

Post-Deployment Resilience Training for Circle of Support (*Reintegration*)



POST-DEPLOYMENT RESILIENCE TRAINING FOR CIRCLE OF SUPPORT (REINTEGRATION)

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WRAIR

Walter Reed Army Institute of Research

This DCRT module was developed by the Research Transition Office (RTO) of the Walter Reed Army Institute of Research (WRAIR). Comments or suggestions for the improvement of this DCRT module, Post-Deployment Resilience Training for Circle of Support, v.3 August 2021 should be made to WRAIR at:

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Post-Deployment Resilience Training for Circle of Support (*Reintegration*)

Intent

This DCRT module is provided to members of a Soldier's Circle of Support (e.g., Spouse, significant other, parent(s), siblings, extended Family, friends, mentors) +/- 1 month of the Soldier returning home. According to AR 350-53, DCRT must be offered to Circle of Support members whose Soldier deploys for 90 days or longer for purposes other than training. This module aims to prepare Circle of Support members to effectively navigate the reintegration process together with their Soldier; therefore, it is recommended this module is delivered prior to the Soldier's return so Circle of Support members and Soldiers can establish realistic expectations together before the reintegration process officially begins.

Because a Circle of Support member's reintegration experience is greatly influenced by their Soldier's experience, this training also encourages support members to consider common challenges that Soldiers have during reintegration. Considering the Soldier's perspective can help Circle of Support members to set realistic expectations as well as provide a starting point for the support member and their Soldier to communicate their needs and experiences.

The module begins by focusing on the ways Circle of Support members and their Soldiers have grown through the deployment. Recognizing growth in themselves can help instill a sense of pride as well as aide their confidence moving into the reintegration process. Recognizing growth in others, like the Soldier, can help the Circle of Support member and Soldier celebrate positive outcomes of a challenging time. As with all of the DCRT modules, Circle of Support members are encouraged to consider the reintegration process as an opportunity to grow.

Re-establishing proper communication once the Soldier is home can be a source of anxiety and strain on returning Soldiers and their Circle of Support members. The module provides practical suggestions on how to re-establish effective communication in the home environment.

Just as Soldiers positively adapt to the deployed environment, Circle of Support members also develop strengths and skills during the deployment phase. Throughout the module, Circle of Support members are encouraged to consider the need to adapt certain skills and strategies or adopt new ones in order promote a successful reintegration individually and relationally. Along with skills and strategies, Circle of Support members are encouraged to consider the support and resources available to assist them through the reintegration process.

Post-Deployment Resilience Training for Circle of Support (*Reintegration*)

Overview and Flow of Module Sections

Part 1: Growth from Deployment

- Foster a sense of achievement by encouraging Circle of Support members to think about the ways they, their Soldiers, and other members of the Circle of Support have grown during the deployment.

Part 2: Post-Deployment Expectations

- Set realistic expectations for the reintegration process to include the following: (1) reintegration presents challenges; (2) reintegration is a process, not an event; (3) reintegration is an opportunity for growth; (4) reintegration is unique to each individual, Family unit, and deployment; and (5) reintegration is not a solitary process, it involves others.

Part 3: Resilience in Action

- Review factors that promote resilience especially when facing adversity and challenges such as a sense of purpose, strategies, skills, and support from others and from resources.
- Discuss the need to adapt strategies and skills that were effective during deployment to best suit the reintegration environment.











Part 4: Draft a Resilience Plan

- Reflect on key take-aways from the training and draft a plan for applying the lessons learned.
- Create a goal plan to help provide Circle of Support members with motivation, direction, and focus on taking actions that will support them and their Soldier to make progress in their reintegration.

Post-Deployment for Circle of Support (Reintegration) SmartGuide Symbols

This SmartGuide for Post-Deployment Resilience Training for Circle of Support (Reintegration) has been designed to be user-friendly while containing as much information as possible to help you present this training. The following symbols are used throughout.

Training Module Symbol Guide

Symbol	Represents	Explanation
	Timing	This symbol indicates the amount of time allotted for a given section of the material.
	Target / Intent	This symbol indicates the main function or rationale for a given slide.
	Key Point	Numbers are used to indicate the main points that must be addressed in order to meet a given slide's target / intent.
	Sample Talking Point	Bullets are potential talking points that a trainer can choose to use to elaborate on key points or to simply provide context.
	Note to Trainer	Bracketed text indicates a note to the trainer which is not intended to be read aloud. These provide hints on how to present the material and tips to avoid potential issues that may arise within a given topic.
	Multimedia	This symbol indicates the use of supplementary audio/video files. To avoid down-time or technical difficulties, keep an eye out for these and plan accordingly.
	Handouts	This symbol indicates that the participants will use handouts at a given point in the training. To avoid down-time, keep an eye out for these and plan accordingly.
	Exercise	This symbol indicates the start of an exercise or activity. To avoid down-time, keep an eye out for these and plan accordingly.
	Continue	This symbol indicates that the training material for a given slide continues onto the next page.
	Stop	This symbol indicates that the training material for a given slide ends on this page.



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Post-Deployment Resilience Training for Circle of Support (Reintegration): 2 hours



Introduce yourself and welcome participants to Deployment Cycle Resilience Training (DCRT).

1. Welcome participants to the training and introduce yourself.

- Welcome to Deployment Cycle Resilience Training (DCRT).

[NOTE: Provide a brief introduction of yourself. Explain how you came to be facilitating Deployment Cycle Resilience Training. Along with the professional information, consider sharing a little about yourself personally. This can help build rapport and create a safe, trusting environment for the training.]

- DCRT is a series of operational resilience training modules designed to prepare Soldiers, leaders, and Soldiers' Circles of Support for the unique challenges of Army life at each stage of the deployment cycle.
- The Soldier's Circle of Support includes anyone that the Soldier considers to be a priority within their support system, such as a Spouse, significant other, parent, sibling, other Family member, mentor, and friend.
- You are here because your Soldier values your support and you value supporting your Soldier.

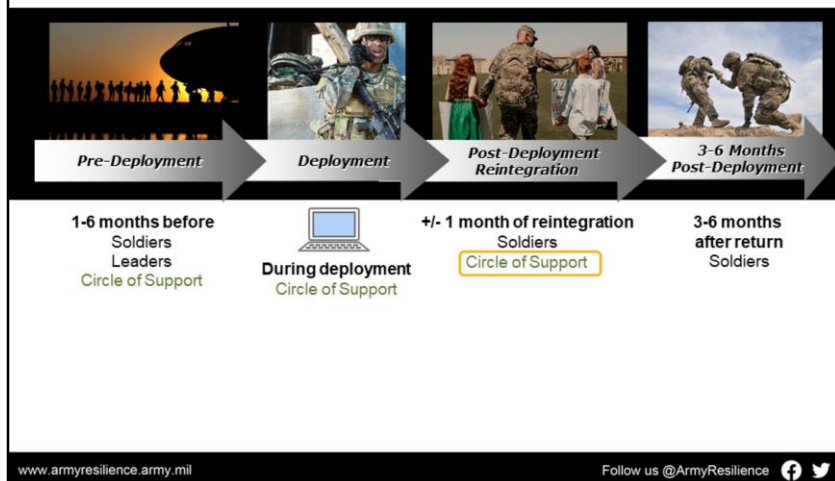
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DCRT Modules: Timeline



Record your own notes here:

[NOTE: This slide provides overall awareness to Circle of Support members regarding the support available to them and their Soldier throughout a deployment cycle.]



Briefly review the DCRT modules and the respective timeline.

1. Introduce the purpose of the slide.

- Before we get started with today's module, let's briefly review the DCRT modules offered through deployment cycle.
- According to AR 350-53, DCRT must be offered to Circle of Support members whose Soldier deploys for 90 days or longer for purposes other than training.

2. Briefly review the DCRT modules offered during the pre-deployment phase.

- One to six months prior to deployment, DCRT offers three distinct training modules: one for Soldiers, one for leaders, and one for Circle of Support members. The interactive modules are meant to support one's mental, emotional, and physical preparation for the deployment cycle with specific attention to the pre-deployment and deployment phases.
- The leader module is designed to help leaders establish a resilient unit climate and provide practical strategies for supporting their Soldiers' comprehensive resilience.
- Each respective pre-deployment module focuses on establishing realistic expectations; reviewing common challenges Soldiers, leaders, and Circle of Support members may expect to face; and discussing resources available to support them through the challenges.



- Each module also covers practical strategies that can enhance one's ability to cope with stress, overcome challenges, and experience growth.
- **[ASK]** Did anyone attend the Pre-Deployment Resilience Training for Circle of Support?

[NOTE: Consider asking those who attended the training, if any, to share how the training impacted their resilience so far during the deployment cycle.]

3. Briefly review the online training offered to Circle of Support members during the deployment phase.

- Circle of Support members have access to online modules that target specific challenges that they may experience during the deployment phase. While these modules provide support during the deployment, they are always available and can be accessed any time.
- There are 14 modules with topics ranging from problem solving to emotional adjustment to taking care of yourself. Circle of Support members can select topics relevant to them and can take the modules on their own time and at their own pace. The modules are interactive and are approximately 20-30 minutes in duration.

[NOTE: Consider asking the group if anyone participated in the online training, and if so, consider asking them to share how the training impacted their resilience during the deployment.]

4. Briefly review the DCRT modules offered during the post-deployment phase.

- Plus or minus one month of your Soldier's return home, DCRT offers a training for Soldiers and a training for Circle of Support members that focus on effectively navigating the reintegration process.
- Today's module is Post-Deployment Resilience Training for Circle of Support (Reintegration). The pre-deployment and post-deployment modules for the Circle of Support closely mirror the training that the Soldier receives. Having a common language can help promote a unified effort toward navigating reintegration challenges and can provide an opportunity for personal and relational growth.
- Your Soldier will receive further training around 3-6 months after returning home. The 3-6 month module is largely a "progress check" to see how the Soldier's ongoing transition is progressing and provide additional support during the reintegration process.

[NOTE: This is a natural transition to the next slide.]



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POST-DEPLOYMENT RESILIENCE TRAINING FOR CIRCLE OF SUPPORT (REINTEGRATION)

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Introduction: Recommended time is 15 minutes



Introduce the current module: Post-Deployment Resilience Training for Circle of Support (Reintegration).

1. Welcome Circle of Support members to the training and instill a sense of purpose in Circle of Support members choosing to participate in today's training.

- Welcome to Post-Deployment Resilience Training for Circle of Support (Reintegration).
- Participating in today's training will provide you with knowledge and practical tools to support you and your Soldier through the reintegration process. Furthermore, your investment in strengthening your resilience shows your Soldier that you are also invested in them and in being a strong, resilient person they can count on for support.

Record your own notes here:



2. Learn the dynamics of the group such as their roles within the Soldier's Circle of Support.

[NOTE: Time permitting, have each participant introduce himself/herself. For efficiency, provide a framework for introductions (e.g., name, hometown/home-base, years connected to the military, number of deployment experiences, and a "fun fact").

If time does not allow for individual introductions, ask broad questions with a "show of hands" response to gauge the perspectives and experiences in the room (e.g., Anyone a parent of the deploying Soldier? Spouse? Other? Anyone experienced a deployment before?]

3. Establish that this is an interactive module and that those with reintegration experience and those without can both add value to the training.

- This is an interactive module. Your participation is key to the success of this training.
- Those of you who have experience with reintegration add value to this training by sharing from your past experiences such as what worked well and what was most challenging or unexpected. You can provide insight as we establish realistic expectations of the reintegration process.
- Those of you who are experiencing reintegration for the first time, you have a lot to offer to this training too. This is a safe place to get your questions asked and to share your thoughts and feelings about reintegration.
- Every reintegration is unique and can be experienced differently. That means that another person's experience does not mean it will be your experience. And, if you have had previous experience with reintegration, this current one may be experienced quite differently so please keep an open mind.

4. Transition.

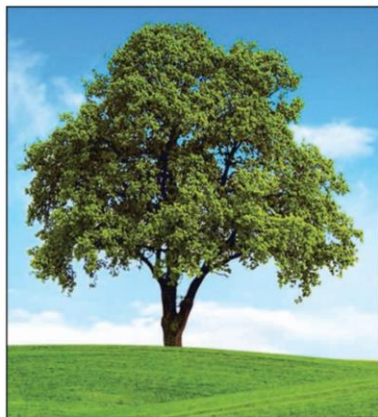
- Before we dive into the training, let's review an excerpt from the poem "Good Timber".

Record your own notes here:





Excerpt from the poem “Good Timber”



The tree that never had to fight
For sun and sky and air and light,
But stood out in the open plain
And always got its share of rain,
Never became a forest king
But lived and died a scrubby thing.

Good timber does not grow with ease:
The stronger the wind, the stronger trees;
The further sky, the greater length;
The more the storm, the more the strength.
By sun and cold, by rain and snow,
In trees and men good timbers grow.

~ by Douglas Malloch

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Discuss the relevance of the poem excerpt to the deployment cycle experience, and encourage the mindset that challenges/stress can lead to growth.

1. Review the excerpt from the poem “Good Timber” and discuss how the excerpt applies to the deployment cycle.

[NOTE: Ask for a volunteer to read the excerpt.]

- **[ASK]** How does this quote apply to the deployment cycle experience?

[NOTE: Allow for discussion.]

2. Ask for specific challenges that Circle of Support members experienced during the deployment phase and encourage them to consider how the challenges may have helped them become stronger.

- **[ASK]** What are some “winds” or challenges that you faced during this deployment?

[NOTE: Allow for responses. Refrain from allowing it to turn into a venting session or group therapy session. Keep the conversation productive by steering the discussion back to specific challenges/stressors.]

Record your own notes here:



- Take a moment to consider how the stress you have encountered during the deployment cycle so far – the “wind” you have endured – has helped you and others to become stronger.

[NOTE: *Pause for a moment.*]

- Keep these thoughts in the back of your mind as we move forward with the training. We will revisit them shortly.

3. Encourage Circle of Support members to view stress as a catalyst for growth, particularly as they enter the reintegration process.

- The tree grows through what it goes through. You, too, can grow through what you go through. The “winds” you face during reintegration can be a catalyst for personal and professional growth.
- But, growth through reintegration will require you to approach reintegration with the right mindset and to put forth the same effort you did when preparing for the deployment phase itself.

4. Transition.

- Let’s take a look at the purpose of today’s training.

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Training Purpose



Prepare Circle of Support members to effectively navigate the reintegration process together with their Soldier



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State the purpose of the training module.

1. State the purpose of today's training module.

- The purpose of today's training is to prepare you to effectively navigate the reintegration process together with your Soldier.
- Effectively navigating the reintegration process will require you to face and cope with adversity, adapt to change, bounce back, and learn from setbacks. Simply put, reintegration will require resilience.

2. Explain that the training will focus on the perspective of both the Circle of Support members and the Soldier.

- This training was written for you and your unique experience as a Circle of Support member.
- Because your experience is greatly influenced by your Soldier's experience, this training will also include perspective on common experiences that Soldiers have during the reintegration process.
- Considering the Soldier's perspective can help you to set realistic expectations as well as provide a starting point for you and your Soldier to communicate how you each are uniquely experiencing the reintegration.

[NOTE: This is a natural transition to the next slide.]

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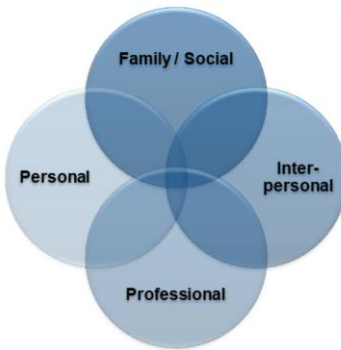
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Post-Deployment Reintegration



What might a “successful” reintegration look like for you and your Soldier?



Adapt to changes and navigate through challenges

How you respond to the changes and challenges will affect how you experience reintegration and life in general

Communication is critical to the reintegration process

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Discuss what it means to reintegrate.

[SLIDE BUILDS]

1. Discuss what a “successful” reintegration means to the Circle of Support member.

- **[ASK]** What might a “successful” reintegration look like for you and your Soldier?

[NOTE: Allow for responses. If a participant offers the response “getting back to normal”, then ask the participant what that means to them or to give more detail as to what that would look like.]

- Each of you likely has a unique description of what it means to “successfully” reintegrate. As we work through the module, look for aspects within the training that can help support you in achieving *your* success.

2. Explain that reintegration involves navigating through changes and challenges within multiple domains.

[CLICK TO ADVANCE]

- Let’s briefly review what the reintegration process entails.
- There are multiple domains of reintegration: Family/social, interpersonal, professional, and personal.
- Throughout the reintegration process, you and your Soldier will likely face changes and challenges in each domain.



Record your own notes here:

- Reintegration involves adapting to changes and navigating through challenges in various aspects of your and your Soldier's life.
- For example, reintegration involves having to adjust roles and responsibilities, re-establish routines, re-establish connection with your Soldier, and re-acclimate to in-person communication.
- How you respond to the changes and challenges will affect how you experience reintegration and life in general.
- This module is meant to support your ability to purposefully and proactively cope with the changes and manage the challenges so that during reintegration you can maintain a strong and healthy relationship with your Soldier and experience greater life satisfaction.

3. Highlight the critical importance of Circle of Support members and Soldiers remaining in consistent communication throughout the reintegration process.

