



**after**deployment.org

*Wellness resources for the military community.*

**BRIEFING:  
RETURNING HOME**

# BRIEFING TOPICS

- COMMON SOLDIER / FAMILY EXPERIENCES FOLLOWING REDEPLOYMENT.
- SIGNS OF ADJUSTMENT PROBLEMS.
- ASSESSMENT PROGRAM (SWAPP).
- RECOMMENDATIONS

# DEPLOYMENT / REDEPLOYMENT

## **FACT:**

MOST SOLDIERS ARE AFFECTED BY THEIR DEPLOYMENT.

## **MYTH:**

EVERY SOLDIER EXPERIENCES CLINICALLY SIGNIFICANT  
PROBLEMS OR SYMPTOMS AFTER DEPLOYING.

## **FACT:**

MOST SOLDIER'S FAMILIES ARE AFFECTED BY A DEPLOYMENT.

## **MYTH:**

EVERY SOLDIER'S FAMILY REPORTS ADJUSTMENT PROBLEMS  
REQUIRING PROFESSIONAL SERVICES.

# BACK HOME: COMMON SOLDIER THOUGHTS

- “I FEEL EMOTIONALLY LETDOWN.”
- “NO ONE REALLY UNDERSTANDS WHAT I’VE BEEN THROUGH.”
- “MY FRIENDS SEEM DIFFERENT.”
- “OTHER PEOPLE’S CONCERNS SEEM PETTY NOW.”
- “I FEEL LIKE A STRANGER AT HOME.”
- “DID MY FAMILY MISS ME?”
- “SHOULD I TELL MY SPOUSE/FRIENDS ABOUT MY EXPERIENCES?”
- “HOW WILL MY CHILDREN RESPOND TO ME?”

# BACK HOME: COMMON FAMILY THOUGHTS

- “DID I HANDLE THINGS THE RIGHT WAY?”
- “WILL HE/SHE APPRECIATE HOW WELL I MANAGED THE FAMILY?”
- “I’VE GOTTEN GOOD AT SOME THINGS THAT I DON’T WANT TO GIVE UP.”
- “SHOULD I ASK HIM ABOUT HIS EXPERIENCES?”
- “HE SPENDS MORE TIME WITH HIS ‘COMBAT BUDDIES’ THAN WITH HIS FAMILY.”
- “WHEN WILL HE/SHE BE MORE LIKE HIM/HERSELF?”
- WHEN WILL HE/SHE DEPLOY AGAIN?”

# WHAT IS NORMAL?

## SOLDIERS

IT IS **COMMON** AND **NORMAL** FOR SOLDIERS TO EXPERIENCE EMOTIONAL AFTERSHOCKS WHEN THEY HAVE WITNESSED OR BEEN INVOLVED IN HIGHLY STRESSFUL AND LIFE THREATENING SITUATIONS.

## FAMILIES

IT IS **COMMON** AND **NORMAL** FOR FAMILIES TO EXPERIENCE COPING DIFFICULTIES DURING THE PREDEPLOYMENT, DEPLOYMENT, AND REDEPLOYMENT PHASES OF ADJUSTMENT.

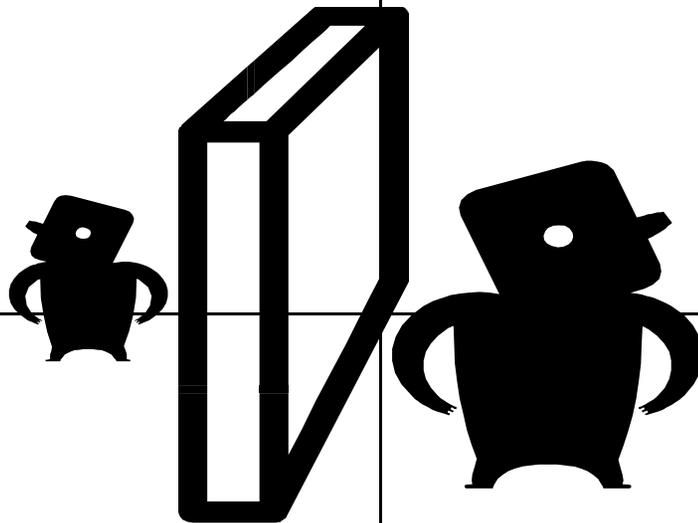
# THE “WHEN” OF POST DEPLOYMENT STRESS

SOMETIMES THE STRESS REACTIONS  
APPEAR IMMEDIATELY. SOMETIMES  
THEY APPEAR HOURS, DAYS, WEEKS,  
OR EVEN MONTHS LATER.

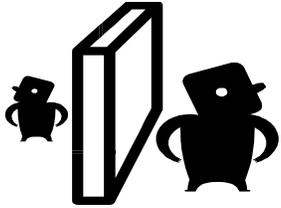
THE STRESS REACTIONS MAY  
LAST A FEW DAYS, A FEW WEEKS, OR  
EVEN A FEW MONTHS, AND SOMETIMES  
LONGER.

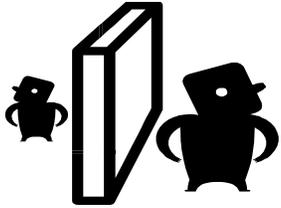
<b>Post Deployment By The Numbers</b>			

**Do you isolate yourself?**

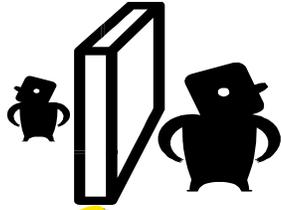


Do you isolate yourself?



<p>Do you isolate yourself?</p> 			

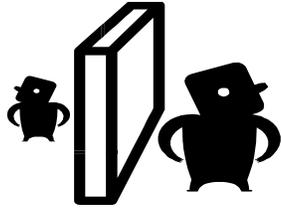
Do you isolate  
yourself?



# Do you get angry easily



Do you isolate yourself?



Do you get angry easy?



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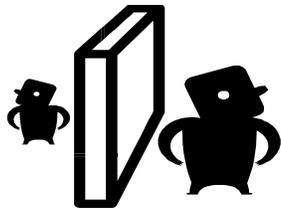
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Do you isolate yourself?



