




# Deployment Cycle Resilience Training (DCRT)

## Post-Deployment Reintegration Handouts

[www.armyresilience.army.mil](http://www.armyresilience.army.mil)

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# WRAIR

Walter Reed Army Institute of Research

*The DCRT handouts were developed by the Research Transition Office (RTO) of the Walter Reed Army Institute of Research (WRAIR). Comments or suggestions for the improvement of the DCRT handouts v.3 August 2021 should be made to WRAIR at:*

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# POST-DEPLOYMENT RESILIENCE TRAINING

## INFORMATIONAL HANDOUT

### “SUCCESSFUL” REINTEGRATION

- Reintegration requires Soldiers and Circle of Support members to adapt to changes; it involves adjusting to roles and responsibilities, re-establishing routines, re-establishing connections, and re-acclimating to in-person communication
- How you respond to the changes and challenges (e.g., your interpretation/perception of Activating Events and your actions) are in your control and will affect how you experience the reintegration process
- Communication between Soldier and Circle of Support members is critical to a “successful reintegration”

### SET REALISTIC EXPECTATIONS

- Reintegration presents challenges in multiple domains (e.g., personal, interpersonal, professional, social)
- Reintegration is a process, not an event; adjustment will take time, effort, and perseverance
- Reintegration is an opportunity for growth
- Reintegration is unique to each person and each deployment
- Reintegration is not a solitary process; it involves others around you

### UTILIZE STRATEGIES

- Maintain a Sense of Purpose
- Control the Controllables
- Shift your Thinking
- Deliberate Breathing
- Hunt the Good Stuff
- Deliberate Communication
- Pursue a Goal Plan
- Cultivate Positive Emotions

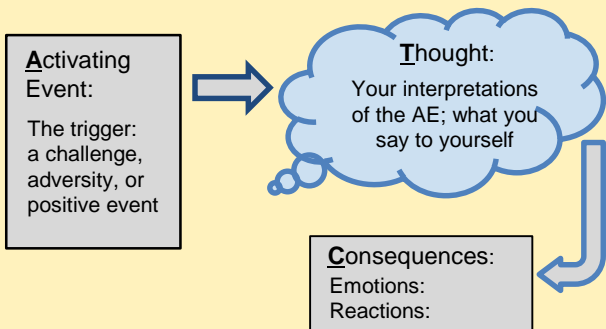
### ADAPT STRENGTHS & SKILLS

- Situational awareness
- Self-awareness
- Acceptance
- Self-regulation
- Connection

### CAPITALIZE ON SUPPORT & RESOURCES

- Communicate your needs; Seek and accept support; Utilize professional resources

### ATC MODEL



### PURSUE A GOAL (WOOP)

- Wish:** What is something you want to fulfill?
- Outcome:** What would be the best Outcome of fulfilling it? Imagine the best outcome.
- Obstacle:** What is your main inner Obstacle that holds you back from fulfilling your Wish?
- Plan:** What can you do to overcome your Obstacle? When (obstacle/situation), then I will (action).



# DEPLOYMENT CYCLE RESILIENCE TRAINING

## RESOURCES HANDOUT

### Resources



Army Community Service (ACS): comprehensive services designed to meet individual and community needs. ACS programs include Financial Readiness, Relocation Readiness, Survivor Outreach Services, Soldier and Family Assistance Center (SFAC), Army Family Action Plan, Employment Readiness Program (ERP), Exceptional Family Member Support Program (EFMP), and more. [https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Army-Community-Service-\(ACS\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Army-Community-Service-(ACS))



Army Emergency Relief (AER): provide financial assistance for Soldiers and their Family members. AER provides funds to help with immediate financial needs with rent, utilities, emergency travel, etc. AER also provides undergraduate scholarships to Spouses and Children of both active and retired Soldiers. <http://armyemergencyrelief.org>



Army Family Team Building (AFTB): a training and readiness program under ACS that provides a better understanding of Army culture as well as the skills and resources needed to become resilient, self-sufficient members of the military community. <http://armymwr.com>



Army Resilience Directorate (ARD): provides policy, resources, and capabilities for individuals and leaders in order to increase resilience and readiness. ARD provides information regarding resilience training, SHARP, suicide prevention, and Army Substance Abuse Program (ASAP). You can also find 24/7 support such as access contact information for the Military Crisis Line. <http://armyresilience.army.mil/>



Army Wellness Center (AWC): staffed with health educators to provide educational programs and services to improve and sustain physical health. Programs include health & fitness assessments, wellness coaching, exercise prescription, nutrition coaching, stress management, and tobacco education & coaching. <https://awc.army.mil/Login.aspx?ReturnUrl=%2f>



Better Opportunity for Single Soldiers (BOSS): BOSS program aims to enhance the morale and welfare of single Soldiers. <https://www.armymwr.com/programs-and-services/boos/about-boos>



Chaplain: Army Chaplains support spiritual readiness and provide reliable and relevant religious or spiritual support and counseling.



Embedded Behavioral Health Provider: trained and certified professionals to provide clinical assistance regarding mental health issues or concerns.