- Communication is critical to the reintegration process. Therefore, today's training will place emphasis on strengthening communication between you and your Soldier.
- For starters, I encourage you to engage in a conversation with your Soldier regarding your goals for reintegration along with establishing realistic expectations in achieving those goals.
- Your description of a "successful" reintegration may differ from the person sitting next to you, but it is important that you and your Soldier are on the same page regarding your goals for reintegration, specifically when it comes to interpersonal matters.

4. Transition.

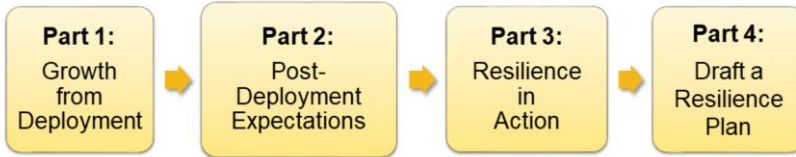
- Let's review the training outline.

Record your own notes here:





Training Outline



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Review the training outline.

1. Review the training outline by briefly discussing the four main parts that will be covered during the training.
 - There are four parts that will comprise today's training.
 - In Part 1, we will reflect on your deployment cycle experience thus far, specifically focusing on your Growth from Deployment.
 - Next, in Part 2, Post-Deployment Expectations, we will work to establish realistic expectations of reintegration to include common challenges that Circle of Support members and Soldiers might face individually and together.
 - Then, in Part 3, Resilience in Action, we will discuss factors that can benefit you when responding to reintegration challenges such as cultivating a sense of purpose, using effective coping strategies and skills, and leaning on the social support and resources available to you.
 - Lastly, in Part 4, you will be given the opportunity to reflect on what you learned or realized during today's training and Draft a Resilience Plan to guide you during the reintegration process. The training will conclude with an opportunity to identify a meaningful goal and create a clear plan of action that supports your idea of a "successful" reintegration.

[NOTE: This is a natural transition to the next slide.]

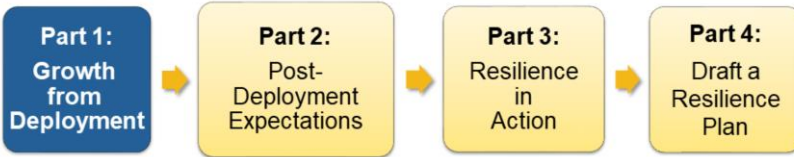


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Part 1: Growth from Deployment



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Part 1: Recommended time is 20 minutes



Introduce Part 1: Growth from Deployment.

1. Briefly review what will be covered in Part 1.

- In Part 1, Growth from Deployment, we begin by reviewing the importance and value of reflecting on the deployment experience in a deliberate, purposeful way.
- You will be given the opportunity to identify positive outcomes from the deployment cycle thus far and identify lessons learned that you can carry with you into the next phase of the deployment: post-deployment reintegration.
- Next, we will discuss ways in which you, your Soldier, and other members of the Circle of Support might have grown from the deployment experience so far.
- As previously mentioned, reintegration involves navigating changes to include positive change like growth. So, we will finish Part 1 with a discussion on how the growth experienced by you and others can impact the reintegration process.
- Throughout Part 1, you will gain greater self- and situational awareness. This awareness will help to drive discussions throughout the training and help make the training more personally relevant and impactful.

[NOTE: This is a natural transition to the next slide.]



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Deliberate Reflection



Reflect on the deployment cycle experience in a deliberate, purposeful way

Counteract the negativity bias

What positive or constructive things have come from the deployment experience?

- Greater appreciation for what you have
- Rediscover priorities and core values
- Stronger connection with others
- Better communication
- Financial gain
- Growth, personally and relationally

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Discuss positive or constructive things that Circle of Support members experienced from the deployment cycle thus far.

[SLIDE BUILDS]

1. Explain that growth is a product of experience paired with deliberate reflection.

- The experience you have had through the deployment cycle thus far is filled with rich lessons that can fuel your resilience and instill confidence as you enter into the post-deployment phase and navigate the reintegration process.
- To truly reap the benefits from the deployment cycle will require you to reflect on the experience in a deliberate, purposeful way.

2. Explain that deliberate reflection includes counteracting the negativity bias.

- When reflecting back on the deployment phase, it may be second nature to remember the crappy things, the tough challenges, what went wrong, or what you and others missed out on. It may take a little more effort to list the positive aspects.
- The natural human tendency to notice and place importance on things that are interpreted as negative, bad, difficult, or wrong before we notice or pay attention to what is good, beneficial, or right is called the negativity bias.



Record your own notes here:

- Sometimes you need to be deliberate in overcoming the negativity bias by seeking out the information that might be missing, such as the positive or even neutral aspects of a situation, or in this case the deployment cycle experience.

3. Ask Circle of Support members to share positive or constructive things that have come from the deployment experience.

- **[ASK]** What positive or constructive things have come from the deployment experience?

[NOTE: Allow for responses before revealing examples.]

[CLICK TO ADVANCE]

[NOTE: Examples might include

- *More appreciation for what you have and for one another;*
- *Rediscover priorities and core values, greater appreciation of what “really matters”;*
- *Stronger connection with others (e.g., closer Family ties, strengthened commitment in relationship, bonded with other Family members, built a support system);*
- *Better communication (e.g., developed better speaking and listening skills, increased value on communication such as talking through decisions or conflict);*
- *Financial gain (e.g., extra money received while on deployment, money saved during deployment);*
- *Personal growth, strengthened personal attributes like self-confidence and resourcefulness, children gained independence and responsibility.]*

[NOTE: For now, simply acknowledge growth as a positive, constructive outcome of deployment but refrain from going into depth of discussion about ways they or others have grown. That conversation will be held later in Part 1.]

4. Transition.

- Let's take a moment to capture lessons from your experience thus far so that you can incorporate them into your reintegration efforts.

Record your own notes here:





Lessons Learned



Think of a challenging event or situation that you handled well (e.g., with resilience).

What did you do to effectively navigate the situation and foster a resilient response?



Reflect on what you did *well* in order to

- Reinforce effective behaviors
- Increase optimism and self-confidence
- Set yourself up for a “successful” reintegration

What lesson(s) from the deployment might positively impact your resilience during the reintegration?

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Facilitate a reflection exercise to encourage Circle of Support members to identify lessons learned including what they did well to foster resilience during deployment.

[SLIDE BUILDS]

1. Guide the group to consider “sustains” regarding their deployment resilience, such as factors that contributed to resilient responses during deployment.

- To counteract the negativity bias, let's specifically focus on what went well during the deployment.
- Think of an adverse event or situation that happened during the deployment that you handled well.
- **[ASK]** ...what did you do to effectively navigate that situation and foster a resilient response?

[NOTE: Allow for responses. Listen for, and highlight, strategies that resemble those that were introduced in the Pre-Deployment Resilience Training for Circle of Support module (i.e. Control the Controllables, Shift Your Thinking, Deliberate Breathing, Hunt the Good Stuff, Deliberate Communication, Pursuing a Goal) as they will be discussed later in this module as well.]

Record your own notes here:



2. Highlight the benefits of focusing on personal successes and what contributed to the successes, such as increased optimism and self-confidence.

- Reflecting on times that you overcame adversity or successfully navigated a challenge—big or small—can help to reinforce the specific mindset, strategy, or behavior that was effective in the situation. This helps you identify “sustains” that can be brought forward to a future experience like reintegration.
- Consider how the skills and strategies that helped you be successful during deployment might also support your resilience during the reintegration process.
- What’s more, reflection on what you did well can help you face future challenges with more optimism and confidence, which can set you up for a more “successful” reintegration.

3. Discuss lessons from the deployment that might positively impact the resilience of Circle of Support members during reintegration.

- Extracting lessons learned from adversity and setbacks can strengthen your resilience by taking the lessons you learned and applying them to a future situation like those within the reintegration process.

[CLICK TO ADVANCE]

- **[ASK]** What lessons from the deployment might positively impact your resilience during reintegration?

[NOTE: Allow for responses. As an additional prompt, ask participants to consider any improvements they wish to make in regard to their response to stress, adversity, and challenges.]

4. Transition.

- Recall that part of resilience is learning through your experiences – good, bad, or indifferent. Another part of resilience is growing through your experiences.
- Let’s take a few moments to reflect on the personal and relational growth you and others experienced because of the deployment cycle thus far.

Record your own notes here:





Growth



How have you grown from the deployment experience?

What growth have you noticed in your Soldier?

How have you witnessed other Circle of Support members grow?

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Facilitate a discussion regarding the growth Circle of Support members, their Soldiers, and others have experienced throughout the deployment.

1. Discuss how Circle of Support members have grown from the deployment experience thus far.

- Earlier I asked you to consider how the challenges, or “winds”, that you faced during the deployment may have made you stronger.
- If you attended the Pre-Deployment Resilience Training for Circle of Support, you were asked to set a goal to pursue during the deployment phase. If you were not in attendance at that training, perhaps you still set and pursued goals during the deployment. Consider how accomplishing your goal, or making progress toward your goal, has led to growth.
- **[ASK]** With these things now in mind, how have you grown from the deployment experience thus far?

[NOTE: Allow for responses. Encourage participants to be as specific as possible and to consider personal, interpersonal, and professional growth. Examples may include

- *Became more resourceful and independent;*
- *Strengthened ability to solve problems and manage daily responsibilities;*
- *Improved ability to make critical decisions;*



Record your own notes here:

- *Developed greater confidence in the ability to handle things, increased resilience;*
- *Grew as a parent by having to learn new ways to support the children's needs.]*

2. Discuss the growth Circle of Support members have noticed in their Soldier throughout the deployment.

- **[ASK]** What growth have you noticed in your Soldier – personally, interpersonally, or professionally?

[NOTE: Allow for responses. If participants offer a simple response like “better leader”, then ask for a brief explanation to allow participants to expand on positive changes they have noticed (i.e., dwell on the good stuff). Examples might include

- *Developed a greater appreciation for their Circle of Support or for what they have;*
- *Learned new ways to communicate and stay connected to Family and friends;*
- *Improved leadership skill of decision-making;*
- *Improved physical health and fitness.]*

3. Discuss specific ways that other members of the Circle of Support grew during the deployment.

- **[ASK]** How have you witnessed other Circle of Support members grow from the deployment?

[NOTE: Allow for responses. Again, allow participants to expand on the positive changes in order to dwell on the good stuff. Examples may include

- *Parents became more resourceful and independent; learned new skills or ways to solve problems;*
- *Children learned responsibility and to contribute to the Family goals (e.g., household chores).]*

[NOTE: This a natural transition to the next slide.]

Record your own notes here:





Growth: Impact on Reintegration



How might your personal growth and the growth experienced by others impact the reintegration experience?

- Strengths and skills gained from deployment can help you face reintegration challenges
- New-found strengths, skills, and preferences can also present challenges



Reintegration requires everyone involved to be flexible, and to adjust and adapt to changes when necessary

Growth takes time; sometimes growth is best revealed when experiencing a test

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Facilitate discussion regarding how the growth experienced by Circle of Support members and their Soldier can impact reintegration.

[SLIDE BUILDS]

1. Discuss how the personal growth and the growth experienced by others might impact the reintegration experience.

- **[ASK]** How might the growth experienced by you, your Soldier, and others impact the reintegration experience?

[NOTE: Allow for discussion.]

[CLICK TO ADVANCE]

- In some ways, the strengths and skills gained from deployment can be beneficial in facing the challenges of reintegration.
- For example, during deployment, you may have sharpened your ability to focus on what you can control and to not sweat the small stuff. This skill can come in handy during reintegration.
- Not only will you have gained skills to face future challenges but you may also have gained confidence as you feel more equipped to handle challenges that come your way.
- However, in other ways, growth in yourself and in others, such as the new-found strengths and skills, can present challenges.

Record your own notes here:



- For example, on deployment, you may have become accustomed to being in control. When your Soldier returns home, this could cause conflict if you try to control what your Soldier does or how they do it. It'll be important to adjust by accepting that others may do things differently.

[CLICK TO ADVANCE]

- Reintegration requires everyone involved to be flexible and to adjust and adapt to changes when necessary. We will discuss this further in Part 3 of the module.

2. Explain that growth can be realized through feedback from others, and that sometimes growth is revealed when experiencing a test.

[CLICK TO ADVANCE]

- Sometimes growth isn't immediately recognized. One way to realize growth is the feedback from others. If you notice growth in your Soldier or other members of the Circle of Support, point it out. Bring it to their attention. Celebrate the growth. Likewise, if you want help identifying your personal growth, consider asking for feedback from others such as what they have witnessed of you.
- Also, growth may be happening but it might not be noticeable just yet. Sometimes, growth isn't realized until a person or relationship is put to a test.
- The reintegration phase will likely test you. Not only will the "winds" or stress of reintegration provide more opportunities for growth, but it will also reveal the growth in you and others that has already been in the works.

3. Transition.

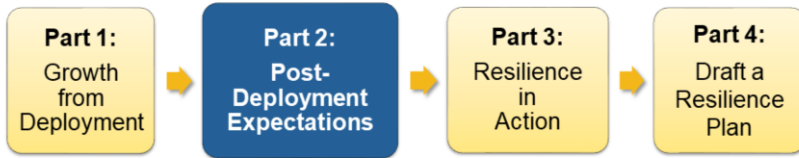
- Gaining greater insight and understanding of how you and others have grown through the deployment phase can help you and your Soldier prepare for reintegration.
- It is time now to move forward. Let's shift our focus from reflecting on the past experience to now preparing for what lies ahead.

Record your own notes here:





Part 2: Post-Deployment Expectations



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Part 2: Recommended time is 35 minutes



Introduce Part 2: Post-Deployment Expectations.

1. Briefly review what will be covered in Part 2.

- Part 2, Post-Deployment Expectations, will help mentally prepare you for what you might encounter during post-deployment reintegration.
- For example, we will discuss common reintegration challenges that you and your Soldier may encounter individually and together.
- Throughout Part 2, we will review five realities of reintegration. Understanding and embracing these key elements of reintegration will help you establish realistic expectations heading into the reintegration process.
- I encourage you to talk over the reintegration realities we review here in Part 2 with your Soldier so that you create shared expectations that are realistic for the both of you and for your unique set of circumstances.

[NOTE: *This is a natural transition to the next slide.*

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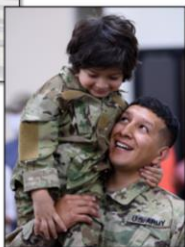
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Kick off the Conversation



How did the expectations you had of yourself, your Soldier, or of the deployment impact your resilience?



What do you wish you had known about reintegration before you experienced it the first time, or before you learned the hard way?

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Discuss the impact that expectations can have on a person's resilience and allow Circle of Support members to share ideas of realistic expectations for reintegration.

1. Acknowledge how the expectations that Circle of Support members held prior to the deployment phase impacted their resilience during deployment.

- Prior to your Soldier departing for the deployment, you likely held some expectations of the deployment such as what it would be like for you personally, other members of the Circle of Support, your Soldier, and your relationships.
- **[ASK]** How did the expectations you had of yourself, your Soldier, or of the deployment impact your resilience such as your ability to face adversity, cope with stress, and overcome challenges?

[NOTE: Allow for responses. Examples may include

- *I expected to grow stronger from the deployment; this helped me face adversity as challenges to overcome and as opportunities to grow;*
- *I expected my Soldier to change or develop in ways that allowed them to positively adapt to the demands of the deployment; when I noticed such changes, I was more understanding and patient when we communicated with one another;*

Record your own notes here:



- *I expected to talk with my Soldier regularly; when that wasn't the case, I was disappointed and upset;*
- *I expected my Soldier to be more empathetic to the stress I was under at home; when this expectation wasn't met, I was angry and resentful;*
- *I expected myself, my Soldier, and others to have a mixture of emotions throughout the deployment; this helped me accept my emotions and not feel like something was wrong with me.]*

2. Ask Circle of Support members who have previously experienced reintegration for information that can support realistic expectations of the reintegration process.

- **[ASK]** For those of you who have experienced a reintegration in the past, what do you wish you had known about the reintegration process before you experienced it for the first time, or before you learned the hard way?

[NOTE: Allow for discussion. If necessary, expand the discussion to include times of reintegration other than deployment, such as from BCT, AIT, NTC, or extended TDYs. Examples might include

- *Challenges associated with reintegration, sometimes a challenge or adversity doesn't surface until a few weeks after the reunion;*
- *The importance of communication, no matter the circumstances;*
- *Changes in the Soldier's mindset, personality, or behavior;*
- *Resources available to support Circle of Support members and the Soldier.]*

3. Transition.

- Managing your expectations of the reintegration process can help to minimize stress and enhance resilience. Next, we will review five aspects of reintegration that can help you establish realistic expectations.

Record your own notes here:





Realistic Expectation #1



Reintegration presents challenges



Things and people – including yourself – will have changed

Dealing with change can be a challenge, even if it's a positive change

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Explain that it is realistic to expect reintegration to present challenges.

1. Explain that reintegration presents challenges.

- Reintegration will present you and your Soldier with some challenges.
- From the time your Soldier left on deployment to the time they return, things and people – including yourself – will have changed. The changes will require you and others to adjust and adapt.
- Dealing with change can be a challenge, even if it is a positive change. For example, you may have become accustomed to doing things your way—the “right way”. When your Soldier returns home and you work to regain interdependence, you may need to let go of control and adjust to things being done differently.
- For some, challenges are present as soon as Soldiers return home. For others, certain challenges may not present themselves until a few weeks or a few months after returning home.

