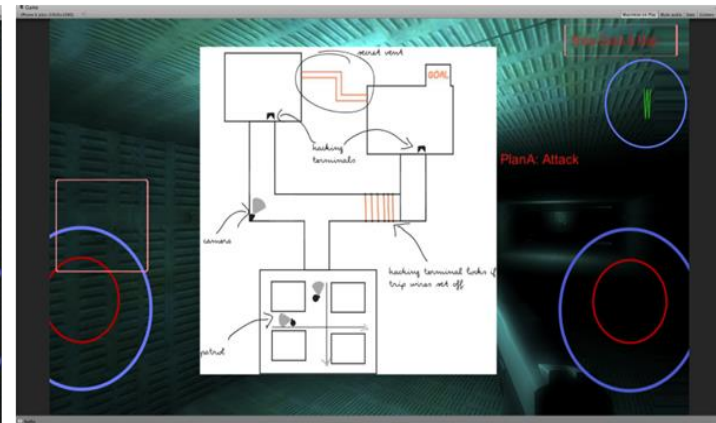
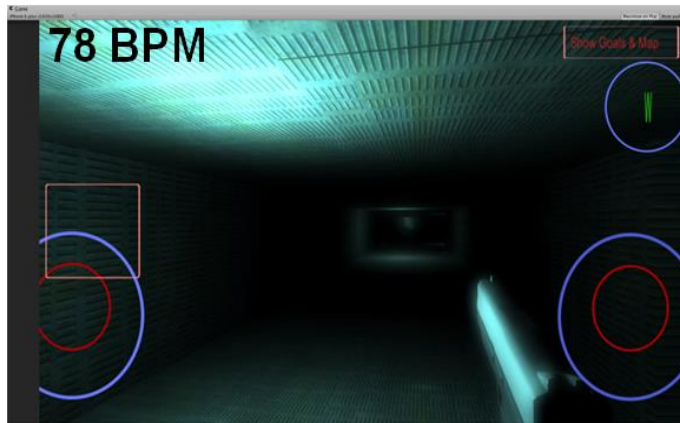


# R2MR Mobile Apps – Memory



A training tool intended to improve working memory performance and to enhance generalized fluid intelligence.

# R2MR Serious Game Development



A first person shooter ("Virtual Reality ready") that requires successful application of R2MR skills and incorporates real-time physiological (heart rate) monitoring



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