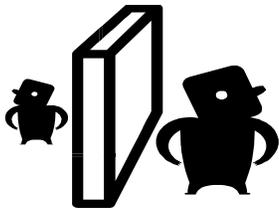
Do you get angry easy?



Do you drink alcohol more often?



Do you isolate yourself?



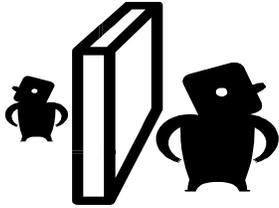
Do you get angry easy?



Do you drink alcohol more often



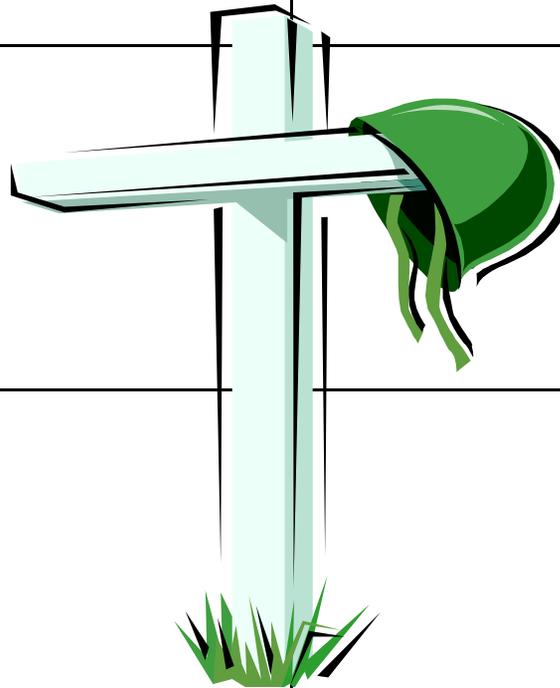

Do you isolate yourself?



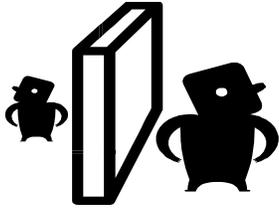
Do you get angry easy?



Do you drink alcohol more often



Do you isolate yourself?



**Do you get angry easy?**



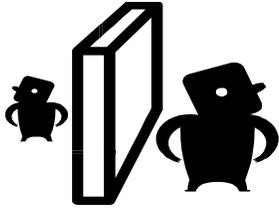
**DO you drink alcohol more often**



*Do you think about suicide?*



Do you isolate yourself?



Do you get angry easy?



Do you drink alcohol more often

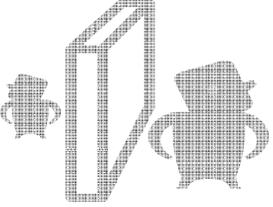
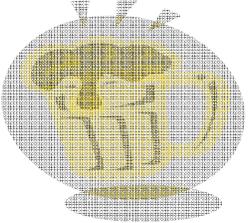
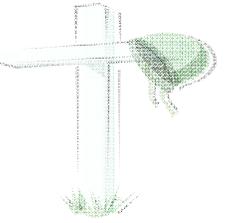


Do you think about suicide?



Do you feel emotionally numb?



<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 			

Do you isolate yourself?

Do you get angry easy?

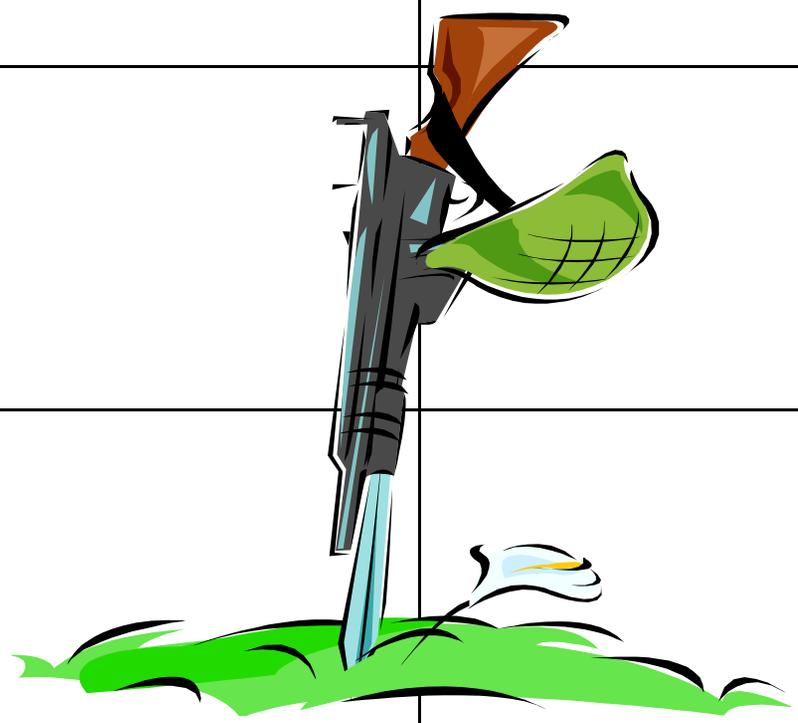
Do you drink alcohol more often

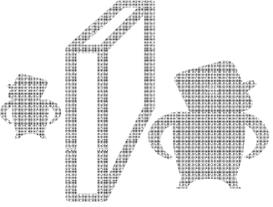
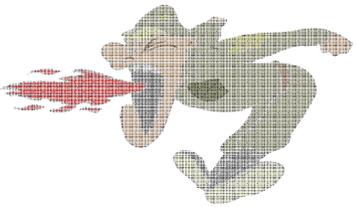
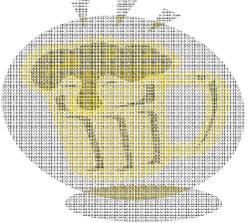
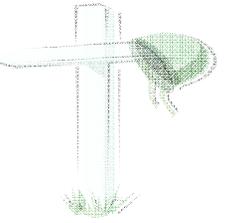
Do you think about suicide?

Do you feel guilty for surviving Iraq

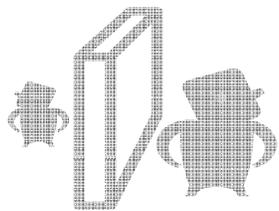
Do you feel emotionally numb?

or guilty for not still being there?



