

Renegotiating a New Normal After Deployment (Slide 1)

- **Handout 1:** New Normal To-Do List *reference*

Objectives (Slide 2)

- Identify legal, medical and dental, financial, employment, and family adjustments to establish a new normal
- Identify resources available to assist Service members and their families with the transition to civilian life

Communication Is the Key (Slide 3)

- While the Service member was deployed, life continued; changes took place, and everyone had new experiences
- As you adjust to the deployment being over, many areas need to be renegotiated
- It takes time to reestablish shared experiences and common frames of reference
- It is possible to speak the truth in a kind and caring manner if you respect the other person
- Often, the context in which we see things can make them appear to be different
- Being critical, defensive, impatient, evasive, or engaging in disrespectful behavior interferes with communication
- Respecting another's perspective does not mean that you agree with their view, but considering and valuing another perspective facilitates an atmosphere conducive to effective communication
- During reintegration, Service members and family members may experience a wide range of emotions and symptoms that include fear, nervousness, irritability, worry, frustration, joy, anger, confusion, fatigue, mood swings, and sleep difficulties
 - By communicating, you may help reestablish intimacy and connection
 - If you think that your feelings are out of your control, it is wise to seek help
- Try to resolve disagreements by first asking questions and seeking clarification instead of getting angry based on your initial appraisal of the situation, which may be inaccurate

Legal and Administrative Considerations (Slide 5)

- **Exercise 1:** Working on Your To-Do List
- **Handout 1:** New Normal To-Do List *Legal and Administrative Considerations*
- Should you die without a will, the state in which you live will determine where your assets will go
- Decide if the Powers of Attorney (POA) you created are still necessary or if you need to revoke them since a POA is a legal way to allow someone to act on your behalf
- Check the expiration date of all ID cards

Medical and Dental Considerations (Slide 6)

- **Handout 1:** New Normal To-Do List *reference*
- The Transitional Assistance Management Program (TAMP) provides 180 days of premium-free transitional healthcare benefits after regular TRICARE[®] benefits end
 - For those who qualify, the 180-day TAMP period begins upon the Service member's separation
- If you were enrolled in TRICARE[®] Prime or US Family Health Care, you will have to re-enroll in that program for your coverage to continue during the TAMP period
 - No enrollment is required for TRICARE[®] Standard or TRICARE[®] Extra
- If you believe you have incurred or aggravated an injury, illness, or disease while on Active Duty, you may qualify for Line of Duty (LOD) care
 - To receive healthcare for these injuries or illnesses, your unit must issue LOD determination or a Notice of Eligibility (NOE) if you belong to the U.S. Coast Guard
 - LOD/NOE coverage is separate from any other TRICARE[®] coverage
- Set an appointment in your calendar 30 days before your TAMP coverage ends to make sure you have made arrangements for your continuing coverage
- You can get more information from the TRICARE[®] Dental representative in the service provider area
- You have 5 years from the date of discharge from Active Duty to enroll in the United States Department of Veterans Affairs (VA) healthcare system

Financial Considerations (Slide 7)

- **Handout 1:** New Normal To-Do List *reference*
- Be aware that Servicemembers Civil Relief Act (SCRA) protection generally terminates within 30 to 90 days after the date of discharge from Active Duty
 - Contact legal assistance or your Judge Advocate General (JAG) Office to find out how you should proceed in your specific case
- Did you give anyone access to view your Leave and Earnings Statement (LES) during deployment?
 - If so, you should consider if you still want that person to continue to have access, or you may want to change the access privileges
- You should reassess what your bills are, and how they are getting paid
- For Savings Deposit Program (SDP), check with your unit's finance officer or visit the Defense Finance and Accounting Service website for more information on your SDP account
- For tax questions or free filing help, contact Military OneSource or your local Volunteer Income Tax Assistance Center
- For financial counseling, visit the Personal Financial Consultant on site or contact Military OneSource

Job Considerations (Slide 8)

- **Handout 1:** New Normal To-Do List *reference*
- The Uniformed Services Employment and Reemployment Rights Act (USERRA) is a federal law that intends to do the following three tasks:
 - Ensure persons who serve or have served in the Armed Forces, Reserves, National Guard or other uniformed services are not disadvantaged in their civilian careers because of their service
 - Ensure those who served are promptly reemployed in their civilian jobs upon their return from duty
 - Ensure those who served are not discriminated against in employment based on past, present, or future military service
- If your employer was supportive during your deployment, consider nominating him or her for an award through the Employer Support of Guard and Reserve (ESGR) website
- ESGR has an ombudsman program that helps mediate employment issues

Daily Life (Slide 9)

- **Handout 1:** New Normal To-Do List *reference*
- Service members
 - You may have stretched your comfort zone, learned new skills, made new friends, and functioned in living and working environments that may have been very different from anything you have previously experienced
 - You may be having difficulty relating to friends or family
 - Express appreciation for the sacrifices each member of the family has made and communicate your pride
- Partners, you may have become more independent and confident in your abilities to cope
- As you adjust, remember that everyone's preference for alone time is different
- Family members and friends, avoid pushing your Service member to talk about his or her deployment
 - Try to be open to the discussion if the time comes
- Be aware that Service members may not be immediately ready to resume responsibilities as they may need time to transition
- Family members, including children, may have become accustomed to managing more responsibility and may not be eager to give back control
- The family may not in a place to continue to shoulder all the responsibilities that were placed on them as a result of the deployment
- It is important to take time to assess how roles and responsibilities in the family have changed, determine what each family member's new role and responsibilities will be, and make a plan together on how to gradually transition to the new normal

Co-Parenting (Slide 10)

- **Handout 1:** New Normal To-Do List *reference*
- Service members, do not expect children to immediately respond to you in the same way they respond to the person who has been taking care of them during the deployment
- Take a few days to watch how things go, and discuss the positives and negatives
 - Once you have discussed the current roles and routines, decide what changes should be made, and develop a plan to implement them
- As you begin to reintegrate with your children, be patient
 - Go slowly and treat each child with respect
 - Do not try to force interactions
 - Allow each child to warm up in his or her own time
- Encourage your child or children to share their feelings and changes they experienced while you were gone. Accept their feelings; feelings are not good or bad - they just exist. Avoid criticizing or making suggestions on what to do or how to make something better
- If you are experiencing anger management issues associated with reintegration, please consider consulting a mental health professional or family therapist
- Discuss how you will share responsibilities for discipline with your partner

Resources (Slide 11)

- **Exercise 2:** Priorities for a New Normal
- **Handout 1:** New Normal To-Do List *Priorities for a New Normal section*
- Military OneSource is a resource if you need advice, help boosting your life skills, or support
- You may also want to consider reaching out to Give an Hour®, which provides counselors without the additional referral Military OneSource requires
- If you are dealing with suicide ideation, you need immediate support. Visit your nearest Emergency Room or call or text the Veterans Crisis Line at 1-800-273-8255

Review of Objectives (Slide 12)

- Negotiating a new normal does not happen automatically
 - Process that requires commitment, time, and energy
- What legal or administrative issues should be considered upon return from deployment?
- What medical and dental issues should be considered upon return from deployment?
- What financial issues should be considered upon return from deployment?
- Who can help you if you have concerns about going back to work?
- What strategy for renegotiating daily life did you find most surprising or helpful?