2. Transition.

- Next, we will review some common challenges that can occur during reintegration. We will start with a common post-deployment challenge that can take place in the early stage of reintegration.

Record your own notes here:



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The “Reunion Paradox”



“I’m excited
for my Soldier
to be home!”



“I’d rather be
back in the
deployment
phase.”



Feeling relieved to have your Soldier back home while at the same time wishing they were back on the deployment has been termed the “Reunion Paradox”

What might lead some Circle of Support members to want to return to the deployed phase?

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Prepare Circle of Support members for the “Reunion Paradox” and reassure them that these thoughts and feelings are common.

1. Set up the “Reunion Paradox” by highlighting typical thoughts and emotions that Circle of Support members may experience upon their Soldiers’ return.

- **[ASK]** How many of you, during the last few weeks of the deployment, could think of nothing else but wanting your Soldier home?

[NOTE: Allow for a show of hands.]

- The event that your Soldier is soon returning home from deployment can activate a wide range of thoughts and emotions.
- A typical thought in regard to your Soldier’s return is how great it will be to have them home. The eagerness to have your Soldier home can lead to feelings of excitement and joy. You may even experience a sense of relief as you anticipate being able to share responsibilities at home with them.

2. Describe the “Reunion Paradox”.

- Once your Soldier returns home, you may experience conflicting thoughts and emotions. You may not only find yourself relieved or excited to have your Soldier home, but you may also find yourself experiencing anxiety or frustration and having thoughts of wishing to return to the deployment phase.

Record your own notes here:



- This is a paradox – something that doesn't appear to make sense. The "Reunion Paradox" is feeling relieved to have your Soldier back home while at the same time wishing to be back in the deployment phase.

3. Discuss factors that might contribute to Circle of Support members wishing to be back in the deployment phase.

- **[ASK]** What might lead some Circle of Support members to want to return to the deployment phase?

[NOTE: Allow for responses. Examples may include

- *Adjusting to changes can increase stress;*
- *Being second-guessed for your decisions, having to relinquish having control over decisions, having to discuss decisions together can be more complicated;*
- *During a deployment, you may have settled into a routine and way of doing things that you find easier, preferred, or aligned with your goals; adapting to consider your Soldier's way of doing things or adjusting to having your Soldier be involved in the routine/schedule can be challenging;*
- *You may have developed strengths such as independence or self-reliance that make the adjustment of navigating life as a partnership or Family unit more difficult.]*
- The adjustment challenges that naturally arise during reintegration can trigger a desire to be back in a familiar setting or back in your comfort zone. Even if the deployment phase was hard, it was something that you likely became comfortable with.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





The “Deployment Paradox”



“I’m excited to be home with my Circle of Support!”



“I’d rather be back in the deployment phase.”



What might lead some Soldiers to want to return to the deployed environment?

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Foster empathy and perspective for how the Soldier may experience the “Deployment Paradox”.

1. Describe the “Deployment Paradox”.

- Circle of Support members are not the only ones who can experience the paradox.
- After returning home, many Soldiers who were, and still are, excited to be home now and reunited with their Circle of Support can find themselves having thoughts of their desire to return downrange. This is called the “Deployment Paradox”.

2. Discuss factors that might contribute to Soldiers wanting to return to the deployed environment.

- **[ASK]** What might lead some Soldiers to want to return to the deployed environment?

[NOTE: Allow for responses. Examples may include

- Thoughts about unfinished business (e.g., “the mission is incomplete” / “the job wasn’t finished”);
- The perception that life was simpler downrange (e.g., fewer “taskings” or distractions to their goals);
- Perceiving the home life to be more complicated; over-experiencing stress, anger, and frustration.]

[NOTE: This is a natural transition to the next slide.]

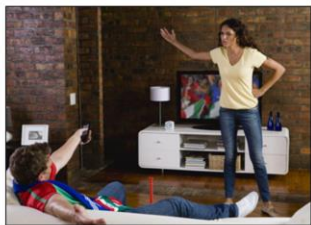
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Coping with the Paradox



Experiencing the paradox can be confusing, disorienting, frustrating or disappointing

How you and your Soldier choose to interpret the event will influence your emotions and reactions and, ultimately, how it impacts the reintegration



Should you become aware that you or your Soldier are experiencing the paradox, what might be an effective way to cope with this challenge?

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Discuss the impact that the two paradoxes might have on a “successful” reintegration and effective ways to cope with the challenge.

1.

Explain that a person’s interpretation of the paradox or the meaning that a person assigns to it will determine the impact that it has on the relationship and on the “successful” reintegration.

- Experiencing the “Reunion Paradox” or your Soldier experiencing the “Deployment Paradox” can be confusing, disorienting, frustrating, or disappointing.
- Furthermore, if you were not prepared for experiencing this paradox, then you might misinterpret the situation.
- For example, you might think that having a desire to be back in the deployment phase means something is “wrong” with you, your Soldier, or perhaps with the relationship. This might not be the case at all. This misinterpretation could lead to unhelpful reactions like avoiding a difficult conversation, having random outbursts of anger, or you or your Soldier withdrawing from the other. These reactions are contradictory to those that promote a “successful” reintegration.
- Experiencing the paradox can be a common challenge for Circle of Support members and Soldiers alike. How you and your Soldier choose to interpret the event will influence your emotions and reactions and, ultimately, the reintegration.

Record your own notes here:



2.

Discuss productive ways to cope with the paradox should the Circle of Support member or Soldier experience it.

- **[ASK]** Should you become aware that you or your Soldier are experiencing the paradox, what are some effective ways to cope with and overcome this challenge?

[NOTE: Allow for discussion. Cover points below if not addressed by the group.]

- Try to resist making unfounded assumptions or judgments of yourself, of your Soldier, or of your relationship. Accept that it is common to resist stressful events and to wish for things to go back to “the way they were.”
- If you attended the Pre-Deployment Resilience Training for Circle of Support or participated in the During Deployment for Circle of Support online modules, you will have learned strategies that can help you through the paradox. If you didn’t participate in either training, that is okay. We will review some strategies later in the module.
- Open up the lines of communication with your Soldier to discuss what you or they are experiencing.
- It may be uncomfortable or difficult to talk about. There could be a fear of hurting someone’s feelings or causing other issues. But, the absence of communication can cause even greater problems. Remember, communication is critical to a “successful” reintegration.

3.

Transition.

- Let’s review some other common challenges you might face during reintegration.

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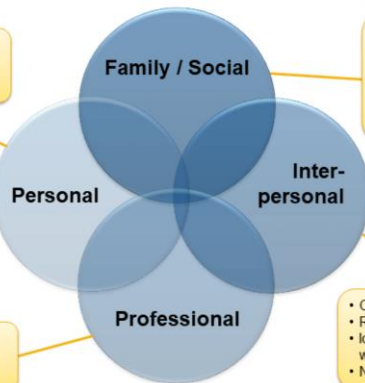


Common Challenges: Circle of Support



What are some common challenges that Circle of Support members might face during reintegration?

- Processing experiences
- Managing emotions
- Mental and physical health



- Re-establish interdependence: roles and responsibilities
- Re-distribute control over Family matters
- Parenting issues
- Maintaining relationships with Circle of Support

- Income changes
- Employment change
- Decreased productivity

- Communicating effectively
- Relational uncertainty
- Identifying quality time to spend with Soldier
- Navigating changes in each other

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Discuss common challenges that Circle of Support members might face during reintegration.

[SLIDE BUILDS]

1. Discuss common challenges that Circle of Support members might face during reintegration.

- **[ASK]** What are some common challenges that Circle of Support members might face during reintegration?

[NOTE: Allow for discussion before revealing examples.]

2. Review the Family/social, interpersonal, professional, and personal challenges that were not yet covered.

[CLICK TO ADVANCE]

[NOTE: Bring the stressors/challenges to life by teasing out the impact it has on the Circle of Support member(s), the Soldier, and the overall reintegration process. You do not need to do this with every single challenge listed; use your discretion to select which ones to highlight.]

- Family challenges: disruption to the routine, schedule, and everyday goals, re-establishing interdependence such as sharing roles and responsibilities, readjusting the budget (e.g., dealing with change in finances), re-distribute control and decision-making power over Family matters

Record your own notes here:



- For those with children, parenting challenges can include renegotiating parenting responsibilities, navigating different styles of parenting to include matters of discipline, managing behavioral issues, and providing emotional support for children as they process their own emotions and experiences.
- Social challenges: Maintaining relationships and strong connections with those who supported you through the deployment, respecting your Soldier's challenge of reconnecting with other members of their Circle of Support while maintaining connection with battle buddies
- Interpersonal challenges: uncertainty of the relationship (e.g., "where do we stand?"), shift in commitment (perceived or actual), trouble bonding/reconnecting with Soldier, identifying quality time to spend with Soldier, communication difficulties, mismatched expectations, different preferences or way of doing things, accepting changes in each other (e.g., personality, mindset, priorities, reactions)
- Professional challenges: Changes in employment status/position for self or Soldier, decreased focus, motivation, or productivity at work, readjusting finances, income changes such as a loss of deployment pay or possible loss of employment for National Guard and Reserve Soldiers
- Personal challenges: processing deployment experiences, managing emotions and reactions, adjusting to new routines, health issues (e.g., chronic stress)

3. Transition.

- Your Soldier will experience some of these challenges together with you; yet there are other challenges that may be unique to them.
- So, in order to gain perspective of the Soldier's experience with reintegration, let's review some common challenges that are specific to Soldiers returning from deployment.

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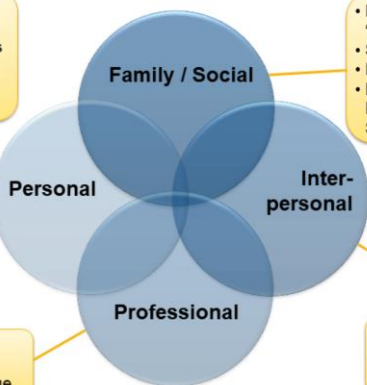


Common Challenges: Soldiers



What are some common challenges that Soldiers might face during reintegration?

- Adjusting / accepting changes back home
- Processing experiences
- Managing emotions
- Re-adjusting finances
- Health



- Feeling distant, finding their "place"
- Shift in roles
- Discomfort in crowds
- Balancing time with immediate Family and other Circle of Support members

- Mission change
- Position change
- Employment change

- Communication
- Relational uncertainty
- Reconnecting

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Discuss common challenges that Soldiers might face during reintegration.

[CLICK TO ADVANCE]

1. Discuss common challenges that Soldiers might face during reintegration.

- **[ASK]** What are some common challenges that Soldiers might face during reintegration?

[NOTE: Allow for discussion before revealing examples.]

2. Review the Family/social, interpersonal, professional, and personal challenges that were not yet covered.

[NOTE: Bring the stressors/challenges to life by teasing out the impact it has on the Soldier, the Circle of Support, and the overall reintegration process. You do not need to do this with every single challenge listed; use your discretion to select which ones to highlight.]

- Family/Social challenges: finding your place fitting back in to your social circle or Family unit, shift in roles within the Family, discomfort in crowds, integrating back into routines/customs, feeling distant or disconnected from loved ones

Record your own notes here:



- Interpersonal challenges: uncertainty of relationship with Circle of Support members (e.g., “where do we stand?”), shift in commitment (perceived or actual), trouble bonding/reconnecting with loved ones, communication difficulties, mismatched expectations, different preferences or way of doing things
- Professional challenges: a change of mission, change of pace, decreased focus, motivation, or productivity at work; change in position/role
- Professional challenges specific to National Guard/Reservists might include reacclimating to civilian workforce, change in employment.
- Income changes such as a loss of deployment pay or possible loss of employment for National Guard and Reserve Soldiers.
- Personal challenges: processing deployment experiences, managing emotions and reactions, adjusting to new routines, health issues, sleep problems, fielding questions that may be hard or triggering, readjusting finances

3. Ask Circle of Support members what benefit there is to acknowledging the challenges their Soldiers may be experiencing during reintegration.

- **[ASK]** What benefit is there to acknowledging the challenges that your Soldiers may be experiencing during reintegration?

[NOTE: Allow for responses. Examples might include

- Gain perspective;
- Foster greater empathy;
- Reasons to be more patient with the Soldier.]

- Remember, these are common challenges that Soldiers might experience. It is encouraged that you communicate with your Soldier about what they are personally going through so that you can understand their unique experience and best support them.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Prepare for Challenges



How can being aware of common reintegration challenges help prepare you to navigate them more effectively?



- May feel less isolated and more connected to others through a shared experience
- May be less likely to overreact or compound the situation
- Quicker to accept it and move toward productive action
- May be able to prevent a challenge from happening or lessen the degree of impact
- Increase situational awareness, provide better support to your Soldier and others

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Discuss what Circle of Support members and Soldiers can do with this awareness in order to navigate reintegration more effectively.

[SLIDE BUILDS]

1. Reassure Circle of Support members that the odds are low that they and their Soldiers will experience all stressors all at once, but it is realistic to expect to face a handful of them at some point in the reintegration process.

- It may be overwhelming to review a comprehensive list of the challenges that you and your Soldier might experience. The odds of you experiencing all of these stressors mentioned are very unlikely, and especially not all at once; however, it is highly possible that you will experience a few of them at some point in the reintegration process.
- I am not advising that you go into the reintegration process expecting that these challenges will undoubtedly happen to you, but rather expecting that it is a possibility so that you can prepare accordingly.

2. Discuss the value in acknowledging common reintegration challenges.

- **[ASK]** How can being aware of common reintegration challenges help prepare you to navigate them more effectively?

[NOTE: Allow for discussion before revealing examples. Discuss key points that were not highlighted by the group.]



Record your own notes here:

[CLICK TO ADVANCE]

- Knowing you are not the only one who has or will experience a challenge can help you feel less isolated and more connected to others which strengthens resilience;
- May be less likely to overreact if the challenge arises because it is not your first time thinking about it or because you have prepared for it;
- Sometimes we can compound the situation by overthinking it or by making unhelpful assumptions about what it means about you or others for experiencing it. Understanding that the challenge is common or experienced by others may be prevent adding unnecessary stress;
- May be quicker to accept the challenge and move toward productive action (i.e. Control the Controllables);
- May be able to proactively prevent a challenge from happening or happen to a lesser degree;
- Situational awareness: you are more aware of what you and/or your Soldier might be going through. By knowing what to look out for you can better support others and they can better support you.

3. Transition.

- In Part 3, we will discuss specific ways you can boost your resilience, such as through strategies, skills, and support, so you can successfully navigate the challenges we've just reviewed.
- For now, let's move on to realistic expectation #2.

Record your own notes here:





Realistic Expectation #2



Reintegration is a process, not an event



Adjustment will take time, effort, and perseverance

The time it takes to feel adjusted will depend on many factors, several of which are outside of your control

You have control over the effort that you put into the process

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Explain that reintegration is a process; it is realistic to expect reintegration to take time, effort, and perseverance.

1. Emphasize that reintegration is a process.

- Reintegration is an ongoing process, not an event.
- “Successful” reintegration does not happen overnight, nor does it happen automatically. Things won’t just “fall back into place” now that your Soldier is back home.
- Consider the process it took for you to become accustomed to the deployment phase. It likely took a little bit of time to adjust to the new routines, roles, and responsibilities. Adjusting to the deployment phase also required some effort and perseverance on your part.

2. State that readjustment will take time, effort, and perseverance.

- Reintegrating will take time, effort, and perseverance too.
- The time it takes to feel adjusted will depend on many factors, several of which are outside of your control. But, you do have control over the type, quality, and amount of effort that you put into the process.
- Let’s talk more about the impact that effort and perseverance have on your reintegration.

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Deliberate, Consistent Effort



Consistent effort can help to prevent small issues from becoming larger problems

Managing your stress can help prevent feelings of being overwhelmed, leading to overreactions



Resilience can sometimes seem messy

- What matters most is that you consistently show up

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Reinforce that maintaining resilience during reintegration requires deliberate, consistent effort.

1. Explain that consistent effort to overcome challenges and manage stress can help prevent negative outcomes that can interfere with a “successful” reintegration.

- When you put forth consistent effort to overcome the challenges you face in reintegration, then you can help to prevent small issues from becoming larger problems.
- Likewise, managing your stress and maintaining your stress level to a moderate-to-low level can help prevent feelings of being overwhelmed that can lead to overreactions like sudden outbursts of anger.
- For instance, when you are under a lot of stress, your energy to cope with minor stressors can be compromised. You may be patient with others in normal circumstances, but when you are experiencing high amounts of stress, you may be quicker to lose our patience, more easily irritated by others, and behave in ways you regret later.
- Choosing to approach your challenges head on and engage your resilience will not always go seamlessly. Resilience can sometimes seem messy. What matters most is that you consistently show up.
- Making progress toward a “successful” reintegration requires deliberate, consistent effort.

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Realistic Expectation #3



Reintegration is an opportunity for growth



Growth, though, is not automatic

Growth happens when you approach your challenges rather than avoid them and take productive action

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Explain that it is realistic to expect reintegration to be an opportunity for growth.

