Slide 1: Renegotiating a New Normal After Deployment

Slide 2: Objectives

- 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.

Slide 3: Communication Is the Key

- Changes took place for everyone during deployment
- Many areas will need to be renegotiated
- Takes time to reestablish shared experiences
- Listen to each other
- Speak truth in a kind, caring manner

Slide 4: Creating a New Normal

- Legal
- Medical and dental
- Financial
- Employment
- Daily life
- Co-parenting

Slide 5: Legal and Administrative Considerations

- Wills
- Power of Attorney (POA)
- Defense Enrollment Eligibility Reporting System (DEERS) and ID Cards

Slide 6: Medical and Dental Considerations

- Post-Deployment Health Re-Assessment (PDHRA)
- Transitional Assistance Management Program (TAMP)
- Transition Assistance Advisor (TAA)
- Dental care
- Veterans Affairs (VA) healthcare

Slide 7: Financial Considerations

- Servicemembers Civil Relief Act (SCRA)
- Leave and Earnings Statement (LES)
- Spending plan / Allotments
- Savings Deposit Program (SDP)
- Taxes
- Financial counseling

Slide 8: Job Considerations

- Uniformed Services Employment and Reemployment Rights Act (USERRA)
- Support services
  - Employer Support of the Guard and Reserve (ESGR)
  - Department of Labor

Slide 9: Daily Life

- Expect changes
- Allow space and alone time
- Take time to reconnect
- Discuss feelings
- Communicate
- Discuss roles and responsibilities

Slide 10: Co-Parenting

- Observe and discuss how things run upon your return
- Decide what changes are desired, and develop an implementation plan
- Talk to and listen to children
- Be consistent, patient, and firm
- Share responsibility for discipline
- Expect some difficulty with change

Slide 11: Resources

- Military OneSource or Coast Guard Support
- Give an Hour®
- VA
- Transition Assistance Program (TAP)
  - Goals, Plans, Success (Transition GPS)
- Non-governmental organizations (NGOs)
- Veterans Service Organizations (VSOs)

Slide 12: Review of Objectives

- 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.

Slide 13: Renegotiating a New Normal After Deployment