

People-Win-Transform US Special Operations Command



Preservation of the Force and Family: POTFF 101

Col Chuck Lutter POTFF April 10, 2024







People-Win-Transform Evolution of POTFF







People-Win-Transform POTFF Overview

Our Mission

The mission of the Preservation of the Force and Family is to optimize and sustain performance, readiness, longevity for special operations mission requirements through integrated and holistic programs strengthening the Force and Family.

<u>The Physical Domain</u> Enhance SOF mission readiness through Sports Medicine, Strength and Conditioning, and Performance Nutrition to optimize physical training, mitigate injury, and increase career longevity.

<u>The Psychological Domain</u> Maximize the psychological performance, health, and resilience of SOF to meet operational demands now and in the future.

<u>The Social and Family Domain</u> Strengthen the Social and Family health and resilience of SOF Service Members and their Families to encourage strong networks to support SOF operational demands

<u>The Spiritual Domain</u> Provide, Connect, Strengthen and Assess the Spirituality of the SOF Service Member to strengthen their core spiritual, ethical, and moral beliefs and values

<u>The Cognitive Domain</u> Monitor, enhance, and advance the cognitive health and performance of the SOF Service Member to meet the operational demands now and in the future.

Human Performance Physical Domain Orgenitive Domain Social & Family Domain Spiritual Domain

POTFF Priorities

- Enhance the Readiness of SOF
- Coordinate and collaborate with Services and Academia
- Provide innovative solutions to hard problems
- Achieve necessary authorities
- Program evaluation
- Reduce stigma associated with seeking care ${f a}$





People-Win-Transform Eligibility for POTFF

| | Active Duty | Res/NG | Family | Civilian | Contractor | Gold Star Families |
|---------------------------------------|----------------|------------------|----------|----------|------------|-----------------------|
| Physical Therapy | ✓ | ✓ Title X Status | | | | |
| Nutrition | √ | ✓ Title X Status | | | | |
| Strength/Conditioning | √ | ✓ Title X Status | | | | |
| Behavioral Health | √ | ✓ Title X Status | √ | ✓ HCB | ✓ НСВ | ✓ |
| Non-clinical Behavioral Healthcare | ✓ | ✓ | √ | ✓ HCB | ✓ НСВ | √ |
| Cognitive Training | √ | ✓ | ✓ | | | |
| Spiritual Services | ✓ | ✓ | ✓ | | | |
| Family Activities | ✓ | ✓ | ✓ | | | ✓ |
| Human Performance Training Centers | ✓ | √ | √ | √ | | |

HCB=Healthcare Beneficiaries Priority of all Services is to Active Duty







People-Win-Transform Questions?

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