

**AMENDMENT TO RULES COMMITTEE PRINT**

**115-70**

**OFFERED BY MR. CÁRDENAS OF CALIFORNIA**

At the end of subtitle C of title VII, insert the following:

1 **SEC. \_\_\_\_\_ . PILOT PROGRAM ON MINDFULNESS-BASED**  
2 **STRESS REDUCTION IN PRE-DEPLOYMENT**  
3 **TRAINING.**

4 (a) **PILOT PROGRAM.**—The Secretary of Defense, in  
5 consultation with the Secretary of Homeland Security with  
6 respect to the Coast Guard when it is not operating as  
7 a service in the Navy, shall carry out a pilot program  
8 under which the Secretary provides mindfulness-based  
9 stress reduction training to members of the Armed Forces  
10 before their deployment to a combat theater of operations.

11 (b) **STUDY AND REPORT.**—The Secretary of Defense  
12 shall study and submit to Congress a report on the effective-  
13 tiveness of training under the pilot program, including the  
14 effect of the training on—

15 (1) managing stress; and

16 (2) preventing post-traumatic stress disorder.