1. Explain that reintegration offers an opportunity for personal and relational growth.
 - The challenges you face during reintegration will likely bring about some stress. Recall the poem about the tree. It is the stress and adversity, such as the wind and the storm, that challenges the tree to grow stronger.
 - Therefore, reintegration is an opportunity for growth. The growth can be experienced personally as well as within your relationships.
 - Growth, however, is not automatic. The key word here is “opportunity”. The way you respond when faced with a challenge, adversity, or stressor will determine whether growth occurs.
2. Explain that growth requires a person to approach their challenges with intention and consistent effort.
 - Growth requires you to approach your challenges rather than avoid them, and take productive action.
 - Growth requires intention and consistent effort. The culminating exercise in Part 4 will help you set clear intentions for navigating the challenges of reintegration.

[NOTE: This is a natural transition to the next slide.]

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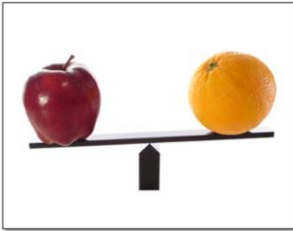
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Realistic Expectation #4



Reintegration is unique to each person, each Family unit, and each deployment



Having mixed or unexpected thoughts and feelings about the reunion is common

Comparing your experience to a past experience or to someone else's experience can do more harm than good

What are some factors that might make this reintegration different than past ones or from other people's experience?

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Explain that it is realistic to expect reintegration to be unique to each person, Family, and deployment.

1. State that reintegration is unique to each individual, each Family unit, and each deployment.

- Reintegration is unique to each person, each Family unit, and each deployment.

2. Explain that people experience reintegration differently to include their thoughts and feelings about the reunion.

- The fact that your Soldier is soon returning home from deployment can often lead to a wide range of thoughts and emotions. This can be true for you as a Circle of Support member as well as for your Soldier.
- Thinking of the deployment coming to an end and being reunited with your Soldier can lead to excitement, joy, and relief. Meanwhile, Circle of Support members may also experience some uncertainty and anxiety about the reunion and the reintegration process.
- In some cases, Circle of Support members may begin to grieve the loss of their independence or fear what it will be like to reestablish the connection.
- You can take comfort knowing that having mixed or unexpected thoughts and feelings is common; you are not alone in experiencing them.

Record your own notes here:



- You can also take comfort in knowing that no two experiences are alike.
- It is okay if you are experiencing thoughts and emotions that are different than another Circle of Support member or your Soldier. There is no “right” way to feel at any given time.

3. Explain that each reintegration experience is unique.

- It may be tempting to compare the current or upcoming reintegration with a past reintegration experience. It can also be tempting to compare your reintegration experience to someone else's.
- But, making such comparisons is like comparing apples to oranges. Comparisons can do more harm than good. The circumstances of the current reintegration will be different than times past and different than other people's circumstances.
- **[ASK]** What are some factors that might make this reintegration different than past ones or from other people's experience?

[NOTE: Allow for responses. Examples might include

- Different personalities between people;
- Changes within a person such as different priorities, values, relationship status, and growth;
- Changes within a Family such as having a child, different ages of children, and health of Family members;
- Different type of deployment for the Soldier;
- Different challenges or adversities faced during the deployment phase that will remain present in reintegration.]

4. Highlight that everyone's reintegration timeline is different; people and relationships progress at different rates.

- Lastly, everyone's reintegration timeline is different; people and relationships progress at different rates. Each Circle of Support member and Soldier will be facing their own unique set of challenges and coping with their stressors in a unique way.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Realistic Expectation #5



**Reintegration is not a solitary process;
it involves others**



Self-reliance is often perceived as a strength; reintegration, however, calls for a more unified approach

The more effective your communication with your Soldier, the more productive you will be in working through challenges

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Explain that reintegration is not a solitary process and that it involves others.

1. Explain that reintegration is not a solitary process; reintegration involves others.

- Reintegration is not a solitary process; it involves others.
- Self-reliance is often perceived as a strength. In fact, you may have relied on the strength of self-reliance to help you get through the deployment.
- Self-reliance, however, is not well-suited for the reintegration process; in fact, self-reliance can interfere with a “successful” reintegration. The very essence of reintegration is to regain a level of interdependence and unity.
- It may at times seem easier to just do something on your own, your own way, the “right” way. However, choosing to embrace the stress that comes along with allowing your Soldier to integrate into the routine can lead to growth and can help you to make progress in the reintegration process.
- Furthermore, capitalizing on the skills and strengths of others, such as your Soldier, in order to work through challenges creates a shared experience. Shared experience fosters greater connection, which is a primary focus of reintegration.

Record your own notes here:



2. Explain that navigating reintegration alongside your Soldier will not always be easy; it will require effective communication.

- Navigating reintegration alongside your Soldier will not always be easy. There will likely be friction, even some conflict, as you adapt to changes and encounter challenges.
- To work through a challenge together will require you to communicate – the more effective your communication, the more productive that process will be.
- In Part 3, we will review some tips for effective communication that can strengthen connection with your Soldier and promote a “successful” reintegration.

3. Transition.

- One of the best ways to communicate is to communicate early and often. Proactive and consistent communication can help prevent unnecessary stress or problems from arising.
- Next, we will look at what things might be helpful to communicate early so that you can set realistic expectations together.

Record your own notes here:





Expectations with Your Soldier



Communicate things you feel your Soldier should know and prepare for, and be open to hearing the same from them

What are some things that you and your Soldier might want to discuss and prepare for together to facilitate a “successful” reintegration?

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Discuss the expectations that might be helpful for Circle of Support members to discuss with their Soldier prior to the reunion / at the start of reintegration.

1. Encourage Circle of Support members to work together with their Soldier to establish realistic expectations.

- Prior to the reunion or at the onset of reintegration, communicate with your Soldier and other Circle of Support members the things you feel they should know and be prepared for. Also, be open to hearing the same from them.
- Conversations about expectations with your Soldier is not about making demands, but about working together to establish realistic expectations.

2. Discuss the expectations that might be helpful for Circle of Support members to discuss with their Soldier prior to the reunion / at the start of reintegration.

- In addition to the common realities of reintegration that we previously discussed...
- **[ASK]** ...what are some specific things that you and your Soldier might want to discuss and prepare for together to facilitate a “successful” reintegration?

[NOTE: Allow for discussion.]

Record your own notes here:



[NOTE: Review examples that are relevant to the group and that were not given much attention in the discussion

- *There may be many people that want to welcome your Soldier home such as extended Family or friends. Discuss how you will spend the first few weeks of reintegration and ways you and your Soldier can prioritize relationships.*
- *Finances may take 2-3 months to get back to normal as celebrations and outings do occur and your Soldier is no longer getting deployment pay.*
- *Your Soldier may update you on difficult or upsetting situations that happened while they were deployed that they did not want to burden you with during the deployment. Refrain from judging them for withholding the information as it was likely done with the best intentions. Keep the dialogue open.*
- *It will take time to work through all the changes and resolve any issues or problems or get to a place of acceptance together. Be patient and stay engaged in the process.*
- *If you are married or in an intimate partnership with the deployed Soldier, it may take time for you or your Soldier to be comfortable with sex. For example, you or your partner may need time to reconnect emotionally first. Rather than expect sex, it is best to have a conversation about it with your significant other to avoid hurt feelings.*
- *If you have children, it is normal for the child to cling to the caregiver that has been physically present, especially younger children. They may be withdrawn around the Soldier and may not show a high level of excitement at first. Instead, they may feel nervous or apprehensive, and may have fear that the Soldier will leave again.*
- *If you have children, communicate to your Soldier what changes they can expect such as their development, abilities, and preferences, and ways your Soldier can best support them at their current developmental stage.]*

3. Transition.

- We have just discussed several realistic expectations of reintegration. Now, let's reflect on how this information can translate into productive action.

Record your own notes here:





Implications of Expectations



How can embracing the realistic expectations we have just covered in Part 1 positively impact your actions in support of a “successful” reintegration?



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Ask Circle of Support members how embracing the realistic expectations covered in Part 1 will help them toward a “successful” reintegration.

1. Discuss how the realistic expectations covered in Part 1 can translate to actions that support a “successful” reintegration.

- **[ASK]** How can embracing the realistic expectations we have just covered in Part 1 positively impact your actions in support of a “successful” reintegration?

[NOTE: Allow for responses. Examples might include

- Expecting there to be differences from previous reintegration experiences can help you be more open to a new experience;
- Expecting there to be differences between yourself and others, you may seek to understand what the other person is experiencing; this can lead to greater empathy and more supportive behaviors;
- Expecting growth can help you to lean into the stress (e.g., the “winds”) and embrace the challenge as an opportunity to grow stronger;
- Expecting reintegration to take time can help you to be patient and more accepting through the process as well as maintain an optimistic outlook of a “successful” reintegration becoming a reality.]

2. Transition.

- Now, let’s move on to Part 3 of today’s training.

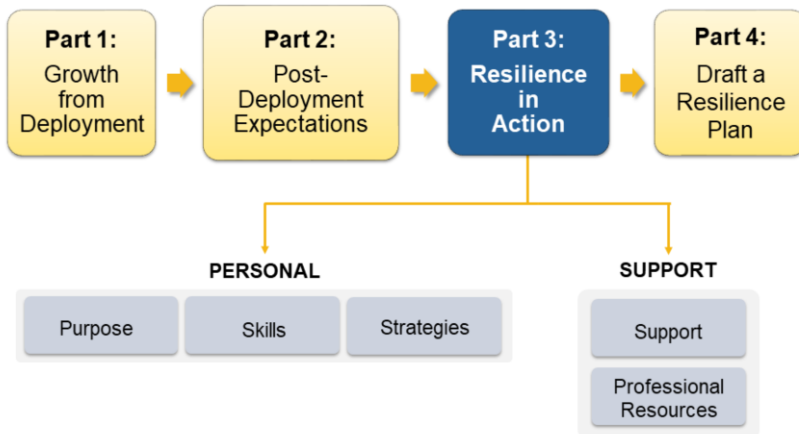


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Part 3: Resilience In Action



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Part 3: Recommended time is 40 minutes



Introduce Part 3: Resilience in Action.

1. Empower Circle of Support members by highlighting that their experience from deployment can be used to meet the challenges of post-deployment reintegration.

- We began this module by reflecting on lessons you have learned from your deployment cycle experience thus far. Specific attention was placed on what you did well and ways you handled adversity effectively.
- Resilience carries over from one phase to the next. The factors that contributed to your resilience during pre-deployment and the deployment itself can aid your resilience now in reintegration too.
- We also reflected on ways that you and others have grown from the experience. The growth you and others have experienced has helped to expand your skills and strengthen your ability to handle adversity and overcome challenges, like the challenges we reviewed in Part 2.



Record your own notes here:

2. Briefly review what will be covered in Part 3.

- In Part 3, Resilience in Action, we will discuss some of the key factors that contributed to your resilience during the first phases of the deployment cycle.
- Resilience is not just something you *have*, it is something you *do*.
- Overarching factors that support a person's resilience include personal factors such as maintaining a sense of purpose, utilizing skills and strategies, and reaching out for support to capitalize on resources available to them.
- The same overarching factors apply to the post-deployment phase although they may need a little adjusting in order to help you effectively adapt to the changes and challenges you face during reintegration.
- Taking time to reflect on how you have used the strategies, skills, and support in the past along with how you might use them moving forward can help you be intentional in navigating the reintegration process with resilience.
- What's more, what we cover in Part 3 will equip you with language and structure in order to support or mentor others, such as your Soldier or other Circle of Support members, to navigate reintegration with resilience.

3. Transition.

- Let's start by looking at the importance of having a sense of purpose.

Record your own notes here:





Sense of Purpose



A sense of purpose is believing that your current actions contribute to something beyond the moment or even beyond yourself



How did having a sense of purpose help fuel your resilience during the deployment phase?

It is common to have to re-establish your sense of purpose as you transition from the deployment phase to post-deployment reintegration

How might you strengthen or rediscover your sense of purpose during reintegration?

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Discuss how having a sense of purpose can help foster resilience during reintegration.

1. Describe the value of connecting with a sense of purpose.

- A sense of purpose is believing that your current actions contribute to something beyond the moment or even beyond yourself.
- A sense of purpose drives what you do and why you do it; having a sense of purpose can make the stresses of life – and of the deployment cycle – more manageable.

2. Ask Circle of Support members how having a sense of purpose helped to fuel their resilience during the deployment phase.

- **[ASK]** How did having a sense of purpose help fuel your resilience during the deployment phase?

[NOTE: Allow for responses.]

3. Explain that it is common to feel a loss of purpose during the transition from deployment to post-deployment.

- There is commonly a great emphasis on the deployment phase itself. For example, a Soldier's sense of purpose during deployment might be the mission itself. For a Circle of Support member, a sense of purpose might be found in simply making it through the deployment.

Record your own notes here:



- When the deployment phase ends, it can require Soldiers and Circle of Support members to re-establish or re-connect with a sense of purpose that can carry them through post-deployment reintegration and beyond.

4. Discuss how Circle of Support members can strengthen or rediscover a sense of purpose to fuel resilience through reintegration.

- **[ASK]** How might you strengthen or rediscover a sense of purpose during reintegration?

[NOTE: Allow for responses. Cover examples that were not mentioned by the group.]

- Some strategies to identify and strengthen your sense of purpose include
 - Reflect on what's most important to you, such as being a strong support to your Soldier, being a strong role model/mentor, making a difference in someone's life, being there for others to lean on;
 - Align or re-align your life with your core values, cultural traditions, spiritual beliefs, or guiding principles;
 - Engage in activities like meditation or spiritual disciplines of one's faith like prayer or attending worship services;
 - Consult with a life coach or counselor from the Military Family Life Counselor program.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Volunteer Activities



Benefits of volunteering

- Instills a sense of purpose and meaning
- Improves mood and lowers stress levels
- Promotes a sense of unity and belonging, which helps to form connections with others



What are some volunteer opportunities or organizations that you have been involved in or might recommend to others?

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Highlight the resilience-enhancing benefits of volunteering with organizations that align with your values.

1. Discuss the resilience-enhancing benefit of engaging in volunteer activities.

- Another activity that can promote a sense of meaning and purpose along with enhanced overall well-being is to volunteer with an organization that aligns with your values and passions or volunteer for events with a meaningful cause.
- Volunteer activities have been found to improve mood and lower stress levels. Also, many volunteer organizations promote a sense of unity and belonging, which helps to form strong connections with others.
- **[ASK]** What are some volunteer opportunities or organizations that you have been involved in or might recommend to others?

[NOTE: Allow for responses. Examples might include volunteering with the FRG, volunteering with organizations like the Red Cross, USO, Homes For Our Troops, or a local food pantry.]

[NOTE: Also acknowledge that volunteering can happen in informal ways like helping a neighbor; offering childcare to deployed Spouses, or picking up trash in the community).]

2. Transition.

- Now, let's review how you can leverage your personal strengths and skills to fuel your resilience.



Record your own notes here:

[NOTE: Do some homework to know what volunteer opportunities might be available or be prepared to provide a resource for Circle of Support members to get more information on volunteer opportunities in their area.

Military.com website suggests the finding local and virtual volunteer opportunities at volunteer.gov and volunteermatch.org.]

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Reflection: Skills & Strategies



Skills and strategies that helped both you and your Soldier to be successful during the deployment can now help you to be successful in the reintegration process

- Some skills and strategies may need to be adjusted

During the deployment, what skills and strategies did you use to support your ability to be resilient?

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Discuss skills and strategies that supported Circle of Support members' resilience during deployment and explain that some many need to be adjusted to suit reintegration.

1. Ask Circle of Support members to identify skills and strategies that fostered their resilience during deployment.

- **[ASK]** During the deployment, what skills and strategies did you use to support your ability to be resilient such as to manage stress, handle adversity, adapt to change, and overcome challenges?

[NOTE: Allow for responses. Consider pulling examples that were given in the reflection exercise in Part 1 where participants identified sustains from deployment.]

2. Highlight that some skills and strategies that were advantageous during deployment may need to be adjusted to support a “successful” reintegration.

- Many of the same skills and strategies that helped you to be successful during your deployment can now help you to be successful in the reintegration process.
- However, some of the skills and strategies that you and your Soldier found advantageous during deployment may be detrimental to your goal of a “successful” reintegration if adjustments are not made.

Record your own notes here:



- An example of this is self-reliance. Earlier we discussed how self-reliance may have helped you adapt to changes during the deployment, but it can interfere with efforts to re-establish interdependence when your Soldier returns home.
- Let's look at another example. Filtering experiences during a deployment may have been done intentionally to protect loved ones from worry, but failing to share information during reintegration can create a disconnect between people. Withholding information during reintegration can interfere with building trust and re-establishing connection with one another.

3. Encourage Circle of Support members to consider the skills and strategies that their Soldier may have and will be bringing into the reintegration process.

- Like you, your Soldier also has a unique set of skills and strategies that were developed and strengthened during the deployment. Some of the skills and strategies will aid them in their reintegration, others might interfere if not adjusted to the new environment.
- In the Post-Deployment Resilience Training that your Soldier received, your Soldier was also alerted to the fact that some of their skills may need adjusting to suit the reintegration environment.
- Keep in mind that the adjustment process can be challenging for all parties involved. Try to give one another grace and support through the process.

