

DEFENSIE
LA DÉFENSE



VOORKANG AAN VREDE
PRIORITÉ À LA PAIX

Psychosocial support and mental fitness in the Belgian Armed Forces

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Program



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2. Model of psychosocial support
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6. Questions

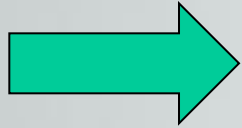


1. Introduction



- 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



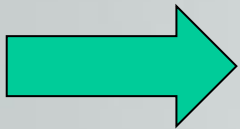
Specific stressors



Mental Fitness

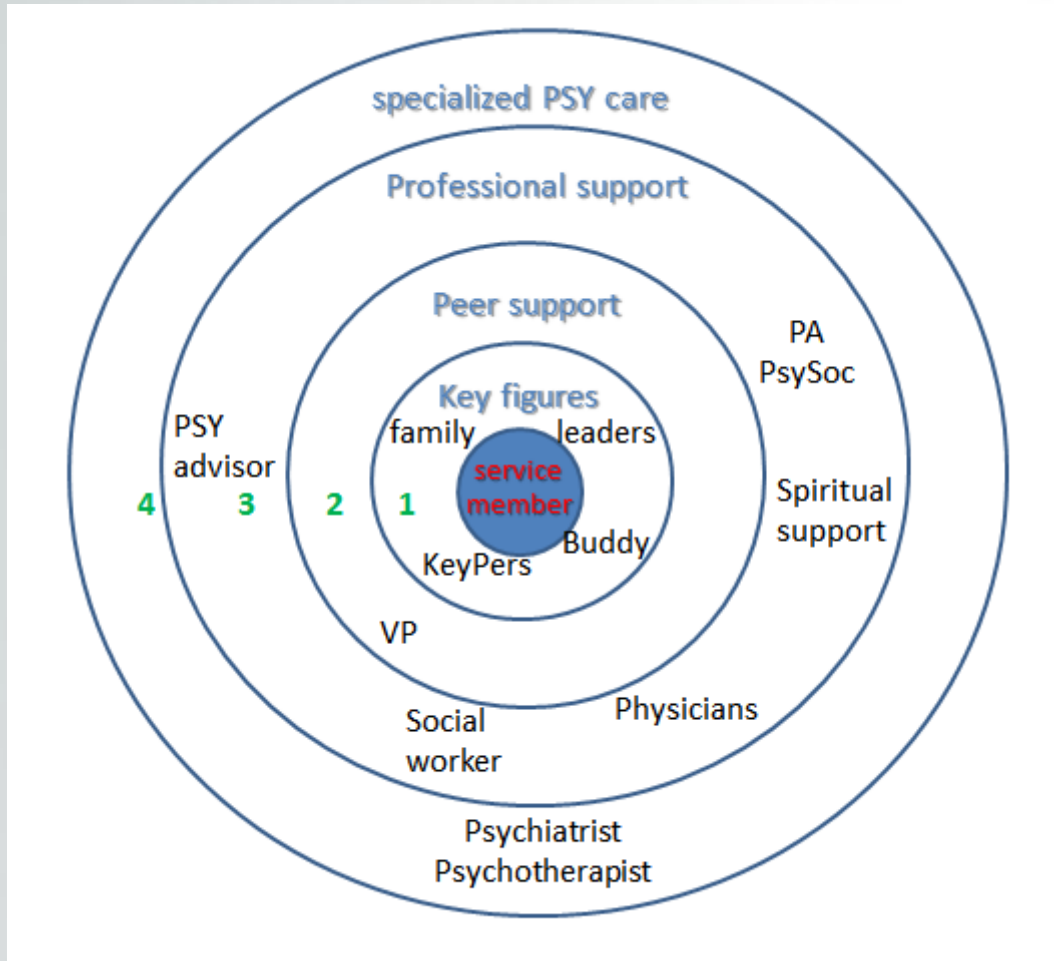


1. **Psychological aspect:** capacity to adapt, resilience, mental flexibility
2. **Social aspect:** environment, influence of the family and the group
3. **Behavioral aspect:** violence at work, risk behavior (addiction)
4. **Spiritual aspect:** religious, ethic, moral





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



Militair and
his/her
family



* Social Service of the Belgian defense



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

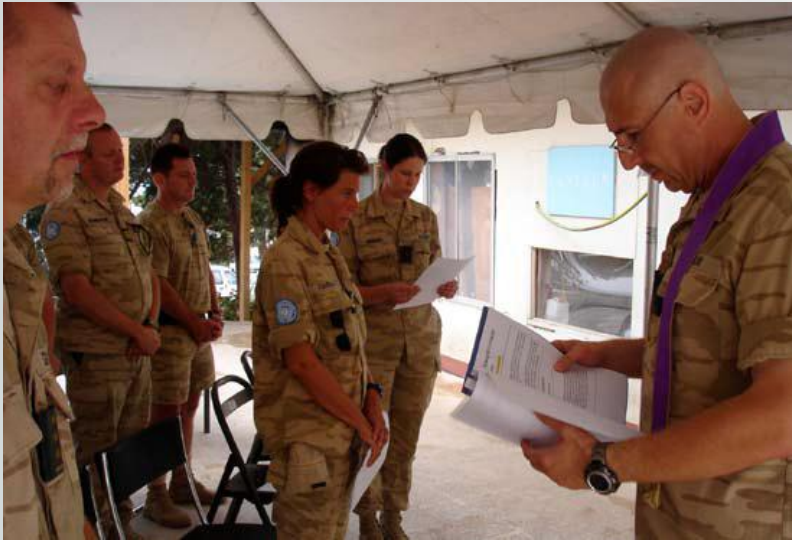
Spiritual and moral support



* 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.