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). <https://www.esgr.mil/>



Family Advocacy Program (FAP): programs and services for families to enhance their relationship skills and improve their quality of life, which include Exceptional Family Member Program (EFMP), New Parent Support Program, and more. <http://armymwr.com>



# DEPLOYMENT CYCLE RESILIENCE TRAINING

## RESOURCES HANDOUT

### Resources (cont'd)



Judge Advocate General (JAG): provide assistance on legal matters like contract law, immigration law, wills, power of attorney, notary services, etc. Legal assistance through JAG can be found on the nearest installation. <http://myarmybenefits.us.army.mil>



Military One Source: 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 & Wellness, Retirement Planning, Financial & Legal, Education & Employment, and more. <https://www.militaryonesource.mil/>



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. <https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/>



Morale Welfare and Recreation (MWR): offers services and programs to reduce stress for Soldiers and their families and build skills and self-confidence. Many programs fall underneath MWR such as FRP and AER. Other services include health and fitness, recreational sports, child and youth services (CYS), the library, tickets and attractions, entertainment, arts and crafts. <http://armymwr.com>



Performance Triad: information and guidance regarding sleep hygiene, physical activity, and nutrition to enhance your health and performance. <http://armymedicine.mil/Pages/performance-triad.aspx>



R2 Performance Centers (R2PC): provide resilience and performance training for Soldiers and Circle of Support members specifically aimed at helping individuals and teams achieve goals, enhance resilience, and optimize performance.



Strong Bonds: a unit-based, chaplain-led program that provides relationship education and skills training most often in the form of off-site retreats. 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. <https://www.strongbonds.org/>



TRICARE: for questions or concerns regarding insurance coverage or needing to update your plan. <http://www.tricare.mil>



United Service Organizations (USO): provides family meals and activities for Soldiers and Families such as wellness activities, gaming and fitness programming, and a safe environment for Soldiers and Families to hang out and relax. <https://www.uso.org/>




Veterans Affairs (VA): provides information and resources regarding VA benefits such as health care, disability, education, and records. <http://va.gov>



# DEPLOYMENT CYCLE RESILIENCE TRAINING

## PRACTICAL EXERCISE: DELIBERATE BREATHING

### Deliberate Breathing

| What  | When  | How  |
|---|---|--|
| <p>Taking a physical, mental, and emotional pause by controlling your breath as well as your thoughts and emotions</p>  | <p><b>In-the-moment</b> when you need to gain <b>composure or self-control</b></p> <p><b>During a break in action</b> when you need to turn down your body's activation (<b>recovery</b>)</p> <p>When you need to <b>relax</b> or turn down the stress response</p> | <p><b>Step 1: (Physical)</b><br/>Take <b>low, slow, deep breaths</b> using your abdomen and lower core region with a steady, rhythmic cadence (e.g., 5-sec in and 5-sec out).</p> <p><b>Step 2: (Mental)</b><br/>Settle your focus on a simple target.</p> <p><b>Step 3: (Emotional)</b><br/>Ground your emotions or generate positive emotions.</p> |



# DEPLOYMENT CYCLE RESILIENCE TRAINING

## PRACTICAL EXERCISE: WOOP

|   |  |
|---|--|
| W | <b>Wish: What is your challenging, yet feasible, Wish?</b> <ul style="list-style-type: none"><li>• Choose one specific to the Deployment Cycle</li></ul> |
|   |  |
| O | <b>Outcome: What is the best Outcome?</b>  |
|   |  |
| O | <b>Obstacle: What is your main inner Obstacle?</b>   |
|   |  |
| P | <b>Plan: What is your when-then Plan?</b>  |
|   | When...  |
|   | ... then...  |
|   | What strengths can you capitalize on to help you achieve your Wish?  |
|   | What assets or resources might you consider utilizing?   |





# DEPLOYMENT CYCLE RESILIENCE TRAINING

## PRACTICAL EXERCISE: DRAFT A RESILIENCE PLAN

| Realistic Expectations   | Resilience Strategies  | Support & Resources   |
|--|--|---|
| <p><i>Example:</i></p> <p>Deployment is an opportunity for growth.</p> | <p><i>Example:</i></p> <p><u>What:</u> HTGS</p> <p><u>When:</u> Dinner time</p> <p><u>How:</u> Reflect on 2 things I'm grateful for and share them with another person at the table with me or through a text message.</p> | <p><i>Example:</i></p> <p>On Mondays, I reach out to one person to check in with them.</p> <p>Military One Source:<br/>militaryonesource.mil<br/>800-342-9647</p> |
|  | <p><u>What:</u></p> <p><u>When:</u></p> <p><u>How:</u></p>   |   |
|  | <p><u>What:</u></p> <p><u>When:</u></p> <p><u>How:</u></p>   |   |



# DEPLOYMENT CYCLE RESILIENCE TRAINING

## PRACTICAL EXERCISE: MANAGE STRESSORS

### 1. Select a stressor, an **A**ctivating Event

*Stressor:* \_\_\_\_\_

- What are some **T**houghts and **C**onsequences (Emotions and Reactions) that you or a Soldier might have about that stressor?

\_\_\_\_\_

### 2. Choose a **strategy** that could enhance your resilience and be useful in bringing your focus back to what's most important.

*Strategy:* \_\_\_\_\_

### 3. Explain **how** you would use the strategy:

\_\_\_\_\_

### 4. How you would expect the strategy to strengthen resilience such as cope with the adversity, overcome it, or perhaps grow?

\_\_\_\_\_

\_\_\_\_\_