[NOTE: *This is a natural transition to the next slide.*]

Record your own notes here:





Skills That Foster Resilience



Situational Awareness

Self-Awareness

Acceptance

Self-Regulation

Connection

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Introduce the five skills that will be highlighted in Part 3.

1. Introduce the five skills that will be highlighted in Part 3.

- There are many skills that will benefit you as you navigate the reintegration process; today, we will focus on five skills that can foster resilience: situational awareness, self-awareness, acceptance, self-regulation, and connection.
- Engaging in these skills can increase your ability to cope with stress; to solve problems; to adapt to change; overcome challenges; and to learn, recover, and grow from your experience.

2. Set up the next set of slides by explaining what will be covered in regard to each skill.

- In a few moments, we will walk through each one of these skills and discuss how each skill can be helpful during reintegration, what adjustments, if any, need to be made for the skill to be effective in reintegration, and what strategies can support and strengthen the skill.
- I encourage you to lean in and see if you can learn something new about yourself or the way you may need to apply a skill differently to adapt to the demands of reintegration.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:



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Strategies To Strengthen Resilience



Like skills, there are many strategies that will benefit you as you navigate the reintegration process

Factors to consider of strategy effectiveness

- Promote positive emotions that can help alleviate stress
- Help you to face adversity, adapt to change, take productive action to overcome our challenges, and grow
- Are within your control and readily available to you

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Highlight factors that can contribute to the effectiveness of strategies in regard to supporting one's resilience.

1. Acknowledge the benefit of having multiple strategies to choose from while considering factors that increase their effectiveness in supporting resilience.

- Like skills, there are many strategies that will benefit you as you navigate the reintegration process. Having multiple strategies to choose from is to your advantage.
- Let's review some factors that can increase strategy effectiveness in regard to supporting your resilience.

2. Explain how effective strategies promote positive emotions, which can be helpful to alleviate stress.

- The first strategies a person generally thinks of to help maintain resilience involve behaviors that relieve stress like exercising, playing video games, having an alcoholic beverage, going to a spa, meditating, or engaging in other hobbies and activities that the person finds enjoyable.
- Engaging in activities that promote positive emotions like enjoyment, amusement, interest, relief, or pride can be helpful to alleviate stress and, thus, can benefit your resilience.

Record your own notes here:



3. Explain how effective strategies support one's abilities to face adversity, adapt to change, take productive action to overcome challenges, and grow.

- Acting with resilience, though, involves more than managing stress. You may recall the other components of resilience that have been emphasized throughout the training.
- In addition to having strategies to alleviate stress, you also need to have strategies that help you face adversity, adapt to change, help you take productive action to overcome your challenges, and grow.

[NOTE: Acknowledge examples that were given by participants from the previous discussion that meet this description (i.e. strategies that aid resilience beyond stress management purposes).]

4. State the advantage of having strategies that are within one's control and available at all times.

- It is also advantageous to rely on strategies that are within your control. This means that the strategy is available to you to use anywhere, at any and all times.

5. Transition.

- The strategies that we will be discussing throughout Part 3 align with the factors of effectiveness that we have just reviewed.
- The strategies may be familiar to you, especially if you attended the Pre-Deployment Resilience Training for Circle of Support module as we covered them in great detail. Let's do a brief review.

Record your own notes here:





Strategies



Control the Controllables

Accept what cannot be changed and take productive action on things within your control



Shift Your Thinking

Shift how you are thinking, interpreting, or perceiving the situation in order to drive more productive consequences (i.e. feelings, reactions)



Hunt the Good Stuff

Be aware of and spend time focusing on the good things or positive events that happen, and appreciate them

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Provide a brief review of each strategy: Control the Controllables, Shift Your Thinking, and Hunt the Good Stuff.

[NOTE: Throughout Part 3, there will be examples of practical application in regard to when to the strategies and how the strategies can be used to support their resilience during reintegration.]

1. Briefly review each strategy: Control the Controllables, Shift Your Thinking, and Hunt the Good Stuff.

- The strategy of Control the Controllables is identifying what is within your control and what is not. It is accepting the things that cannot be changed and devoting your energy and effort to things within your control and then taking productive action.
- Control the Controllables can be described as the mother of all strategies. It is fundamental to engaging in the rest of the other strategies.
- The strategy of Shift Your Thinking is considering alternative thoughts, interpretations, or perceptions of the situation at hand in order to drive more helpful consequences such as feelings and reactions.

Record your own notes here:



- Sometimes the desired outcome of Shift Your Thinking is to lessen the intensity of your emotions, such as lowering anxiety, and decreasing your body's activation such as adrenaline or muscle tension so you can engage in productive behavior.
- The strategy of Hunt the Good Stuff is searching for, being aware of, and spending time focusing on the good things or positive aspects of an event or person, and appreciating them.
- Hunt the Good Stuff counteracts the negativity bias and is a unique form of Shift Your Thinking. You deliberately shift your focus to something positive or meaningful that will purposefully cultivate positive emotion, gratitude in particular.
- As mentioned previously, positive emotions can help to alleviate stress; positive emotions also help to strengthen connection with others.

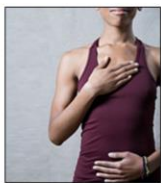
[NOTE: *This is a natural transition to the next slide.*]

Record your own notes here:





Strategies



Deliberate Breathing

Take a physical, mental, and emotional pause by controlling your breath as well as regulating your thoughts and emotions



Deliberate Communication

Actively listen to understand, and deliver messages openly, respectfully, and clearly



Pursue a Goal

Identify a meaningful goal that creates a sense of purpose; develop and follow a plan that promotes productive behavior

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Provide a brief review for each strategy: Deliberate Breathing, Deliberate Communication, and Pursue a Goal.

1. Briefly review each strategy: Deliberate Breathing, Deliberate Communication, and Pursue a Goal.

- The strategy of Deliberate Breathing is taking a physical, mental, and emotional pause. It involves taking slow, deep breaths to regulate your body's energy, your thoughts, and your emotions.
- Deliberate Breathing can be useful in the moment when needing to gain composure and self-control. It can also be useful when needing to turn down the body's activation to recover or relax.
- Deliberate Communication is choosing to communicate openly, respectfully, and clearly in order to promote strong connections with others. It involves regulating emotions, being mindful of what you say and how you say it, and listening to understand.
- You can use Deliberate Communication when discussing challenges, working through conflict, and even when sharing positive news or good stuff like personal growth and pointing out growth you've seen in your Soldier or others.
- Lastly, the strategy of Pursuing a Goal is identifying a meaningful goal that creates a sense of purpose and creating a clear plan that promotes productive action.



Record your own notes here:

2. Allow Circle of Support members an opportunity to share how they might have used the six strategies during the pre-deployment and deployment phases.

- **[ASK]** Which of these strategies, if any, have you used throughout the deployment cycle so far to foster resilience?

[NOTE: Allow for responses. Encourage Circle of Support members to provide an explanation or example of how they found the specific strategy useful.]

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Skills & Strategies Work Together



Use the skills and strategies in purposeful ways to facilitate a “successful” reintegration

Build on your previous experience using the strategies or start now



Strategies support the fundamental resilience skills

Motivation to use the skills and strategies is fueled by your sense of purpose

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Explain that today’s training will focus on using the skills and strategies to facilitate a “successful” reintegration.

1. Highlight that today’s training will focus on using the skills and strategies to facilitate a “successful” reintegration.

- We have just previewed the skills and strategies that comprise Part 3: Resilience in Action. You may already be using the skills and strategies naturally and without much conscious thought. If so, I encourage you to consider how using them in a more purposeful manner might benefit you as you face the demands of reintegration.
- Today we will focus our time and energy toward how the strategies can be used to facilitate a “successful” reintegration.

2. Highlight that Circle of Support members will increase their comfort, proficiency, and efficiency in using the skills and strategies the more they use them.

- If you used any of the skills and strategies during the first two phases of the deployment cycle, then you’ve likely increased your proficiency and efficiency in using them. Let this fuel your confidence moving into reintegration.

Record your own notes here:



- Maybe you have not yet utilized the strategies or not to the degree of becoming comfortable and competent with them. Maybe you could benefit from increasing your skill level in awareness, acceptance, self-regulation, and connection with others. That's okay. You can start exercising the skills and using the strategies now moving forward.

3. Connect the DCRT strategies to the resilience skills, and state that the motivation to use them is fueled by one's sense of purpose.

- Our discussions throughout Part 3 will highlight how the six strategies can support the five fundamental resilience skills.
- The motivation to use the DCRT skills and strategies is fueled by your sense of purpose.
- For example, choosing to use the strategy of Deliberate Communication may contribute to you living out your values of respect for others and maintaining strong relationships. Or, choosing to use the strategy of Shift Your Thinking may help you to consider your Soldier's perspective in a situation in order to gain more thorough understanding of the stress-provoking situation.

4. Transition.

- Let's dive in. We will begin by discussing situational awareness.

Record your own notes here:





Situational Awareness



Seeking knowledge and understanding of the external environment



How might situational awareness aid you as a Circle of Support member during the reintegration process, especially at the onset of reintegration?

How might situational awareness aid your Soldier during the reintegration process, especially at the onset of reintegration?

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Discuss the skill of situational awareness and how it can benefit Circle of Support members and Soldiers during reintegration.

1. Introduce situational awareness.

- Situational awareness is seeking knowledge and understanding of the external environment. The external environment can include the people in it, such as your Soldier and others.
- Situational awareness provides critical information about what is going on around you and what factors might be influencing the situation.
- With the information you gather through situational awareness, you are more equipped to respond effectively to challenges, make informed decisions, and determine more effective solutions to problems.

2. Discuss how situational awareness can aid Circle of Support members, especially at the onset of the reintegration process.

- **[ASK]** How might situational awareness aid you as a Circle of Support member during the reintegration process, especially at the onset of reintegration?

[NOTE: Allow for discussion. Cover the following benefits of situational awareness that were not already discussed

Record your own notes here:



- *Situational awareness can help Circle of Support members be attentive to what is going on with the Soldier such as the challenges they are personally facing, the stress they might be under, their adjustment progress, and their needs. With this information, Circle of Support members can determine the best way to support the Soldier in the reintegration process;*
- *If children are a part of the reintegration, then the parent or guardian who was caring for kids during deployment may need to be vigilant of how the kids are responding to the Soldier to then be able to bridge the connection when necessary;*
- *Situational awareness can help you recognize the growth in your Soldier and in others along with benefits that may have come from the deployment experience.]*

3. Discuss how situational awareness can aid Soldiers, especially at the onset of the reintegration process.

- **[ASK]** How might situational awareness aid your Soldier during the reintegration process, especially at the onset of reintegration?

[NOTE: Allow for discussion. Cover the following benefits of situational awareness for Soldiers that were not already discussed

- *Situational awareness during reintegration can help Soldiers become aware of what has changed since they left on deployment and better understand the current operations both at work and at home. The sooner a Soldier understands the current roles, schedules, and routines that they are reintegrating into, the sooner they and their Circle of Support members can adapt.*
- *It can also help Soldiers become aware of changes in others like their co-workers or Circle of Support members. Changes to note are their habits, goals, or preferences. With this awareness, Soldiers are better able to support ongoing efforts instead of interfere with them.*
- *Again, situational awareness can also help Soldiers to learn and realize the growth in others, such as new skills and strengths and other positive changes.]*

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Situational Awareness: Adjustment



Tactical awareness is a deployment strength of Soldiers

Concerning behaviors and reactions should improve over time

Key indicators of potential issues

- A threat to self or others
- Risk-taking behavior(s)
- Problems that significantly interfere with work, finances, emotions, or getting along with Family and friends
- Problems have lasted a while or are occurring regularly
- Problems are increasing over time

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Explain that it can take time for Soldiers to adjust; review potential indicators that can be a sign of Soldiers having transition problems.

1. Explain the deployment strength of tactical awareness and how it may present itself during reintegration.
 - In a deployed environment, mission success and your Soldier's survival may have depended upon their situational awareness skills such as scanning the environment for threats. This skill is termed tactical awareness. It is a strength on deployment, but may need to be adjusted when back home.
 - During the transition from the deployment to the home environment, you may notice your Soldier's reactions and behaviors that reflect heightened concern or perception of threat within their immediate surroundings. Perhaps your Soldier insists on having the "right" seat in the restaurant or they need to have the fan on when they sleep because they were used to noise and commotion.

2. Explain that it can take some time for the Soldier to adjust to new circumstances; meanwhile, it can be helpful to know what to look for that may indicate transition problems.
 - At the beginning of a Soldier's transition home from deployment, it can be common for a Soldier to experience alarming reactions to seemingly insignificant events or engage in behaviors that may seem cause for concern.

Record your own notes here:



- Usually, concerning behaviors and reactions will improve over time as Soldiers gradually transition from the deployed environment to their life back home. However, there's no exact timeline for when to expect the adjustment. Each individual transitions home in their own way and own time.
- While it does take time to adjust to new circumstances, it can be helpful to know what to look for that may indicate transition problems or issues with reintegration so that you or your Soldier can seek the support that is needed.

3. Review potential indicators that can be a sign of transition problems that warrant external support and assistance.

- Some key indicators of potential issues include
 - First and foremost, if you think that you or your Soldier is a threat to self or others, this is a sign that you or they should seek professional help. Immediate danger requires just as immediate a response.
 - Sometimes being a threat to themselves and others is manifested in risk-taking behavior, such as driving dangerously. The driver may not even realize they are doing so.
 - Problems that significantly interfere with work, finances, emotions, or getting along with Family and friends can be an indicator that external support would benefit the Soldier.
 - If problems have lasted a while or are occurring regularly, then this is also cause for concern. This is a subjective observation, and there is no set duration or frequency of problems that should definitely make you seek support. However, use your gut feeling to guide you.
 - Some problems are expected to occur after a deployment and only get better gradually. However, if problems are actually getting worse over time, then that is a good indication that you or your Soldier should consider seeking help.

[NOTE: This is a natural transition to the next slide.]





Situational Awareness: “Tail-Light Effect”



“Tail-Light Effect”: when others identify a problem that you are unaware of yourself

If you notice your Soldier acting in concerning ways or feel something is wrong, then trust your gut and say something

There are people and organizations to turn to for support

– Leaders, mentors, Chaplains, BH, PCM, MFLC, ASAP

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Describe the “Tail-Light Effect” and provide support for Circle of Support members to encourage their Soldier to seek help if necessary.

1. Describe the “Tail-Light Effect”.

- Many people who experience problems during transition may be unaware of the problem or of their concerning behavior. They may in fact be completely oblivious that they are having any issues.
- For Soldiers to become aware of concerning behaviors or potential problems, it often falls to others, such as members of their Circle of Support, to point them out.
- When others identify a problem that you are unaware of yourself, it is called the “Tail-Light Effect” because when you drive a car that has a broken tail-light, you are often unaware it is broken until someone else such as a Family member, a friend, or the police bring it to your attention.

2. Encourage Circle of Support members that if they notice their Soldier acting in concerning ways or feel something is wrong, then they should trust their gut and say something.

- If you notice something that might be putting your Soldier or others at risk, then it is your duty to act with personal courage and say something.
- Don't let the fear of being wrong stop you from saying something. It is better to say something and be wrong, than to not say something and be right. Trust your gut.



Record your own notes here:

- Pointing out concerns and potential problems you observe in others may not always be immediately appreciated, but it will help them in the long term.
- To approach the conversation with your Soldier, you might find it useful to consult with a Chaplain or counselor who are bound to confidentiality. The strategy of Deliberate Communication can also be useful.

3. Mention a few resources that can help with adjustment issues.

- If you recognize some of the indicators in your Soldier or yourself, or just want to consult with someone to see if what you are experiencing is outside the predictable transition process, there are many people and organizations to turn to for support.
- We will review a comprehensive list of resources later but here are some resources that can help with adjustment issues
 - Behavioral Health (BH) can help with emotional/behavioral issues.
 - Chaplains may be beneficial for Family issues and general adjustment problems.
 - Primary Care Manager (PCM); TRICARE may be helpful when there may be a medical reason that explains the problems or behaviors.
 - Military Family Life Counselors (MFLC) are helpful for mild adjustment, life-goal questions, and short-term counseling.
 - Army Substance Abuse Program (ASAP) is of benefit when alcohol or other self-medication is involved.

[NOTE: *This is a natural transition to the next slide.*]

Record your own notes here:





Situational Awareness Strategies



It is natural, and important, to notice concerns or problems

Be deliberate to also notice positive aspects (counter the negativity bias)

Relationships thrive on positive emotion

What are some strategies that could promote situational awareness?

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Explain the need for Soldiers to adapt situational awareness to suit reintegration and discuss strategies to cultivate situational awareness that is well-balanced.

1. Explain the need to counteract the negativity bias in order to support a well-balanced situational awareness for Soldiers and Circle of Support members alike.

- In general, human beings are fairly skilled at being situationally aware of things that are seen as problematic, wrong, or unfavorable.
- Recall the negativity bias, which is the natural human tendency to notice and place importance on things that are interpreted as negative, bad, difficult, or wrong before we notice or pay attention to what is good, beneficial, or right.
- Out of care and concern for their Soldier, Circle of Support members may have a heightened sensitivity to look for potential changes in their Soldier that can indicate a problem or issue.
- As we just discussed, it is important to be on the look out for key indicators of transition problems. However, only paying attention to the negative aspects can lead to consistent negative emotions such as discouragement, disappointment, or frustration.
- This is also why your Soldier was encouraged to be mindful in adjusting their deployment strength of tactical awareness in the training they have received.