<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 		

Do you isolate yourself?



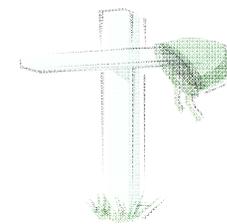
Do you get angry easy?



Do you drink alcohol more often



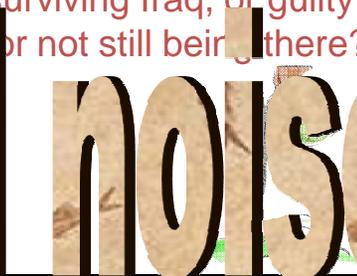
Do you think about suicide?



Do you feel emotionally numb?

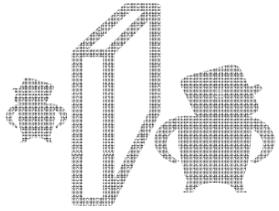
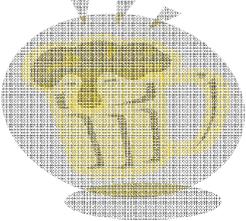
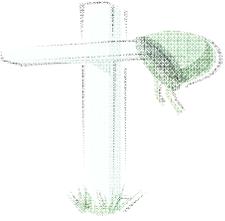
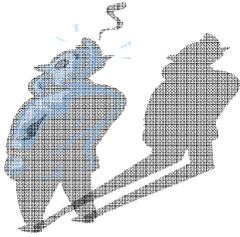


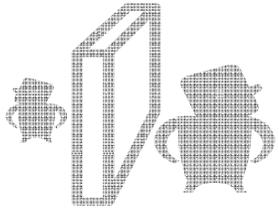
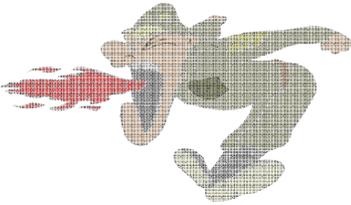
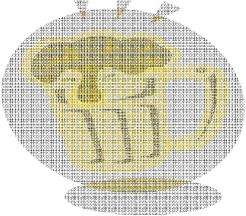
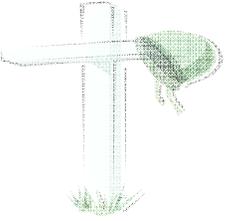
Do you feel guilty for surviving Iraq, or guilty or not still being there?

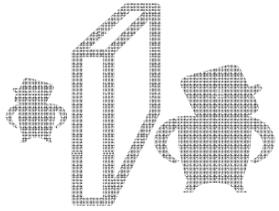
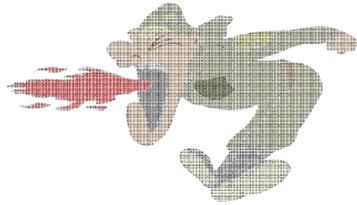
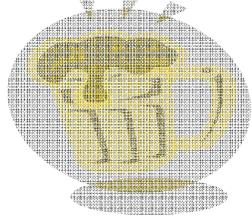
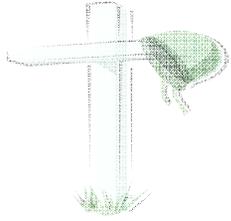


# Do loud noises bother you?

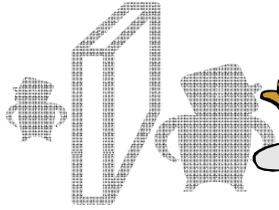


<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	

<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p><i>Do you feel uncomfortable in crowds?</i></p>
			

<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
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Do you isolate yourself?



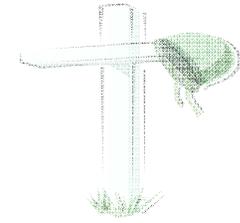
Do you get angry easy?



DO you drink alcohol more than ten



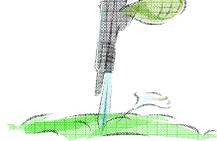
Do you think about suicide?



Do you feel emotionally numb?



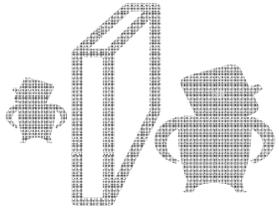
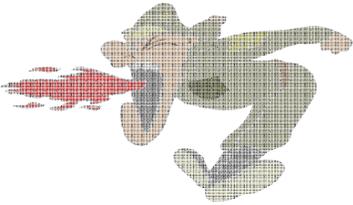
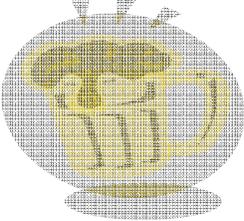
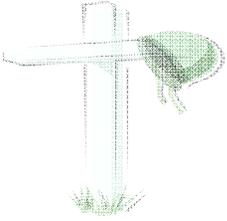
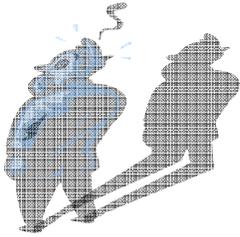
Do you feel surviving Iraq for not still



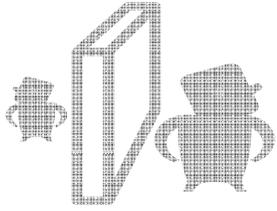
Do you feel comfortable in crowds?



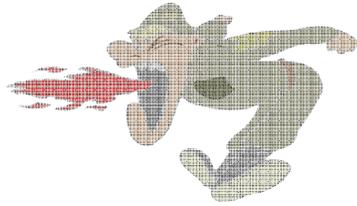
# Do you have road rage?

<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 			

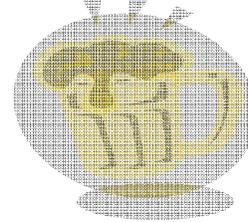
Do you isolate yourself?



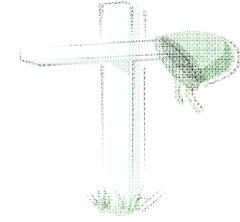
Do you get angry easy?



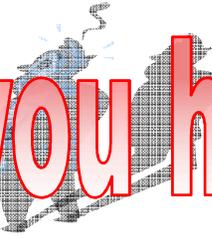
DO you drink alcohol more often



Do you think about suicide?



