

# **Defender's Edge (DEFED) Program Evaluation Results**

Camp Shelby RTC - Dec 09

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# Camp Shelby DEFED Format

- Date: 3 Dec 09
- Four 30-min modules delivered to each squad
  - 2 hrs blocked for back-to-back module training
  - 2-3 squads per session, 9 squads total
- One 30-min leadership module to unit leaders
- 165 Airmen completed evaluations



# DEFED Format Changes

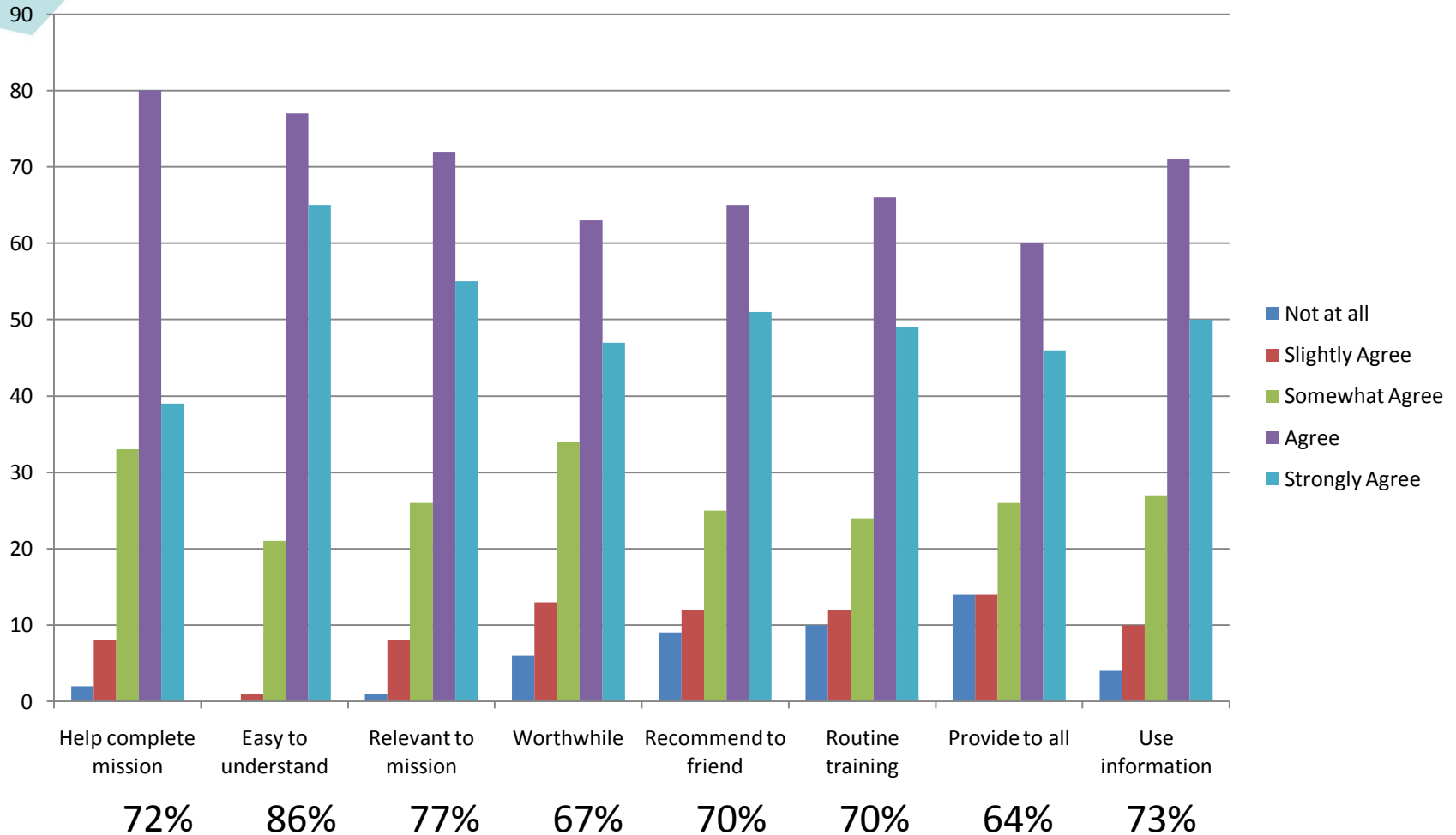
## Balad format

- 5x 30-min modules
- 1 module per 1-2 wks
- Program spanned 2 mos
- Psychologist embeds w/ unit to reinforce skills during training/activities

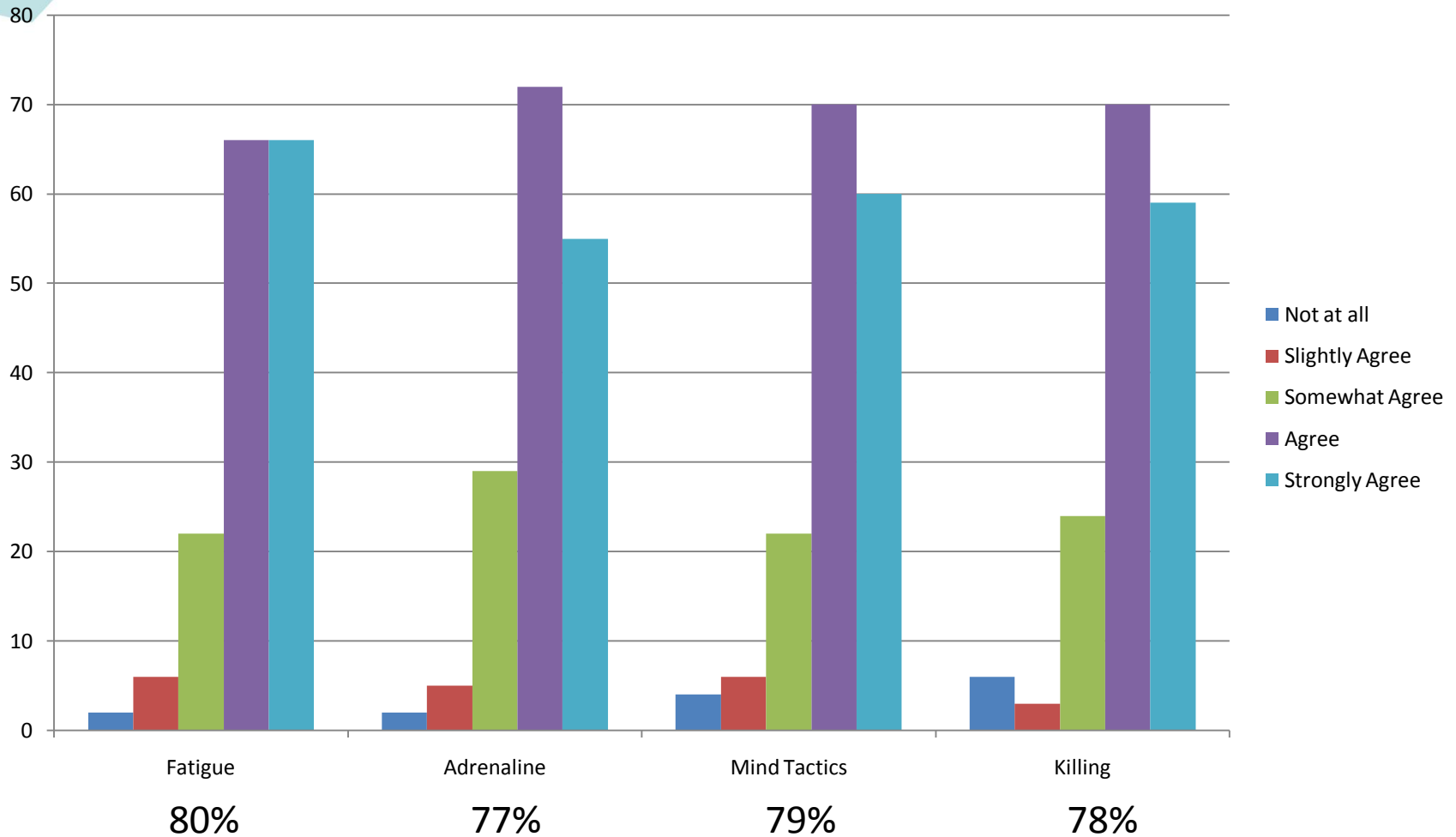
## Camp Shelby format

- 4x 30-min modules
- Back-to-back modules
- 2-hr block of training
- No psychologist embed w/ RTC training to reinforce skill learning

# Overall DEFED Ratings



# Usefulness of Modules





# Open Responses

## Liked best:

- Sleep tips / strategies
- Sleep education
- Experience of facilitator
- Customization to SF

## Skills most likely to use:

- 30/90 rule
- Sleep tactics and strategies
- Breathing techniques

## Liked least:

- Classroom format
- Length of class
- Timing of training
- Repetition of material

## Other recurring theme:

- Do not turn into computer training!!!



# Conclusions / Recommendations

- Camp Shelby ratings similar to Balad ratings
- Fatigue countermeasures very popular
- Recommendations for RTC training:
  - Identify ways to spread out training across RTC
  - Maximize integration of DEFED facilitator(s)
- Recommendations for overall DEFED:
  - Develop strategies to reinforce skills in AOR
  - Re-assess ratings during and/or postdeployment