Record your own notes here:

- Relationships thrive on positive emotion. So, for the sake of strengthening and maintaining connection with your Soldier and others, it requires a person to skillfully cultivate situational awareness that is realistic to also see the good things.

2. Discuss effective strategies to cultivate a situational awareness that is realistic.

- **[ASK]** What are some strategies that could promote situational awareness?

[NOTE: Allow for responses. Encourage Circle of Support members to consider DCRT strategies re-introduced at the beginning of Part 3. Cover the following strategies that were not already discussed

- *Hunt the Good Stuff (HTGS): deliberately focusing on the good or positive things that happen. Taking notice of and focusing on positive events throughout the day can lead to more balanced emotions and energy. HTGS is often used as a retrospective exercise as you recall and reflect upon the good things that happened in your day or week. Though, if you create a habit of Hunting the Good Stuff, then over time you may find that you are seeking out and noticing the good stuff through out your day in real-time.*
- *Notice a change in behavior and resist automatically interpreting the change as bad. Maybe it is just different and requires getting used to. Or, perhaps the change is a demonstration of growth and is something to appreciate.*
- *Deliberate Communication: cultivating situational awareness requires communication as much as observation. Engage in conversation with your Soldier to discuss changes in the environment and in one another. Share information that can be helpful for your Soldier. Ask questions, suspend judgment, listen to understand, and seek clarity when needed.]*

3. Transition.

- Now, let's move on to the next skill: self-awareness.

Record your own notes here:





Self-Awareness



Being mindful of one's sense of purpose, strengths, and skills; having knowledge of and understanding of one's thoughts, emotions, and reactions



How might self-awareness support your resilience during reintegration?

What are some effective strategies to cultivate self-awareness?

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Describe self-awareness.

1. Introduce self-awareness.

- Along with situational awareness, being aware of what is going on within oneself – mentally, emotionally, and physically – is also a valuable skill.
- Self-awareness means being mindful of your sense of purpose, strengths, and skills. It also involves being aware of your growth through life's experiences. The time we have spent today to discuss such things has been to deliberately enhance your self-awareness.
- Self-awareness includes having knowledge and an understanding of one's thoughts such as how you perceive or interpret events, as well as of your emotions, reactions, and behaviors.

2. Discuss how self-awareness can foster resilience during reintegration.

- **[ASK]** How might self-awareness support your resilience during reintegration?

[NOTE: Allow for discussion. Cover the following benefits of situational awareness for Soldiers that were not already discussed

Record your own notes here:



- *Learn and recover from past mistakes or setbacks. If you left a situation feeling like you could have handled it better, you can reflect on how you interpreted or perceived the event and what emotions and reactions you experienced as a result;*
- *With practice and increased proficiency you can become more mindful of your thoughts, emotions and reactions in the moment. With this information, you can make a conscious decision in how you want to proceed in a situation;*
- *Learn from successes. You need to counteract the negativity bias when it comes to self-awareness too. Reflect on what you have done right and what strengths and skills you have to meet the demands before you;*
- *When facing an interpersonal challenge with your Soldier, self-awareness can help you gain information as to how your thoughts, emotions, or reactions may be impacting the relationship or situation. With this knowledge, you are in a position to take meaningful action. One action might be to engage the skill self-regulation, which we will discuss in a few moments. Or, a meaningful action might be to have an open, candid conversation with your Soldier.]*

3. Discuss effective strategies to cultivate self-awareness.

- **[ASK]** What are some effective strategies to cultivate self-awareness?

[NOTE: Allow for responses. Examples might include

- *Self-reflection, such as identifying your core values and your sense of purpose;*
- *Self-evaluation, such as identifying your strengths and limitations; asking yourself critical questions like “What happened?”, “How did I react?”, “How did others react and why?”, “What did I learn about myself based on what I did and how I felt?”;*
- *Seek out input and feedback from trusted members of your Circle of Support such as your Soldier, Family members, friends, and mentors;*
- *Consider unsolicited feedback given to you from others (e.g., “tail-light effect”).]*

4. Transition.

- Let’s move on to the next skill: acceptance.

Record your own notes here:





Acceptance



Actively embracing your experience without attempting to change what it is that you are experiencing

Acceptance does not mean you passively allow unpleasant experiences to remain the same



How might a Circle of Support member properly exercise the skill of acceptance?

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Discuss the skill of acceptance and how Circle of Support members can find a balance between acceptance and control.

1. Introduce the skill of acceptance.

- Acceptance is actively embracing your experience without attempting to change what it is that you are experiencing.
- On a daily basis, you may be challenged to accept external factors like the weather or another person's behavior. You also may be need to accept internal factors like our thoughts and emotions.
- Acceptance doesn't mean you necessarily approve or like what is happening. But, a person must acknowledge and accept their current experience exists before they can properly cope with it and move forward with purposeful action.

2. Discuss the need to strike a balance between accepting things as they are but also identifying what is within one's control that could positively influence the situation.

- Furthermore, acceptance does not mean you passively allow unpleasant experiences to remain the same. This is especially true if what is occurring is detrimental to you or another person's health, safety, or well-being.

Record your own notes here:



- Consider this scenario. A Soldier returns home from deployment and is having a difficult time adjusting. The Soldier is consistently frustrated. Sometimes, the frustration escalates to intense anger. Or, maybe the Soldier is experiencing emotions of guilt and disappointment and is withdrawing. Your Soldier's actions are interfering with your ability to reconnect with them.
- **[ASK]** How might a Circle of Support member properly exercise the skill of acceptance in this scenario?

[NOTE: Allow for discussion. Guide the conversation toward finding a balance between accepting things as they are but also identifying what is within their control that could positively influence the situation. An example might include

- You cannot control what your Soldier is experiencing or doing. You can, however, acknowledge and accept the Soldier's need to decompress from the deployment. Recall the tail-light effect. Your Soldier may be unaware of their reactions or behaviors and be unaware of how it is affecting you. You can help raise their self-awareness through Deliberate Communication.
- Furthermore, you can engage in Deliberate Communication to express how you feel, share your needs, and agree upon a course of action that can benefit both parties.]

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Acceptance Strategies



How might acceptance foster resilience during reintegration?



What are some strategies you can use to support the skill of acceptance?



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Discuss how the skill of acceptance, unlike avoidance, can promote resilience during reintegration and discuss strategies to cultivate acceptance.

1. Discuss how acceptance can foster resilience during reintegration.

- **[ASK]** How might acceptance foster resilience during reintegration?

[NOTE: Allow for discussion. Cover the following benefits of acceptance that were not already discussed.]

2. Highlight that acceptance promotes resilience unlike avoidance.

- When you experience something unpleasant – whether it be physical pain or an uncomfortable feeling like guilt or anger – it may seem natural to want to avoid it, suppress it, or deny it.
- But, avoidance doesn't make the uncomfortable feelings or sensations go away. It also doesn't make the problem or issue go away. Eventually, whatever it is that you are avoiding will resurface. Although you may experience short-term relief in your attempts to avoid or suppress discomfort, it comes at a cost as it interferes with you taking actions that benefit yourself in the long-term.

Record your own notes here:



- For example, suppressing difficult emotions that you might come to experience during reintegration may lead to an emotional shut down that can prevent connecting with your Soldier or others. The stress of feeling disconnected with others can begin to disrupt other areas of your life, such as interfering with your ability to focus at work or causing sleep disturbance and health issues.
- Unlike avoidance, acceptance promotes resilience. Once you acknowledge and accept what you are experiencing, then you can properly cope with it or move forward with purposeful action.

3. Discuss effective strategies to support the skill of acceptance during reintegration.

- **[ASK]** What are some strategies you can use to support the skill of acceptance that will foster resilience during reintegration?

[NOTE: Allow for responses. Examples might include

- *Manage realistic expectations: understand that things and people will have changed and that things will likely be different. Different is not necessarily bad, it can simply just be different.*
- *Be willing to experience momentary discomfort. Experiencing negative thoughts and emotions is normal.*
- *Adopt a nonjudgmental attitude: observing your experience and simply acknowledging whatever is present rather than judging whether it is good or bad, right or wrong.*
- *Judging yourself, or being critical of yourself, for feeling a certain way or reacting a certain way will only add insult to injury. Judgment of what you are experiencing generally leads to unfavorable consequences like feeling worse or like being stuck in the current circumstance rather than progressing forward.*
- *Control the Controllables. Identify what aspect of the situation is within your control and what is outside of your control. Shift your focus and energy toward the controllables (e.g., sometimes it is your own thoughts, emotions, reactions).]*

4. Transition.

- Let's now move to the next skill: self-regulation.

Record your own notes here:





Self-Regulation



Ability to regulate impulses, thoughts, emotions, physiology, and behaviors to achieve desired changes or outcomes

Control the
Controllables

Shift Your
Thinking

Hunt the
Good Stuff

Deliberate
Breathing

Deliberate
Communication

Pursue a
Goal

How can the DCRT strategies support self-regulation and your pursuit of a "successful" reintegration?

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Discuss how self-regulation can promote resilience during reintegration.

1. Introduce the skill of self-regulation.

- The skill of self-regulation is the ability to regulate impulses, thoughts, emotions, physiology, and behaviors to achieve desired changes or outcomes.
- Self-regulation helps Circle of Support members and Soldiers adapt to various stressful demands by recognizing what adjustments need to be made and then taking the appropriate action.

2. Discuss how DCRT strategies support the skill of self-regulation and the pursuit of a "successful" reintegration.

- **[ASK]** How can the DCRT strategies support the skill of self-regulation and your pursuit of a "successful" reintegration?

[NOTE: Allow for responses. Examples may include

- *It is natural to lose focus and be distracted by stressors in your environment and the stressors that come along with the challenges of reintegration. Control the Controllables can help to redirect your attention to what is within your control and what matters in the moment, and to take purposeful action.*

Record your own notes here:



- *Shift Your Thinking can help you to snap out of a bad mood. We can sometimes get stuck over-experiencing negative emotions like anger, frustration, or annoyance. Regulating your thoughts can lead to a healthier range of emotions that, in turn, can help you to find more joy and satisfaction in your life. Also, when we are able to have more control over our mood, we are more enjoyable to be around, which is important for fostering strong connections;*
- *When facing the changes and challenges of reintegration, it is common to be overwhelmed with feelings of stress, anxiety, or frustration. You can Hunt the Good Stuff to counteract the negativity bias and off-set the negative emotions and the physiological stress that come along with them. Deliberately cultivating emotions of gratitude and appreciation can help alleviate stress.*
- *You may experience challenges that “set you off”. Deliberate Breathing can help you to gain physical, mental, and emotional composure and, therefore, respond to changes with a level-head rather than react with disproportionate emotions. Taking a tactical pause can help promote clearer thinking, which can support the skills of situational and self-awareness.*
- *Deliberate Communication, such as being mindful of your tone of voice, word-choice, and nonverbal cues like facial expressions and posture can help you to be more in control of the message you are sending to others. Sometimes we communicate through words or actions a message that we do not mean, but once something is communicated, it is hard to take back. Feelings can be hurt and the damage can be irreversible. Regulating your emotions and pausing to think before you speak can help maintain healthier relationships.*
- *Pursuing a goal, such as a “successful” reintegration, can help you to make calculated decisions rather than act on impulse.]*

3. Transition.

- Let's move on to discuss how connection with others can boost resilience.

Record your own notes here:





Connection



Connection is the ability to foster, engage in, and sustain positive and meaningful relationships

How did connection to others help you be resilient during the deployment?



Soldiers on deployment also found strength from having a sense of connection to those back home and those on deployment with them

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Discuss how the skill of connection helped foster resilience during the deployment.

1. Introduce the skill of connection.

- The skill of connection is the ability to foster, engage in, and sustain positive and meaningful relationships.
- Feeling connected to others can protect against feelings of loneliness. When people feel lonely and socially isolated, they tend to engage in less productive coping behaviors. So, not only do strong connections with others offer support but they also lead a person to engage in more resilient behaviors ourselves.
- You are more resilient when you feel connected to and supported by others.

2. Discuss how connection to others helped Circle of Support members be resilient during deployment.

- **[ASK]** How did connection with others help you be resilient during the deployment?

[NOTE: Allow for responses. Examples might include

- *Communicating with my Soldier to share each of our experiences during deployment helped us to feel a part of each other's lives;*

Record your own notes here:



- *Correspondence with other military Circle of Support members allowed me to share my experience with others who would understand. Sharing our challenges together helped me to accept what I was going through was normal and helped me to know I was not alone. This fueled a sense of belonging;*
- *Because of the connection with my Soldier and with other Circle of Support members, I felt a sense of purpose in being a source of support and strength for them. Knowing others relied on me helped motivate me to face adversity and cope with stress effectively.]*

3. Highlight how Soldiers on deployment rely on connection to sustain their resilience during deployment.

- Like Circle of Support members back home, Soldiers on deployment also find strength from having a sense of connection.
- Soldiers benefit from the connections to those back home, such as Circle of Support members, and they also benefit from the strong connections and cohesive bonds that are forged with fellow Soldiers.
- The cohesive bonds that are created between Soldiers on deployment are a result of shared experiences and the need to depend upon one another for mission success and, sometimes, survival.

[NOTE: *This is a natural transition to the next slide.*]

Record your own notes here:





Connection Strategies



What are some strategies to help you reestablish connection?



- Spend quality time together, create positive memories, cultivate shared experiences
- Show empathy toward others
- Reach out (initiate contact) and be responsive to others' efforts
- Ask for and accept help from others
- Offer support to others
- Be a person others want to be around
- Attend social events and/or volunteer events
- Be deliberate in how you communicate

To work through the challenges of reintegration together, it will require you to communicate – the more effective your communication, the more productive that process will be

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Discuss strategies to help strengthen and maintain connection.

[CLICK TO ADVANCE]

1. Discuss strategies to help strengthen and maintain connections.

- Reestablishing connection with members of your Circle of Support is an invaluable part of reintegration. It is important to remember that strong connection can take time, effort, and perseverance.
- **[ASK]** What are some strategies to help you to strengthen and maintain connection with your Soldier and others?

[NOTE: Allow for responses before revealing examples.]

[CLICK TO ADVANCE]

[NOTE: Examples may include

- Spend quality time together, create positive memories, cultivate shared experiences;
- Show empathy toward others;
- Reach out and initiate contact; be responsive to others' efforts to reach out;
- Ask for and accept help, and offer support to others;

Record your own notes here:



- *Be a person others want to be around (e.g., trustworthy, accepting, positive attitude, self-aware, self-regulated);*
- *Work through a challenge (e.g., conflict) together;*
- *Celebrate successes, accomplishments, progress toward goals, and growth experienced by others;*
- *Attend social events such as those hosted by MWR, BOSS, FAP, or the unit;*
- *Deliberate communication such as regulating emotions, maintaining an respectful tone, sending productive messages, actively listening.]*

2. Explain that reestablishing connection and navigating reintegration alongside your Soldier will not always be easy; it will require effective communication.

- Reestablishing connection and navigating reintegration alongside your Soldier will not always be easy. There will likely be friction—even some conflict—as you adapt to changes and encounter challenges.
- To work through the challenges of reintegration together, it will require you to communicate – the more effective your communication, the more productive that process will be.
- One of the best ways to communicate is to communicate proactively. Doing so can help prevent unnecessary stress or problems from arising.
- Let's take a look at what makes for effective communication during reintegration.

[NOTE: *This is a natural transition to the next slide.*]

Record your own notes here:





Connection: Communication



What are some communication behaviors that you and your Soldier used during deployment that are helping you now also in reintegration?

DIFFERENCES IN EFFECTIVE COMMUNICATION	
ON DEPLOYMENT	DURING REINTEGRATION
Assertive, directive, sometimes aggressive	Assertive, collaborative, more empathetic
Clear and concise (e.g., "to the point")	Clear, comprehensive understanding, patient
Filtering experiences: share information on a "need-to-know basis"	Share more details, involve others in the process
Filtering experiences: something is better than nothing	Share experiences: something is better than nothing

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Discuss the differences between effective communication habits on deployment and communication efforts during reintegration.

[SLIDE BUILDS]

1. Discuss communication behaviors that Soldiers found effective during deployment and now too in reintegration.

- Upon returning home, some Soldiers and Circle of Support report that communication with one another is better because of the deployment experience.
- **[ASK]** What are some communication behaviors that you and your Soldier used during deployment that might be effective during the reintegration process?

[NOTE: Allow for responses.]

2. Highlight differences between effective communication on deployment and effective communication during reintegration.

- Other Soldiers and Circle of Support members have reported communication as a significant challenge during reintegration. Communication during reintegration can be influenced by the quality of communication you had during the deployment. But, it is also influenced by your ability to adjust and adapt to the new set of circumstances.
- During the deployment, you and your Soldier may have developed communication habits that worked well given the circumstances of deployment, but are counterproductive to the reintegration environment.



Record your own notes here:

[CLICK TO ADVANCE]

- Take a look at the chart on the slide. On the left are some communication habits on deployment that can be effective in that environment. On the right are some communication habits that are effective during reintegration.

