



## Virtual MRT- Course overview

In response to the COVID-19 Pandemic, and the identified need to provide resilience-based training to ARNG youth and teens, the Army National Guard (ARNG) Child & Youth Services (CYS) Program designed a multi-step virtual MRT training package. Given the strict implementation and content delivery expectations established by the Army, information included in the package is provided to ensure greatest compliance, while providing training in a virtual environment.

## Purpose

The Virtual Teen MRT Program has been designed to provide the full Teen MRT Curriculum on a self- paced, virtual environment. This virtual approach will provide the opportunity to train more geographically separated National Guard youth, using verbal and visual presentations via video, interactive activities, and follow up discussions.

## Resources

All virtual training information and resources to implement this initiative are available for download from the ARNG CYS Website: <https://arngcys.com/virtual-mrt-resources>.



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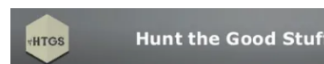


### VIRTUAL MRT TRAINING INFORMATION AND VIDEOS



--> START HERE <--

[Teen Resilience During Quarantine Guide - Ft. Bliss](#)



**MATERIALS:**

Training Video: [HTGS](#)

Resilience Reader: [HTGS](#)

MRT Guide: [HTGS](#)



**MATERIALS:**

Training Video: [Goal Setting](#)

Resilience Reader: [Goal Setting](#)



**MATERIALS:**

Training Video: [ATC](#)

Resilience Reader: [ATC](#)

MRT Guide: [ATC](#)

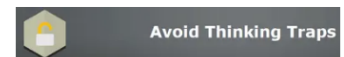


**MATERIALS:**

Training Video: [Energy Management](#)

Resilience Reader: [Energy Mngt](#)

MRT Guide: [Energy Mngt](#)

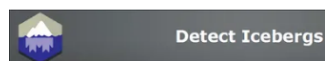


**MATERIALS:**

Training Video: [Avoid Thinking Traps](#)

Resilience Reader: [Avoid Thinking Traps](#)

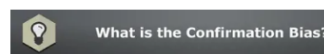
MRT Guide: [Avoid Thinking Traps](#)



**MATERIALS:**

Training Video: [Detecting Icebergs](#)

Resilience Reader: [Detecting Icebergs](#)



**MATERIALS:**

Training Video: [Confirmation Bias](#)

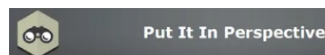
Resilience Reader: [Confirmation Bias](#)



**MATERIALS:**

Training Video: [Problem Solving](#)

Resilience Reader: [Problem Solving](#)

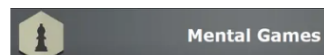


**MATERIALS:**

Training Video: [PIIP](#)

Resilience Reader: [PIIP](#)

MRT Guide: [PIIP](#)

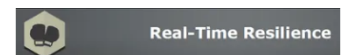


**MATERIALS:**

Training Video: [Mental Games](#)

Resilience Reader: [Mental Games](#)

MRT Guide: [Mental Games](#)



**MATERIALS:**

Training Video: [Real Time Resilience](#)

Resilience Reader: [Real Time Resilience](#)



## Class Structure (Mandatory Requirements/Expectations)

- A. Register All Participants** (all participants MUST be registered to complete the virtual MRT training)
  - Permission forms and Rules of Engagement signed by parents/legal guardians
  - Rules of Engagement signed by participating youth
  - Confirm all youth participating are at least 11 years of age prior to participation
- B. MRT-Certified Instructor(s)** (instructor requirements remain consistent with those for in-person MRT training)
  - MRT-certified instructors should also be background checked and approved to work with youth without the need for line-of-sight supervision (LOSS)
  - During live discussion/training sessions, two background-checked adults shall be in attendance to ensure greatest accountability and oversight of youth/teens  
**TIP:** Consider partnering with ARNG CYS counterparts within the region (or nationally) to build positive youth/teen connections and enhance discussion sessions
- C. Components of Content Delivery** (required elements to ensure integrity of content and instructional design are maintained)
  - As this is proprietary information, designed to be presented via direct instruction, activity, and discussion, ensure all three components are achieved for participants to be presented with a certificate of achievement

### Expectations to achieve the three components of instruction, activity, and discussion:

- Create a closed MRT Class Social Media page/discussion board to provide updates on trainings, times for live discussions, etc.
  - Provide weekly updates of videos, activities, and discussion times for participants.
- Create an event-specific closed group, via social media, to share the videos BEFORE attending an event
  - Work through the activity guide and discuss competencies together during the event
- Add in the competencies for Virtual/Camp-in-a-Box and follow up discussion on the competencies during virtual follow up

## Prohibited Actions

The MRT Curriculum is highly regulated and copywritten, so exact compliance will be required to prevent any disciplinary actions being taken against an ARNG CYS staff member/contractor. Should a violation occur, appropriate disciplinary actions will be taken by the Program Management Team (for those working directly under the National CYS Contract) or NGB (for those working in MCA states).

### Prohibited actions include:

- Distribution of MRT training information, videos and related content (virtually or in-person) via open and/or unregulated/unmonitored social media platforms
- Distribution of all virtual MRT training information, videos and related content at once, without scheduled follow-up and discussion with participants

**NOTE: If ever you have a question regarding the virtual MRT training information, videos and related content, contact your Regional Assistant Program Manager (RAPM) for guidance.**