Do you feel emotionally numb?



Do you feel guilty for surviving Iraq, or guilty for not still being there?



**DO LOUD NOISES BOTHER YOU?**

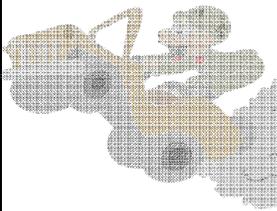


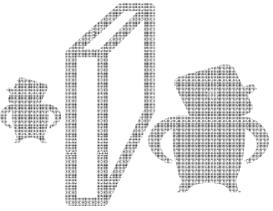
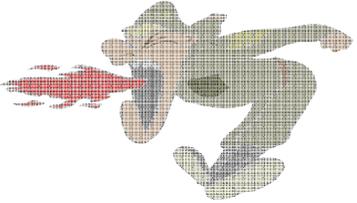
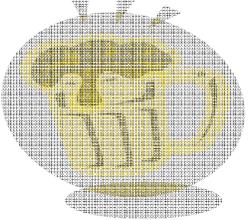
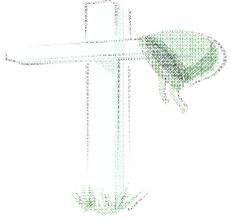
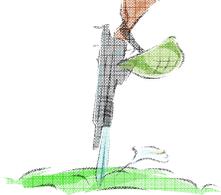
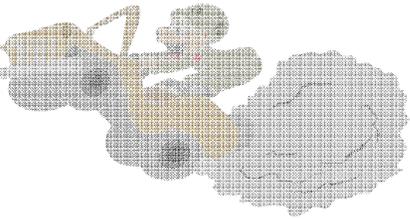
Do you feel uncomfortable in Crowds?



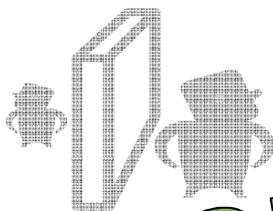
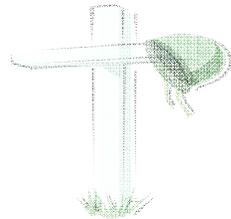
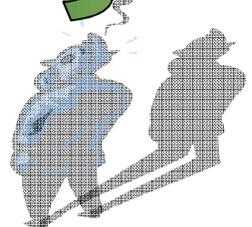
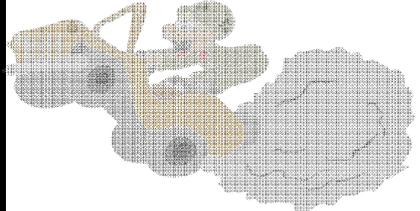
Do you have relationship problems?

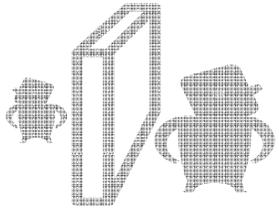
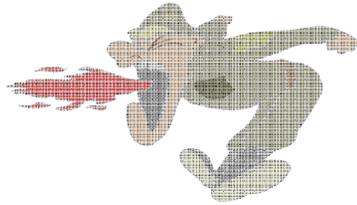
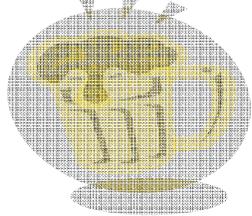
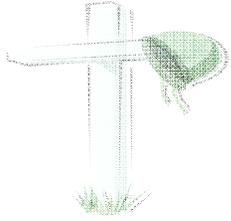
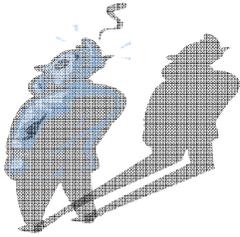
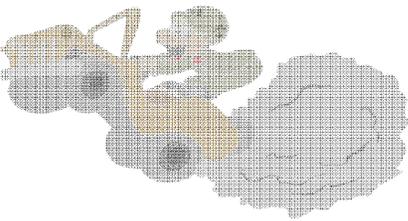
Do you have Rage?

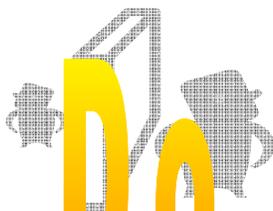
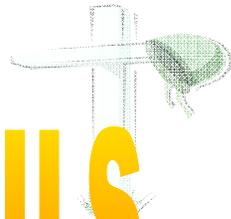
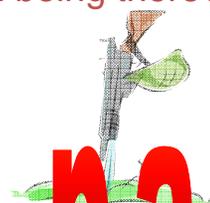
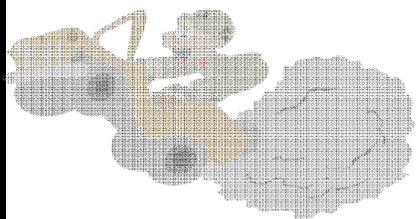
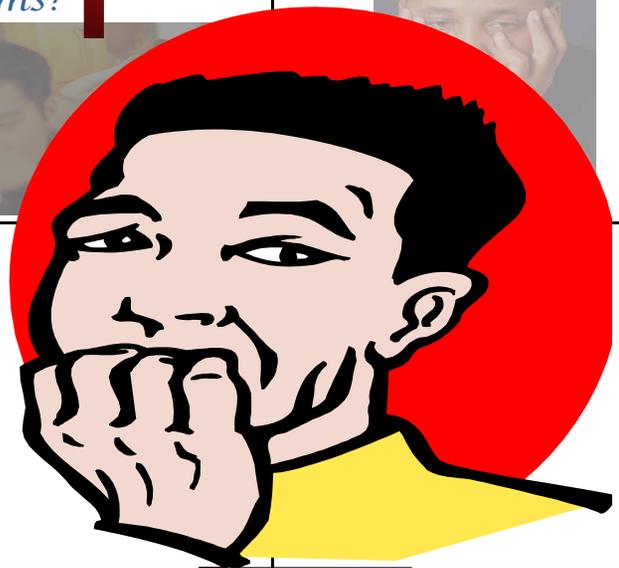


<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have relationship problems?</p> 		