[NOTE: *Pause to allow Circle of Support members to review slide. If large room/difficult to see, then read the points aloud.*]

3. Provide an example of filtering experiences.

- Let's look at an example.
- **[ASK]** How might the strategy of filtering experiences have been useful during the deployment, but perhaps a hinderance to your reintegration if continued?

[NOTE: *Allow for discussion. An example might include*

- *On deployment, time-restraints made communication more "to-the-point"; back home, there is less hurry and more time to communicate thoroughly;*
- *On deployment, filtering experiences to share information on a "need-to-know basis", but back home, sharing more details and involving others in the process of information-sharing leads to a collaborative and integrated approach that supports reconnection efforts.]*

4. Highlight that Circle of Support members cannot control how effectively others communicate, but they can influence quality of communication by taking ownership of how they themselves communicate and respond.

- All of the suggestions on the right-hand side are within your control. You cannot control another person or how effectively they communicate, but you can take ownership of how you communicate and how you respond.

5. Transition.

- When you communicate effectively, you increase your ability to solve problems and overcome challenges together because you are better able to identify the issue and talk through solutions.
- If communication is an area you want or need to improve, there are many resources to help you. We will cover the resources in a few moments. For now, let's review some strategies to improve communication.

Record your own notes here:

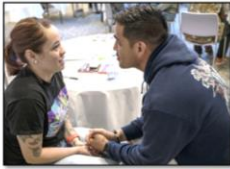




Connection: Communication



What are some strategies you can use to promote effective communication between you and your Soldier during reintegration to strengthen connection?



- Keep in mind that you value the relationship, and your goal is to build or maintain a strong connection
- Consider other perspectives
- Begin important conversations with HTGS
- Address and talk about the positive ways your Soldier has dealt with challenges or achieved successes
- Engage in self-regulation strategies
- Keep the lines of communication open



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Discuss strategies that can promote effective communication between Circle of Support members and their Soldier during the reintegration process and strengthen connection.

[SLIDE BUILDS]

1. Discuss strategies that can promote effective communication between Circle of Support members and their Soldier during the reintegration process with an emphasis on strengthening connection.

- **[ASK]** What are some strategies you can use to promote effective communication between you and your Soldier during reintegration?

[NOTE: Allow for responses. Encourage Circle of Support members to consider DCRT strategies re-introduced at the beginning of Part 3. Cover the following strategies that were not already discussed.]

[CLICK TO ADVANCE]

- First and foremost, keep in mind that you value the relationship and your goal is to build or maintain a strong connection. Remembering this can increase your willingness to initiate, engage in, and stay engaged in difficult conversations.
- Be open to hearing what the person has to say and be willing to consider perspectives other than your own.
- Begin important conversations by Hunting the Good Stuff in order to set a positive tone for a productive conversation.



Record your own notes here:

- Address and talk about the positive ways you and your Soldier have dealt with challenges or achieved successes. This will bring each of you into the process and allow you to feel more connected to both the events and the individuals involved.
- Engage in self-regulation strategies, such as Deliberate Breathing or Shift Your Thinking. Intense emotions can interfere with how a message is delivered as well as how it is received. Take some Deliberate Breaths to maintain composure and try to see the situation from another perspective.
- Keep the lines of communication open. On deployment, there were time constraints that may have forced you to talk through something now or never. But, back on the home front, you have more time. Consider establishing some “rules of engagement” such as when to push pause on a conversation if it gets heated with a commitment to return to it once you’ve both gathered your thoughts and composure.
- It can be difficult for Soldiers to share deployment experiences with Circle of Support members back home who may struggle to understand them. Circle of Support members may also find it difficult to share their own experiences with their Soldier. But, communication does not have to be all-or-nothing. Sharing something is better than sharing nothing. If helpful, start by sharing the smaller more trivial stuff.

2. Transition.

- We’ve just spent time focusing on how connection helps both Circle of Support members and the Soldier to be resilient through challenges as well as how communication is vital to strong connections.
- The strength of connection between two people is fundamental to being a source of support for one another.
- Let’s move on to discuss the value of having support.

Record your own notes here:





Support



In what ways might it be helpful to reach out to your sources of support as you navigate reintegration challenges?



Connection through social media can offer informational support and even emotional support

Ensure that you are also engaging in relationships and sources of support in real life, outside of social media, too

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Discuss the value of Circle of Support members leaning into their own sources of support in order to help them navigate reintegration challenges.

[SLIDE BUILDS]

1. Transition from discussing skills that foster resilience to discussing the final overarching factor that can impact reintegration: support.

- So far in Part 3, we have discussed several overarching factors that can positively impact your reintegration experience.
- First, we discussed the need to cultivate a sense of purpose to sustain your effort and perseverance. Then we discussed utilizing skills and strategies to effectively navigate your challenges.
- The fourth and final overarching factor that can impact a Soldier's and Circle of Support member's reintegration process is the support you get and give to others.

2. Discuss the value of Circle of Support members leaning into their sources of support in order to help them navigate reintegration challenges.

- **[ASK]** In what ways might it be helpful to reach out to your sources of support as you navigate the challenges of reintegration?

[NOTE: Allow for discussion. If necessary, relate the question to how Circle of Support members found it helpful to reach out to sources of support to navigate the deployment.]

Record your own notes here:

[NOTE: Connection and support are interrelated but distinct concepts that both contribute to one's resilience. For clarity, connection can be described as the knowledge and feeling that someone is there for you. Connection is not an asset or place you go, but more of a sense of belonging and value that is reciprocated by the person on the other side of the connection. Support can be described as the help, comfort, and encouragement that a person give to another person or can receive from another person, group, or resource. For example, there are people or places someone can turn to for support.]



[NOTE: Examples might include

- *Gain an outside, objective perspective;*
- *Strengthen connection, protects self from feelings of isolation;*
- *Prevent (or relieve) feelings of being overwhelmed, alleviate unnecessary stress;*
- *Allow others the benefits that come with helping someone through a challenge, may be helping them also see they are not alone in their experience.]*
- Much like it can benefit you to capitalize on your connections and reach out to your support channels, it can benefit Soldiers to lean into the connections and support system they established during deployment as well.

3. Acknowledge social media groups as a source of support.

[CLICK TO ADVANCE]

- Some of you may have found support through social media channels such as Facebook groups for military support members or even groups specifically designed for Circle of Support members facing a deployment cycle. Groups like these can enhance a sense of belonging.
- Connecting to a large group of people going through a similar experience can also offer informational support and emotional support. For example, it can be a relief to communicate with others who understand what you are going through.

[NOTE: This last point might be especially true for Circle of Support members who are not surrounded by a military community such as those associated with the National Guard or Reserves.]

- There are benefits to using social media for support and a level of connection with others, but overuse or overreliance on social media can create a false security of connection along with other potential downsides.
- Therefore, ensure that you are also engaging in relationships and sources of support in real life, outside of social media, too.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Find a Balance



The support established during deployment can also help you through reintegration

- Finding a balance between maintaining established sources of support and reestablishing connection can be a challenge



What are some creative ways that Circle of Support members and Soldiers can overcome the challenge to balance maintaining established sources of support and reestablishing connection?



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Discuss ways both Circle of Support members and Soldiers might balance maintaining established sources of support with reestablishing connections.

1. Discuss the need for both Circle of Support members and Soldiers to balance maintaining established sources of support with reestablishing connections.

- The support you and your Soldier established to get through the deployment challenges can also help sustain your resilience during reintegration.
- What can become a challenge for both Circle of Support members and Soldiers individually and interpersonally is the need to balance maintaining established sources of support with reestablishing connections.
- It can be done but it will require intention and effort along with some patience and grace.

Record your own notes here:



2.

Discuss ways that Circle of Support members and Soldiers can overcome the challenge to balance maintaining established sources of support with reestablishing connection.

- **[ASK]** What are some creative ways that Circle of Support members and Soldiers can overcome the challenge to balance maintaining established sources of support and reestablishing connection?

[NOTE: Allow for discussion. Examples might include

- *Introduce one another to the people who were a strong support to each of you, build new connections;*
- *Try to merge your Circles of Support, find ways for each other's support circles to overlap and be mutually beneficial;*
- *Capitalize on opportunities to be present with your Soldier and their battle buddies as they recall deployment stories, being included or even just sitting at the table listening to them exchange stories will allow you into the fold and to learn more of your Soldier's experience on deployment;*
- *Set realistic expectations together. It can be comforting to talk to someone who "gets it" and understands what you are going through. Talk with your Soldier about the value of having people to turn to when needing to talk through certain experiences or topics. Let go of unrealistic expectations or rigid beliefs that your support to each other is all or nothing;*
- *Communicate your needs to your Soldier and respect your Soldier's needs as well. If one or the other feels that quality time to reconnect with each other is being infringed upon by spending time with other members of your support circle, then consider making some adjustments.]*

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Support: Communicate Needs



The support between you and your Soldier is a two-way street

- Communication is critical to understanding each other's needs and how you can best support one another

There are various types of support

- Tangible support
- Informational support
- Emotional support

What are some ways Circle of Support members can provide support to their Soldier during reintegration?

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Review the various types of support and explain that communication is critical to understanding how to best support one another.

1. Explain that communication between Circle of Support members and their Soldier is critical to understanding each other's needs.

- You being here today is evidence that you want to support your Soldier through their reintegration just as you supported your Soldier during the deployment.
- The support between you and your Soldier is a two-way street. Just as you want to support them in the reintegration process, they will want to support you.
- It is unrealistic to assume that your Soldier will automatically know what you need from them, and vice versa. Communication is critical to understanding each other's needs.
- Consider this example. It is common for Soldiers to need downtime to decompress when they return home. In your desire to support your Soldier, imagine that you choose not to incorporate your Soldier into the daily routine or schedule of the Family because you assume they want space. What if, instead, what your Soldier wanted was to feel a part of the Family and to be given a role to play? Without dialogue, your Soldier might interpret your actions to mean that they are not needed.
- Instead of making assumptions based on general knowledge, have open, consistent dialogue about how you can best support one another.



Record your own notes here:

2. Describe the various types of support a Circle of Support member might ask for or offer to their Soldier and others.

- As you navigate your reintegration, there are various ways that your Soldier and others can support you. Likewise, there are many different ways you can offer support to your Soldier.
- It can be helpful to know what kind of support you need and also who may be best suited to support the specific need. Consider who you can turn to for support as you face various reintegration challenges.
- Sometimes you can benefit from tangible support like transporting Family members to appointments, school, or activities, or help with a house project or chores.
- Sometimes you may need informational support such as information on a topic, advice, or counsel.
- Sometimes you may need emotional support such as someone to listen to you without feeling judged by them; someone to validate our experience, show you empathy, or help foster hope.
- Communicate with your Soldier so they know how they can support you in the daily routines and schedule as well as your goals and continued growth.

3. Discuss ways that Circle of Support members can support their Soldier during the reintegration process.

- **[ASK]** What are some ways Circle of Support members can provide support to their Soldier during reintegration?

[NOTE: Allow for responses. Examples might include

- Celebrate successes, growth, new strengths, or skills; new friendships;
- Ask and listen to their needs, give them space and time if that is what they ask for;
- Be willing to accept that you might not be the person to meet all the Soldier's needs (e.g., emotional needs may be best met by a battle buddy, informational needs met by a leader or mentor);
- Let them share their experiences when they're ready;
- Be patient with deployment-related issues, encourage them to seek support if not improving over time.]

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Record your own notes here:

[NOTE: See Tab J for the worksheet containing your personal notes of information (e.g., phone numbers, locations) specific to the unit receiving the training. There is an optional handout with more detailed descriptions of key resources in Tab I.]



Highlight resources available to support the Circle of Support members and their Soldier during the deployment cycle.

1. Explain that sometimes the help a person needs is beyond the scope of one's Circle of Support.

- Another way to find support, and even build connection with others, is to capitalize on the professional resources and programs available to you.
- Capitalizing on the support and resources available to you is a resilient strategy. Sometimes the help that you or your Soldier might need is beyond the scope of one's own Circle of Support and can be found from professional resources.

2. Discuss resources that are available to Circle of Support members and their Soldier during the reintegration process.

- **[ASK]** What resources are available to support you, your Soldier, other Circle of Support members during the reintegration process?

[NOTE: Allow for responses. When a participant offers a resource, such as ACS, ask them or others to explain what the resource is or what it provides.]

- Army Community Service (ACS): comprehensive services designed to meet individual and community needs. ACS programs include Financial Readiness, Family Advocacy Program (FAP), Army Family Team Building (AFTB), and more.



- United Service Organizations (USO): The USO provides networking for Circle of Support members, Family meals, and activities for kids. They also provide wellness activities, gaming and fitness programming, and a safe environment for Soldiers and dependents to hang out and relax.
- Better Opportunity for Single Soldiers (BOSS): The BOSS program aims to enhance the morale and welfare of single Soldiers. BOSS sponsors a variety of activities before, during, and after deployment to maintain the morale of single Soldiers affected by deployment stress.
- Strong Bonds: a unit-based, chaplain-led program that provides relationship education and skills training. Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or “get away” provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.
- Military and Family Life Counseling Program (MFLC): free, short-term, confidential non-medical counseling services for a wide range of issues from marital conflicts and stress management to coping with deployments or loss. MFLC is available to Soldiers and certain members of their Circle of Support; sessions can take place in person, over the phone, or via secure video or online chat.
- Chaplain: Provide religious or spiritual support and counseling.
- Employer Support of the Guard and Reserve (ESGR): ESGR helps Soldiers understand their rights governed by the Uniformed Services Employment and Reemployment Rights Act (USERRA). Specifically, ESGR helps Soldiers know where to turn if facing employment issues, Civil Litigation, or other discrimination for their military service to include being deployed.

[NOTE: USERRA is a Federal law intended to ensure that persons who serve in the Armed Forces, Reserve, National Guard, or other uniformed Services: (1) are not disadvantaged in their civilian careers because of their service; (2) are promptly reemployed in their civilian jobs upon their return from duty; and (3) are not discriminated against in employment based on past, present, or future military service.]

Record your own notes here:



- Military OneSource: online resource that is a one-stop shop. It provides assistance on an array of topics such as the military life cycle, PCS moves, health and wellness, retirement planning, financial counseling, relationship counseling and non-medical counseling for stress relief, life coaching, education and employment benefits, childcare options, and more.
- Embedded Behavioral Health Provider: trained and certified professionals to provide clinical assistance regarding mental health issues or concerns for Soldiers.
- Army Wellness Center (AWC): staffed with health educators to provide educational programs and services to improve and sustain physical health. Programs include health and fitness assessments, wellness coaching, exercise prescription, nutrition coaching, stress management, and tobacco education and coaching.
- R2 Performance Centers (R2PC): R2 Performance Centers have Master Resilience Trainers-Performance Experts with graduate degrees in psychology or human performance who can assist you in achieving goals, enhancing resilience, and optimizing performance.

3. Ask Circle of Support members for additional resources that might be useful during reintegration.

- **[ASK]** Are there any resources that you are aware of that might be helpful during reintegration that are not presented here on the slide?

[NOTE: Allow for responses.]

- Perhaps there are challenges you anticipate facing during reintegration. Be proactive; get prepared by locating and establishing the appropriate support now.
- As time passes, if issues you or your Soldier are facing are not improving, then that may be an indicator it is time to seek outside assistance. Sometimes we just need a push in the right direction or some guidance from a professional with expertise in the specific area that is presenting a challenge to us.
- If you try one resource and do not find it helpful, try a different one. You may have to try more than one to find a good fit for you.
- Now that we have discussed the support and resources available to you, let's move on to Part 4: Draft a Resilience Plan.

[NOTE: This is a natural transition to the next slide.]

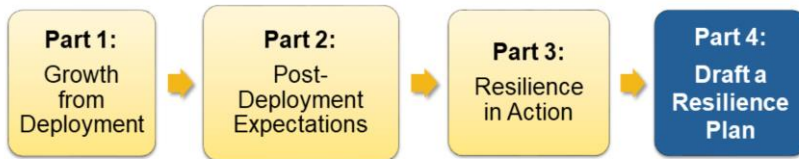


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Part 4: Draft a Resilience Plan



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Recommended time is 20 minutes



Introduce Part 4: Draft a Resilience Plan.

1. Review what will be covered in Part 4.

- Implementing the lessons, realizations, and practical strategies that you have gained from this training will help to decrease negative emotions like anxiety, stress, and anger, and increase the likelihood of experiencing more positive emotions like determination, confidence, and gratitude.
- Good intentions, though, aren't enough. It is important to have a plan and commit to it. Here, in Part 4, we will Draft a Resilience Plan.
- You will be asked to reflect on what you personally found impactful from the training and work to put key aspects of this training into a resilience plan. This will just be a draft—a beginning, a starting point.
- Lastly, we will finish with a goal setting exercise, which will give you an opportunity to leave here today with a plan to take action immediately.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:



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PE: Draft a Resilience Plan



Realistic Expectations	Resilience Skills & Strategies	Support & Resources
<p>Reintegration is an opportunity for growth.</p> <p>Reintegration to include re-establishing connection takes time.</p> <p>An expectation I want to discuss with my Soldier is: _____.</p>	<p>What: Shift Your Thinking</p> <p>When: Communicating with my Soldier</p> <p>How: Listen with empathy to try to understand my Soldier's perspective.</p>	<p>On Sundays, my Soldier and I check in with each other to discuss how we can best support one another.</p> <p>Military One Source: militaryonesource.mil 800-342-9647</p>



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Provide practical suggestions for what to include in one's resilience plan and offer Circle of Support members to begin to draft their own plan.

