Psychosocial support and mental fitness in the Belgian Armed Forces

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Program

1. Introduction
2. Model of psychosocial support
3. Intervention areas and actors
4. Means of coordination
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1. Introduction

- Legal framework
  - The law of 04 Aug 1996: well being at work
  - The law of 10 Jan 2007 and the Royal Decree of 17 May 1997 on the prevention of psychosocial load caused by work, including violence, harassment and inappropriate behavior at work.

- Defense goes beyond that ...

WHY?
Requirement of the job

Specific stressors
Mental Fitness

1. **Psychological aspect**: capacity to adapt, resilience, mental flexibility

2. **Social aspect**: environment, influence of the family and the group

3. **Behavioral aspect**: violence at work, risk behavior (addiction)

4. **Spiritual aspect**: religious, ethic, moral
2. Model of psychosocial support
3. Domains of intervention
Prevention and security at work

* Confidants
* Confidants ‘plus’
* Central mediator
* Counselor in psychosocial prevention
3. Domains of intervention
Psychosocial support of mil in Ops

* Service Mental Readiness Advisor in Operation

Psychologists
Mental Health Advisors of chain of command during operations
Organize peer support
Risk assessment/ estimation of psychosocial support in Ops
3. Domains of intervention

Social support

* Social Service of the Belgian defense

Militair and his/her family
3. Domains of intervention
Crisis intervention

* Centre of crisis psychology
* Mental readiness advisors in operation
* Social Service of the Army
* Physicians
3. Domains of intervention
Care and therapy

Mental Health Centre of the military hospital
* Individual Help Service
* Crisis Psychology Centre
* Military Centre for Alcoholism
3. Domains of intervention
Spiritual and moral support

* Service of Religious and Moral Assistance
Chaplains
Moral advisors
4. Means of coordination

- Regional psychosocial platform
- National psychosocial platform
5. Conclusion

The personnel is of primary importance
The psychosocial support at the Belgian Defense:
   Durable readiness
   Extensive and specialized offer
Questions?

dear stress,
let’s break up.