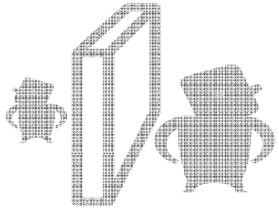
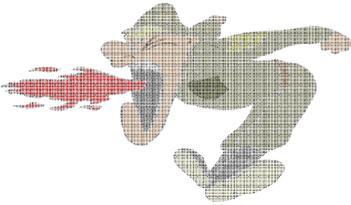
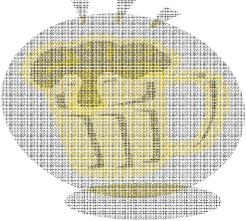
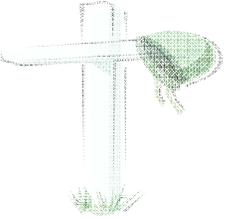
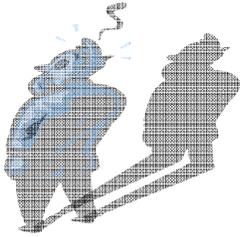
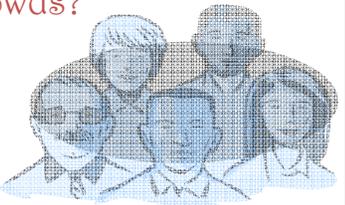
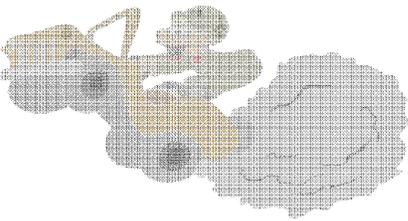
# Do you feel depressed?

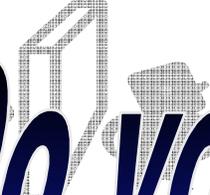
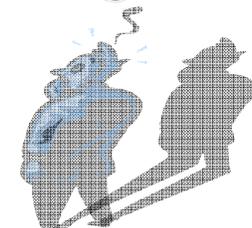
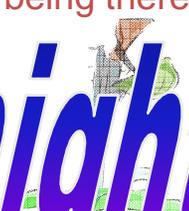
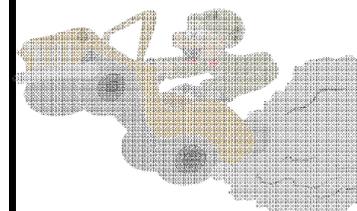
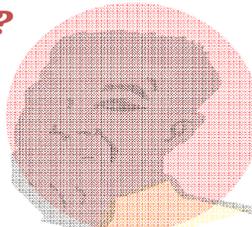
<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel lonely or guilty for not being in Iraq?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not being in Iraq?</p> 	<p>DO LOUD NOISES BOTHER YOU?</p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have relationship problems?</p> 		

<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have relationship problems?</p> 	<p>Do you feel depressed?</p> 	

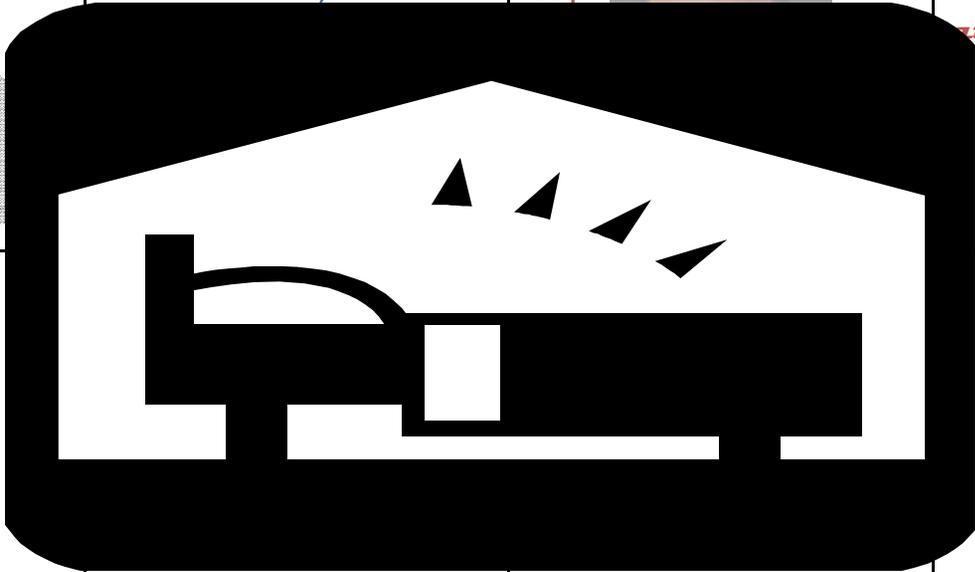
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<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p>DO LOUD NOISES BOTHER YOU?</p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Rage?</p> 	<p>Do you have relationship problems?</p> 	<p>Do you feel depressed?</p> 	
			

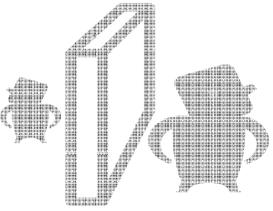
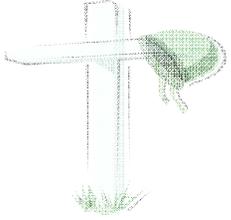
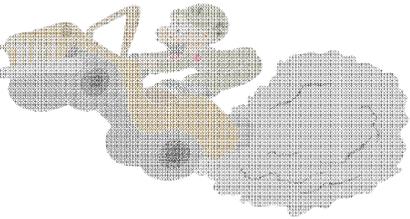
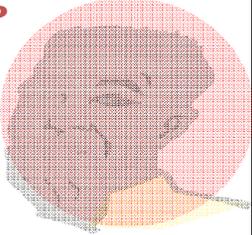
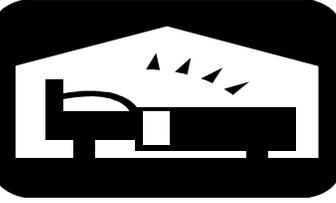
**Do you feel anxious or have panic attacks?**