1. Provide practical suggestions for what to include in one's resilience plan by working through the first three parts of today's training.

- When drafting your resilience plan, consider using the sections of this training as your guide.
- First, consider writing out the Realistic Expectations that you want to be sure to remember throughout the reintegration process, such as "Reintegration is an opportunity for growth" or "Reintegration to include re-establishing connection takes time."
- You may also want to make note of realistic expectations that are unique to your circumstances that you plan to discuss with your Soldier.
- Take a moment and reflect on the realistic expectations of the reintegration process that resonated most with you from today's training.

[NOTE: Allow a few moments for silent reflection. Again, encourage them to record their ideas on paper, if possible. Time permitting, encourage participants to share with the group, if desired.]

Record your own notes here:

[NOTE: Provide participants with the handout "PE: Draft a Resilience Plan" (see Tab I) or encourage participants to record their ideas on a piece of paper, if available. Another option, although it may risk distraction, might be to use the Notes App on a Smart Phone.]



- Next, reflect on the skills and strategies that you plan to incorporate into your daily routine. For example, “I will use the strategy of Shift Your Thinking when communicating with my Soldier. I will listen and be empathetic to their experience by considering their perspective.” Or, “We will HTGS each night at the dinner table by sharing 1-2 good things from our day” or “I will take a Deliberate Breath when tension is high in order to keep my composure.”
- Take a moment to reflect not only on what skills and strategies you will use to foster resilience but also when or how you plan to use them.

[NOTE: Allow a few moments for silent reflection. Again, encourage them to record their ideas on paper, if possible. Time permitting, encourage participants to share with the group, if desired.]

- In your resilience plan, you might include an action you want to take to ensure you are maintaining strong connections with others, such as “On Sundays, my Soldier and I will check in with each other and discuss how we can best support one another.”
- Take a moment to consider your plan for keeping or building connection with others and accepting support.

[NOTE: Allow a few moments for silent reflection. Again, encourage them to record their ideas on paper, if possible. Time permitting, encourage participants to share with the group, if desired.]

- Resources exist for you to use them. Consider writing down the resources that you intend to utilize or may find useful if/when needed in a deployment binder or note in your phone. Include information to access the resource such as phone numbers or websites.

[NOTE: Allow a moment for participants to reflect on and record key resources.]

2. Transition.

- Drafting a plan for how you will maintain your resilience is a sure-fire way to prepare yourself to meet and overcome the challenges of the reintegration.
- But, as we’ve stated throughout the module, it will take effort on your part. One way to ensure your actions are aligned with your vision of a “successful” reintegration is to identify a goal and create a clear plan of action.

Record your own notes here:





Clear Goal Plan: Example WOOP



Wish: What is your challenging, yet feasible, **Wish**?

- I want to be willing to talk to my Soldier about the challenges of deployment.
- Summarize: Talk about the deployment with my Soldier

Outcome: What is the best **Outcome**?

- It will help to re-establish the connection between myself and my Soldier.
- Summarize: Re-establish connection

Obstacle: What is your main inner **Obstacle**?

- I can be reluctant to share things about my deployment experience with my Soldier because I feel like they won't understand.
- Summarize: Feeling reluctant to share things

Plan: What is your when-then **Plan**?

- When I feel reluctant to share about my deployment experience, then I will remember that sharing experiences is an important process of re-establishing connection.

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Prepare Circle of Support members for a goal-setting activity by reviewing the WOOP framework and providing an example.

1. Explain that the hope for a “successful” reintegration can be supported by having a clear goal plan.

- Setting personal goals and creating an action plan to achieve them can provide a positive focus and sustain your motivation and determination as you work toward a “successful” reintegration.
- Additionally, committing to follow a goal plan can help give you a sense of purpose behind your daily actions.

2. Introduce WOOP as an effective goal-setting framework.

- There are numerous goal-setting frameworks to use; some are more effective than others. If you attended the Pre-Deployment Resilience Training for Circle of Support module, then you may recall the WOOP framework.
- WOOP is a goal-setting framework that has been shown to increase goal commitment and goal attainment.
- I will describe each step as we walk through an example. Then, you will be given a few moments to create your own WOOP goal specific to the reintegration process.

Record your own notes here:

[Reference: Oettingen, G. (2015). *Rethinking positive thinking: Inside the new science of motivation*. New York, NY: Penguin Random House.]



3. Walk Circle of Support members through each step of WOOP with an example goal plan and emphasize the sub-step of summarizing each step into 3-6 words.

- Let's walk through a goal set by a Circle of Support member named Alex. You'll notice that each step is summarized into 3-6 words. This brings more clarity of focus, which increases the likelihood of taking action.
- Alex's Wish is, "I want to be willing to talk to my Soldier about the challenges of deployment." To summarize, the Wish is: "Share deployment experience with my Soldier."
- Alex determined that the best Outcome of fulfilling this Wish is that it will help to re-establish the connection with one another. To summarize, "Re-establish connection".
- Alex identified the greatest inner Obstacle to fulfilling the Wish, that is within her control: "I can be reluctant to share things about my deployment experience because of feeling like my Soldier won't understand." To summarize, the Obstacle is "Feeling reluctant to share things."
- Alex's Plan identifies the Obstacle, "When I feel reluctant to share about my deployment experience," and then states an action to take when the Obstacle arises, such as "then I will remember that sharing experiences is an important process of re-establishing connection."
- The Plan can be something you are planning to think or say to yourself in that moment or it can be a behavior that you will engage in (e.g., Deliberate Breathing) if the Obstacle presents itself. We call this a "when/then" statement.
- Research has found that the when/then framework is the key to goal success because it leverages the power of cues. Additionally, when you visualize this process, you will be more likely to behave or think in the way that aligns with your goal, or Wish.

4. Transition.

- Now it's your turn.

Record your own notes here:





PE: WOOP Goal Plan



W O O P	Wish: What is your challenging, yet feasible, Wish? • Choose one specific to the reintegration process.
	Outcome: What is the best Outcome?
	Obstacle: What is your main inner Obstacle?
	Plan: What is your when-then Plan? When... ... then...



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Practical Exercise: Walk Soldiers through setting their own goal(s) using the WOOP framework.

1. Set up the Practical Exercise.

- We will now walk through a Practical Exercise where you will get the chance to create a goal specific to the reintegration process.
- Consider the draft resilience plan and the ideas you generated in that exercise. Perhaps you can use one of those ideas to now create a plan of action.
- For now, just focus on setting one goal. After walking through this exercise once, you will have gained the know-how to set additional goals later.

[NOTE: Throughout the exercise, allow about one minute for reflecting on and identifying their response for each step. Check in to be sure the majority have completed each step before moving on to next one. If time allows, ask for a couple of examples throughout the Practical Exercise.]

2. Identify the Wish.

- The first step is identifying your Wish. It is important that the Wish is meaningful to you and realistic to accomplish. You might consider one of the areas you identified earlier as an opportunity for growth.



Record your own notes here:

[NOTE: Provide participants with the handout “PE: WOOP Goal-Setting” (see Tab I) or encourage participants to record their ideas on a piece of paper, if available. Another option, although it may risk distraction, might be to use the Notes App on a Smart Phone.]

- Take a minute now to identify your Wish. What is your challenging, yet feasible Wish?
- Then, summarize the Wish into 3-6 words.

[NOTE: Ask for examples.]

3. Identify the Outcome.

- The Outcome is something that you find motivating. It serves as a sense of purpose. Take a moment now to identify the Outcome: What is the best Outcome of fulfilling this Wish?
- Then, summarize the Outcome into 3-6 words.

[NOTE: If time allows, ask for examples.]

- Now, take about 30 seconds to visualize experiencing this Outcome. Make the visualization as vivid and real as possible.

4. Identify the Obstacle.

- The next step is to identify an inner Obstacle that may keep you from realizing your Wish. Inner Obstacle means something that comes from inside of you, such as your interpretation or perception of an outside barrier or the way you feel when that outside barrier arises.
- There may be several Obstacles, so choose the obstacle that is the most influential and within your control to overcome.
- Take a few minutes now to identify your greatest inner Obstacle.
- Then, summarize the Obstacle into 3-6 words.

[NOTE: If time allows, ask for examples.]

5. Identify the Plan.

- Finally, take a minute to create your Plan. Select a productive action to take when the inner Obstacle arises.

[NOTE: Ask for examples.]

- Now, take about 30 seconds to visualize encountering the Obstacle and then enacting your Plan.
- You might have to try a couple different Plans before you find one that works for you.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Plan to Succeed



Increase the chances of fulfilling your **Wish** by drawing on your skills, strategies, and sources of support.

What skills and strategies can you capitalize on to assist you in your Plan to fulfill your Wish?



In what ways might you capitalize on your sources of support to include professional resources to assist your goal pursuit?



How do you see this plan helping you to navigate the reintegration challenges and set you up for a "successful" reintegration?

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Debrief the Practical Exercise by helping Circle of Support members identify skills, strategies, and support that can help them accomplish their goal.

1. Discuss ways Circle of Support members can draw upon their skills, strategies, and sources of support in order to increase their chances of fulfilling their Wish.

- You can help increase the chances of fulfilling your Wish by drawing on your skills, strategies, and sources of support.
- **[ASK]** What skills and strategies can you capitalize on to assist you in your Plan to fulfil your Wish?

[NOTE: Allow for responses.]

- **[ASK]** In what ways might you capitalize on your sources of support to include professional resources to assist your goal pursuit?

[NOTE: Allow for responses. Examples might include

- Source of encouragement;
- Accountability;
- Guidance on the goal topic;
- Guidance and support in setting effective goals or identifying effective actions (e.g., MLFC, life coach, R2 Performance Centers, Wellness Centers.)

Record your own notes here:



2. Ask Circle of Support members how the goal plan will help them to navigate the reintegration challenges and set them and their Soldier up for a “successful” reintegration.

- **[ASK]** How do you see this plan helping you to navigate the reintegration challenges and set you up for a “successful” reintegration?

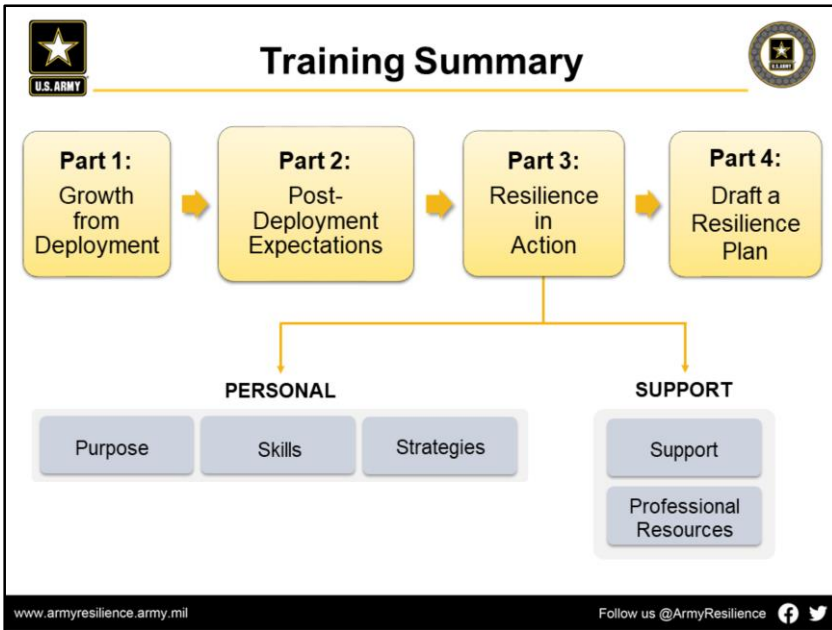
[NOTE: Allow for discussion.]

- Discuss your plan with your Soldier to include the ways you believe it will strengthen your resilience and set you and your Soldier up for success during reintegration. Communicating this information up front can promote a shared experience and increase connection.
- Your Soldier was encouraged to set a goal for reintegration too. Supporting one another in your respective goal pursuits can help create a shared experience that further strengthens your connection and benefits everyone’s overall reintegration progress.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Summarize the key points of the module.

1. Review the main points that were covered during each part of the training.
 - We have come to the end of the training. Let's review what we've covered.
 - Part 1: Growth from Deployment. We began with a reflection on your deployment cycle experience thus far. This exercise helped support your self-awareness and situational awareness as you identified areas of growth in you and others and you extracted lessons learned from your deployment experience that you can carry with you into your reintegration.
 - Part 2: Post-Deployment Expectations. The aim here was to review the realities of reintegration so that you can approach reintegration with more realistic expectations. When you have a more accurate idea of what you can expect, then it enhances your ability to mentally prepare. Knowing ahead of time what you might encounter allows you to think through scenarios and plan out how you will approach them with resilience.
 - Part 3: Resilience in Action. This part of the training focused on strengthening personal resilience by reviewing key factors that aid resilience.

Record your own notes here:



- If you cultivate a strong sense of purpose, use effective skills and strategies to cope with stress and adapt to change, and capitalize on your sources of support to include professional resources, then you can expect a more “successful” reintegration.
- Part 4: Draft a Resilience Plan. This culminating exercise encouraged you to reflect on the insights and practical strategies you found most impactful today. You began a working draft of a resilience plan so that your good intentions translate into action.
- Lastly, you created a goal plan to make progress toward a meaningful, realistic goal so that growth from reintegration becomes a reality.
- I encourage you to continue the working draft of your resilience plan and commit to following through with it. Implementing the key take-aways from today’s training will help you to make progress toward a “successful” reintegration.

2. Time permitting, allow the group to ask questions or share comments about today’s training.

- **[ASK]** Does anyone have any questions or comments about today’s training?

***[NOTE:** Field questions as a group allowing fellow participants to offer support or answers when appropriate. Ensure you have time set aside to be available after the training has ended in the case time is limited.]*

3. Transition.

- Thank you for your participation today. Before we conclude, I am going to give you an opportunity to provide the Army Resilience Directorate feedback on this module.

Record your own notes here:





Survey QR Code



https://wrair.gov1.qualtrics.com/jfe/form/SV_3flj5zlGBI8sRVA

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Provide information to complete the post-training survey.

1. Provide information to complete the post-training survey.

- The Army Resilience Directorate (ARD) has requested that you take a brief survey to continue improving this training for future use.
- Soldiers and members of their Circle of Support provided feedback in 2018-2019 to the previous version of this training. That feedback was instrumental to ARD in revising and updating the training you just received.
- You have the opportunity now to offer your feedback which will then be used to make a difference for the next group of Soldiers and their Circles of Support.
- On the survey, you will be able to rate the usefulness, relevance, and effectiveness of specific topics as well as let them know specific sustains and improves for the next version.
- While completing the survey is optional, I ask that you remain here so we can conclude the training together as a group.
- Please use the QR code on your phone to access the survey.
- There is an information sheet that lets you know about the evaluation and who to contact if you have questions.
- The survey takes approximately 10 minutes.



Record your own notes here:

2. Ask if participants have any questions; prompt those choosing to complete the survey to begin.

- **[ASK]** Does anyone have any questions?

[NOTE: Allow for and address questions.]

- If you so choose, please complete the survey now.
When everyone is done, we will conclude the training.

[NOTE: Provide the participants time to take the survey.

When everyone who wants to complete the survey is finished, pull the class together for the conclusion.]

3. Transition.

- Let me leave you with some parting thoughts.

Record your own notes here:





Thank you!



**The strength of our nation is our Army.
The strength of our Army is our Soldiers.
And the strength of our Soldiers
is our Families.**

That's what makes us Army Strong."

- GEN Ray Odierno, former U.S. Army Chief of Staff

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Conclude the training and thank Circle of Support members for their participation and continuing service and support to the Army.

1. Reinforce that the Circle of Support members are now even more equipped to face the demands of the reintegration process.

- You came into this training with resilience. You were aware of, and perhaps already using, strategies that enabled you to manage stress, cope with adversity, overcome challenges, and experience growth.
- However, through this training, your resilience tools have been further sharpened. You are now even more equipped to face the demands of the reintegration process.

2. Foreshadow the final module for Soldiers: Post-Deployment Resilience Training for Soldiers (3-6 Months).

- This is the final Deployment Cycle Resilience Training for Circle of Support members. Your Soldiers, however, have one more module remaining: Post-Deployment Resilience Training (3-6 Months).
- The 3-6 month window is a good time for Soldiers to reassess progress in their ongoing transition. The Soldier's final DCRT module is designed to support the Soldier's resilience as they continue to navigate the post-deployment phase of the deployment cycle, specifically the reintegration process.

Record your own notes here:



3.

Thank Circle of Support members for their participation and their commitment to their Soldier and to our nation.

- Thank you for your participation today.
- In the words of GEN Odierno, the 38th Chief of Staff of the Army: “The strength of our nation is our Army. The strength of our Army is our Soldiers. And the strength of our Soldiers is our Families. That’s what makes us Army Strong.”
- Whatever your role is as part of that Family or of your Soldier’s Circle of Support, thank you!

Record your own notes here:

