

Resilient Transitions Updates

Purpose: To support a successful transition experience for military personnel and their families, by introducing the “less obvious” topics such as, differences in culture between the civilian and military workplace, personal and family considerations, and resources available post transition. These issues may have a significant impact on the transition process.

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	<p>Objectives:</p> <ul style="list-style-type: none"> • Identify common personal and family areas of concerns and needs associated with transition • Understand differences in culture between the military and civilian sector and how this may affect/impact transition • Locate and identify reliable resources available post-transition
<p>2</p> <p>3</p> <p>5</p> <p>7</p> <p>9</p> <p>10</p> <p>11</p>	<p>Agenda:</p> <ul style="list-style-type: none"> • Why do we do resiliency training during transition? <ul style="list-style-type: none"> ○ This is the attention grabber--uses the VA study in 2016 concerning the number of suicides by Veterans. • What are your concerns? <ul style="list-style-type: none"> ○ Uses an activity technique to allow SM to emotionally distance themselves from their own concerns, but still discuss the topics, and underscores their shared concerns ACTIVITY: Concern Airplane • Military vs. Civilian Life <ul style="list-style-type: none"> ○ In response to comments from Veterans about not really understanding the culture differences and difficulties they experience adapting to civilian life and workplace. ○ Uses a discussion to allow SM to speak about the differences they expect and brings awareness to other aspects of which they may not be aware ACTIVITY: Differences in Civilian and Military Culture Chart • What do you do about stress? Or what should you do? <ul style="list-style-type: none"> ○ Building in prior resilience training, use group activity for the SM to determine ways to de-stress; two options provided for facilitators ACTIVITY: Name that Stress Relief • Is your family transitioning too? <ul style="list-style-type: none"> ○ A discussion of how transition may be affecting the family ACTIVITY: Family Activity Brainstorm • Is communication that important? <ul style="list-style-type: none"> ○ Importance of communicating with family, friends, coworkers, and mentors ○ Communication is the key focus • Resources for Pre and Post-Transition <ul style="list-style-type: none"> ○ Pre-Separation – focus on the installation resources (Fleet and Family, Army Community Services, Marine Corps Career Services, Coast Guard Work-Life Programs, Airmen and Family Readiness) ○ Post-Transition – Military One Source, VA and VA treatment facilities, National Resource Directory, American Job Centers