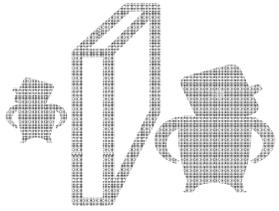
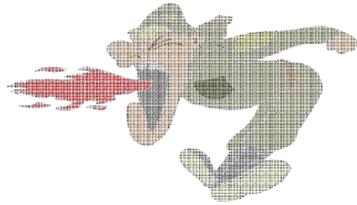
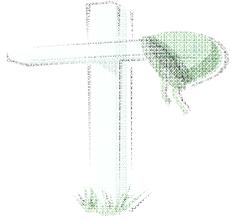
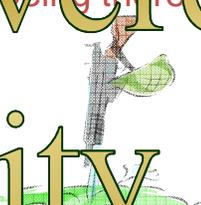
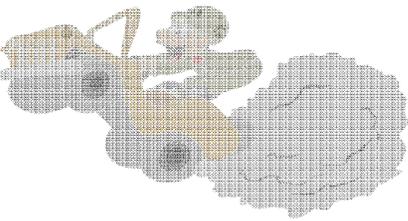
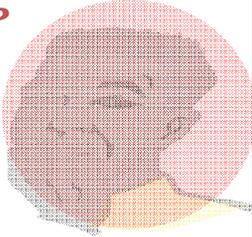
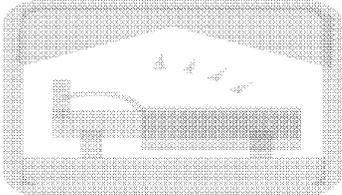
<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have relationship problems?</p> 	<p>Do you feel depressed?</p> 	<p>Do you feel anxious or have panic attacks?</p> 

<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p>DO YOU NOISES BOTHER YOU?</p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have relationship</p>	<p>Do you feel depressed</p> 	<p>Do you feel anxious or have panic attacks?</p> 

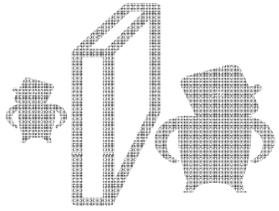
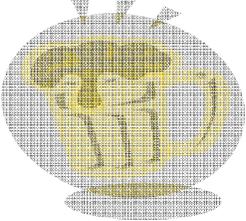
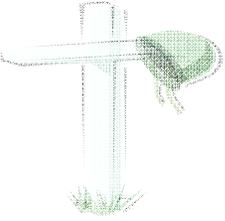
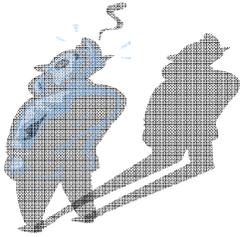
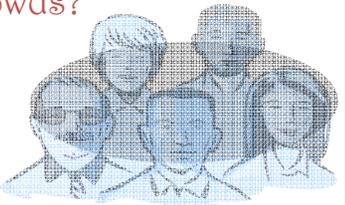
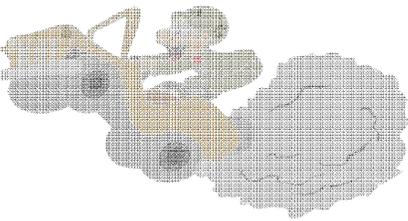
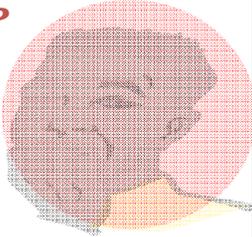
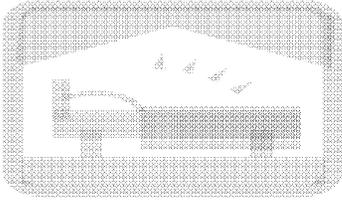
# Do you have trouble sleeping or nightmares?



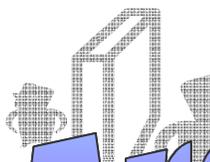
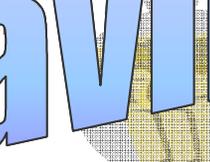
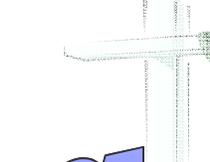
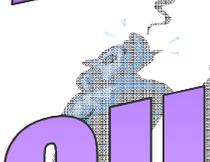
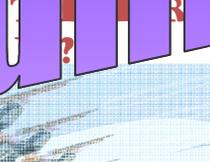
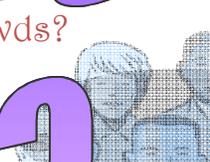
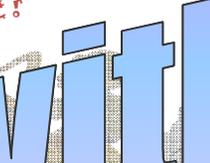
<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have relationship problems?</p> 	<p>Do you feel depressed?</p> 	<p>Do you feel anxious or have panic attacks?</p> 
<p>Do you have trouble sleeping or nightmares?</p> 			

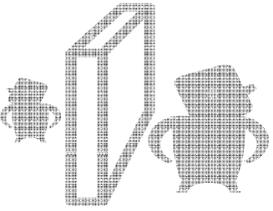
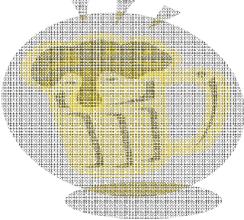
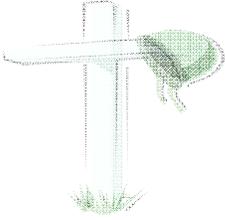
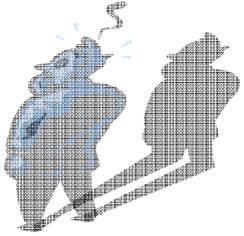
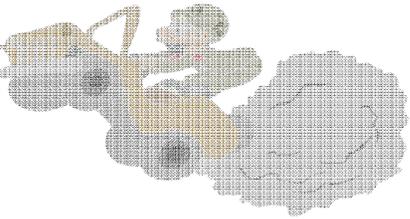
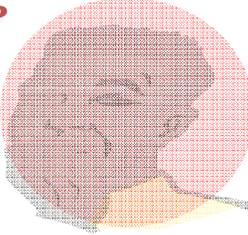
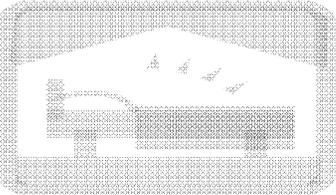
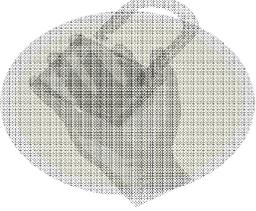
<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have relationship problems?</p> 	<p>Do you feel depressed?</p> 	<p>Do you feel anxious or have panic attacks?</p> 
<p>Do you have trouble sleeping or nightmares?</p> 			

Are you overcautious about security or safety?

<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have relationship problems?</p> 	<p>Do you feel depressed?</p> 	<p>Do you feel anxious or have panic attacks?</p> 
<p>Do you have trouble sleeping or nightmares?</p> 	<p>Are you over-cautious about safety or security?</p> 		

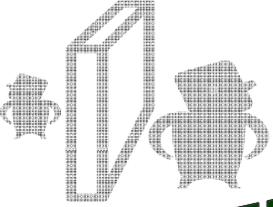
**Are you having troubles reuniting with loved ones?**

<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more than you should?</p> 	<p>Do you think about suicide?</p> 
<p>Do you have a lot of trouble sleeping?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p>DO YOU FEEL OVERCAUGHT?</p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have frequent headaches?</p> 	<p>Do you have frequent episodes of dizziness?</p> 	<p>Do you feel anxious or have panic attacks?</p> 
<p>Do you have trouble sleeping or nightmares?</p> 	<p>Are you over-cautious safety or security?</p> 		

<p>Do you isolate yourself?</p> 	<p>Do you get angry easy?</p> 	<p>DO you drink alcohol more often</p> 	<p>Do you think about suicide?</p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p>Do you have relationship problems?</p> 	<p>Do you feel depressed?</p> 	<p>Do you feel anxious or have panic attacks?</p> 
<p>Do you have trouble sleeping or nightmares?</p> 	<p>Are you over-cautious about safety or security?</p> 	<p>ARE YOU HAVING TROUBLE REUNITING WITH LOVED ONES?</p> 	

# Are you avoiding people or interests you used to enjoy?

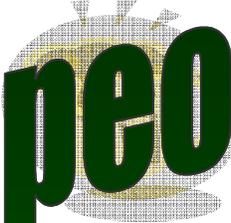
Do you isolate yourself?



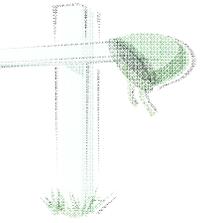
Do you get angry easy?



DO you drink alcohol more often



Do you think about suicide?



Do you feel nervous or shy?



Do you feel guilty for not still being there?



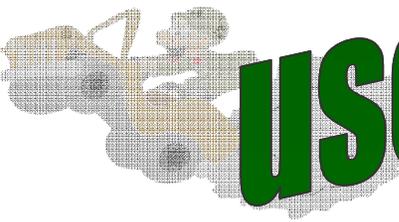
DO LOUD NOISES BOTHER YOU?



Do you feel uncomfortable in Crowds?



Do you have a bad Rage?



Do you have relationship problems?



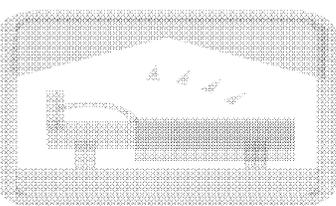
Do you feel nervous?



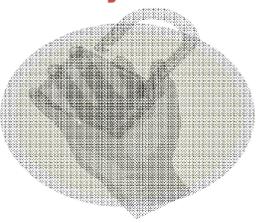
Do you feel anxious?



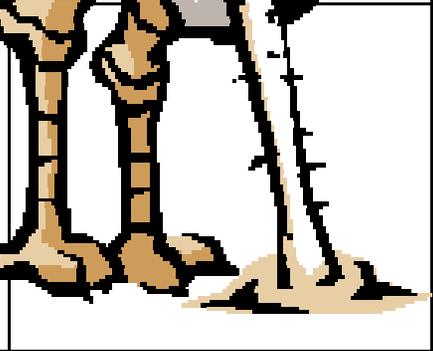
Do you have trouble sleeping or nightmares?

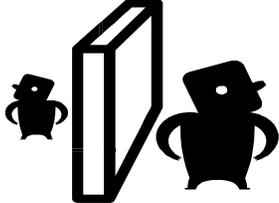
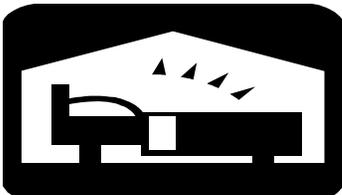


Are you over-cautious about safety or security?



ARE YOU HAVING TROUBLE REUNITING WITH LOVED ONES?



<p>Do you isolate yourself?</p> 	<p><b>Do you get angry easy?</b></p> 	<p><b>DO you drink alcohol more often?</b></p> 	<p><i>Do you think about suicide?</i></p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p>Do you have Road Rage?</p> 	<p><i>Do you have relationship problems?</i></p> 	<p>Do you feel <b>RP4</b> depressed?</p> 	<p><i>Do you feel anxious or have panic attacks?</i></p> 
<p>Do you have trouble sleeping or nightmares?</p> 	<p><b>Are you over-cautious about safety or security?</b></p> 	<p>ARE YOU HAVING TROUBLE REUNITING WITH LOVED ONES?</p> 	<p>Are you avoiding people or interests that you used to enjoy?</p> 

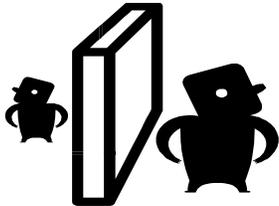
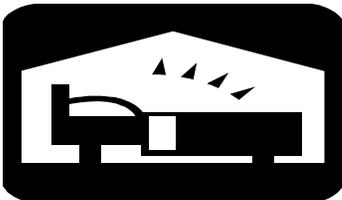
**Slide 40**

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**RP4**

The word "depressed" is obliterated by the graphic. This looks much better on the following slide.

