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:

SEC. _____ PILOT PROGRAM ON MINDFULNESS-BASED STRESS REDUCTION IN PRE-DEPLOYMENT TRAINING.

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

(b) STUDY AND REPORT.—The Secretary of Defense shall study and submit to Congress a report on the effectiveness of training under the pilot program, including the effect of the training on—

(1) managing stress; and

(2) preventing post-traumatic stress disorder.