



C.O.R.E.

Command Operations and Resilience Enhancement Game

A Scenario-Based Exercise to Improve Leadership and Officer Well-Being

CNA is an industry leader in officer health and wellness. Our cutting-edge C.O.R.E. Command Operations and Resilience Enhancement game enhances organizational performance and individual officer well-being through immersive and realistic scenarios that enable supervisors to identify concerning behaviors and address them appropriately. By incorporating this game into training programs, agencies can experience heightened supervisor awareness, superior decision-making skills, and boosted squad morale and resilience, leading to a healthier, more effective operational environment.

WHAT is the C.O.R.E. game?

The C.O.R.E. game is an engaging and innovative training exercise in the form of a learning board game designed to help law enforcement supervisors identify and address health and wellness issues within their agencies.

Players are placed in a highly realistic scenario following a critical incident (e.g. officer's death by suicide). As they play, supervisors observe the side effects on another officer and the squad's morale over several months and learn how their decisions for allocating their time between mandatory tasks and supervisory roles can influence operations and officer wellness.

This scenario was adapted from CNA's Preventing Destructive Behavior Game for the military and developed and tested by gaming and law enforcement experts through a comprehensive multistage process that combined educational principles with game design.



WHY should your agency engage in the C.O.R.E. game?

Law enforcement officers routinely operate in unpredictable and stressful environments that can negatively affect their physical and mental health. In response to these conditions, officers can adopt maladaptive coping mechanisms and experience a range of adverse psychological and physical health issues, including cardiovascular issues, sleep disorders, depression, suicidal ideation, suicide, and misconduct.

By engaging in CNA's C.O.R.E. game, supervisors will use critical thinking to gain several takeaways that are crucial for enhancing their leadership and ability to identify and address indicators of destructive behaviors.





1. Enhanced awareness: Supervisors will develop a heightened awareness of the signs and symptoms of distress, destructive behaviors, and negative physical and mental health conditions. This awareness is crucial for early identification and intervention.



2. Improved decision-making skills: The game simulates the complexity of preventing destructive behaviors through real-life scenarios. Supervisors must address these concerns while maintaining other necessary aspects of their command.



3. Effective intervention strategies: Supervisors will learn practical strategies for intervening when they notice “red flags” in their officers’ behavior, including knowing when and how to refer officers to appropriate support services.



4. Combatting stigma: The game provides insights into how to combat the stigma associated with seeking mental health support, fostering a culture in which officers feel comfortable accessing the resources they need.



5. Resource allocation and squad readiness: Supervisors will understand how to allocate their time and resources effectively to promote a healthy and supportive work environment while meeting operational demands.



6. Building resilience and morale: By learning how to create a positive climate, supervisors can enhance long-term officer and agency morale and resilience, which are essential for long-term well-being and effectiveness.



7. Leadership development: The game offers an opportunity for supervisors to develop their leadership skills, including learning the potential effects of their actions on squad readiness and their own professional reputation.

WHO should play the C.O.R.E. game?

Law enforcement supervisors play a pivotal role in officer well-being, specifically pertaining to their ability to identify signs of distress, refer officers to support services, and combat the stigma toward officers seeking support. Supervisors from any agency are the primary audience for this game. The tactile and visual nature of the game makes it an engaging and practical tool for scenario-based supervisory training.

HOW can CNA help your agency with the C.O.R.E. game?

CNA offers a range of services for the C.O.R.E. game—beginning with a stand-alone game box with gameplay instructions and expanding to our recommended service of facilitated gameplay with one of our experts. In addition, CNA can provide full-service support through tailored game development and facilitation to meet the particular needs of any agency.

About CNA

CNA is a not-for-profit analytical organization dedicated to the safety and security of the nation. With nearly 700 scientists, analysts, and professional staff across the world, CNA’s mission is to provide data-driven, innovative solutions to our nation’s toughest problems. It operates the Center for Naval Analyses—the Department of the Navy’s federally funded research and development center (FFRDC)—as well as the Institute for Public Research. The Center for Naval Analyses provides objective analytics to inform the decision-making by military leaders and ultimately improve the lethality and effectiveness of the joint force. The Institute for Public Research leverages data analytics and innovative methods to support federal, state, and local government officials as they work to advance national and homeland security.

To learn more or to request our C.O.R.E. game, please contact Associate Director Brittany C. Cunningham at cunninghamb@cna.org.