Ron Peeples, 9/8/2010

<p>Do you isolate yourself?</p> 	<p><b>Do you get angry easy?</b></p> 	<p><b>DO you drink alcohol more often?</b></p> 	<p><i>Do you think about suicide?</i></p> 
<p>Do you feel emotionally numb?</p> 	<p>Do you feel guilty for surviving Iraq, or guilty for not still being there?</p> 	<p><b>DO LOUD NOISES BOTHER YOU?</b></p> 	<p>Do you feel uncomfortable in Crowds?</p> 
<p><b>Do you have Road Rage?</b></p> 	<p><i>Do you have relationship problems?</i></p> 	<p>Do you feel depressed?</p> 	<p><i>Do you feel anxious or have panic attacks?</i></p> 
<p>Do you have trouble sleeping or nightmares?</p> 	<p><b>Are you over-cautious about safety or security?</b></p> 	<p>ARE YOU HAVING TROUBLE REUNITING WITH LOVED ONES?</p> 	<p>Are you avoiding people or interests that you used to enjoy?</p> 

# NEGATIVE COPING

## EXCESSIVE BEHAVIORS:

- ALCOHOL USE
- GAMBLING
- VIDEO GAMING
- FIXATION ON THE NEWS / WAR MOVIES
- OUT OF CONTROL SPENDING

# WHAT IS "ADAPTATION"?

- "**ADAPT**" means "To Adjust to New Conditions."
- Deploying / Redeploying Represents a Significant **CHANGE** in Life Conditions ("New Conditions").
- **SUCCESS** Depends on the **ABILITY TO ADAPT** to "New Conditions," that is:
  - the **ABILITY TO ADAPT TO CHANGE**.
- "The survivors in this life seem to be those who are **adaptable** to change."  
- *Cambridge International Dictionary of English*

# ADAPTIVE DEPLOYMENT BEHAVIOR

WHAT'S ADAPTIVE IN ONE CONTEXT MAY NOT BE  
ADAPTIVE IN ANOTHER CONTEXT

- Being constantly on guard (hypervigilant).
- Getting little sleep.
- Recalling events repeatedly.
- Emotional numbing.
- Irritability.
- Heightened response to loud noises.

THESE BEHAVIORS MAXIMIZED SURVIVAL DURING  
DEPLOYMENT, BUT ARE DISRUPTIVE IN GARRISON

# WHEN IS THE PROBLEM 'MALADAPTIVE'

- IF IRRITABILITY/ANGER PERSISTS.
- IF YOU HAVE CONCERN THAT YOUR BEHAVIOR MAY BE AFFECTING THE SAFETY OF FAMILY MEMBERS.
- IF EXCESSIVE BEHAVIORS PERSIST.
- IF YOU HAVE THOUGHTS ABOUT SUICIDE.
- IF NIGHTMARES/INSOMNIA PERSISTS.
- IF MOOD REMAINS FLAT OR DEPRESSED OR CONSTANTLY ANXIOUS.

# PERSONAL DEVELOPMENT

WHAT DID YOU LEARN ABOUT YOURSELF?

NAME A CONSTRUCTIVE CHANGE OR SKILL THAT YOU DEVELOPED THAT IS THE RESULT OF YOUR DEPLOYMENT.

- DO YOU HAVE:
  - A SENSE OF ACHIEVEMENT?
  - GREATER SELF-CONFIDENCE?
  - MORE SELF-ESTEEM?
  - IMPROVED DECISION-MAKING ABILITY?
  - INCREASED APPRECIATION OF FAMILY MEMBERS?

# IDENTIFIED NEEDS



**Over 20%** of returning Service Members experience:

- ⇒ Traumatic deployment memories
- ⇒ Sleep problems
- ⇒ Stress
- ⇒ Depression
- ⇒ Anger
- ⇒ Substance abuse
- ⇒ Relationship issues



# BARRIERS TO CARE

While post-deployment adjustment problems are ***normal...***

Service members do not seek face-to-face care because of personal and/or situational ***barriers...***

...And the ***stigma*** associated with receiving care.

A photograph of a two-story house. The left side of the house is covered in green and brown camouflage paint. A person in an orange shirt is standing on a ladder, painting the white siding of the house. The right side of the house is white siding with a dark door and windows. The background is a solid yellow color.

**TROUBLE ADJUSTING TO  
HOME LIFE?**

GET SOME HELP **afterdeployment.org**  
A Wellness Resource for the Military Community

Adjusting to life after deployment can be difficult for service members, families and veterans.  
[afterdeployment.org](http://afterdeployment.org) provides self-care solutions for common post-deployment problems.

# POST-DEPLOYMENT SURVEY

- POST DEPLOYMENT SURVEY ADMINISTERED TO ALL REDEPLOYING SOLDIERS.
- THE SURVEY TAPS A WIDE RANGE OF HEALTH-RELATED ISSUES.
- EVERY SOLDIER TAKES THE SURVEY.
- ON THE DAY OF THE SURVEY, EVERY SOLDIER HAS AN OPPORTUNITY TO TALK PRIVATELY WITH A CHAPLAIN, A SOCIAL WORKER, OR A PSYCHOLOGIST.

# SUGGESTIONS – 1

- Go Slowly – Don't Try to Make up for Lost Time All At Once.
- Concentrate on Family / Friendships.
- Recognize That Closeness May be Awkward at Times.
- Get Rest.
- Learn to Really Relax.

# SUGGESTIONS – 2

- Consider the Following:
  - What's Different About You?
  - What are Others Telling You is Different?
  - Do You Continue to Have a Lot of Mission Adrenaline?
  - Are You Having Problems With Garrison Life?
  - Are You on Edge a Lot, Irritable, Short-Tempered?
  - What's Different About Your Family?

# SUGGESTIONS – 3

- Families Want to Know if It's O.K. to Ask You About Your Deployment – Give a Clear Response.
- Curb Your Need to Take Control.
- Avoid Making Sudden Big Life Changes.
- Identify the Positive.
- Reassure Your Children – Change Often Frightens Them.
- Try to See Things From His/Her Point of View.
- Have Confidence that Things Will Return to Normalcy in a Few Months.
- Talk About Your Experiences – Talk is the Most Healing Medicine.

# RESOURCES

- UNIT CHAIN OF COMMAND
- UNIT CHAPLAIN
- SOCIAL WORK SERVICES/CARE MANAGERS
- BEHAVIORAL HEALTH CLINIC
- SOLDIER READINESS SERVICE
- MEDICAL PROVIDERS
- *afterdeployment.org*
- MILITARYONESOURCE