

Raider Road to Reunion & Reintegration



Soldier and Family Handbook

Joint Base Lewis-McChord, Washington
2010

This handbook contains a combination of materials and recommendations from various sources; many of which are based on personal observations and experiences. Therefore, the opinions and views expressed within do not necessarily represent the views of Joint Base Lewis-McChord, the United States Army, or the Department of Defense.

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Located on the corner of 2nd Division and Handrich Avenue

COMMANDER'S NOTE



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, 4TH BRIGADE, 2D INFANTRY DIVISION
CAMP LIBERTY, IRAQ
APO, AE 09344



14 JUN 2010

Dear Raider Soldiers and Family Members,

The long journey of our deployment is complete. Over the last 12 months we worked to build a strong partnership with our Iraqi counterparts, leave an impression of professionalism and dedication, and set the ground work for a long term strategic partnership. You accomplished your mission.

For over half the brigade and the many multiple tour Iraq veterans, this deployment can be considered "The Last Patrol." We were able to leverage this units success during this critical point of the Iraq War, "The Surge" and build on it to enable the Iraqi Army and Police to reach a level of performance that allows for the security of its people and partnership with local leaders that ensures lasting peace. We were the last combat unit to depart Iraq.

Our legacy does not stop with our accomplishments with Iraq. Over the past year, Raider families have played a vital role in supporting 4th SBCT, 2 ID as we have conducted successful combat operations in Iraq. As the time quickly approaches for the return of the Raider Brigade, the role of the family will become even more crucial. In the coming months, you, the Raider family, will begin to prepare for the challenges we will all face throughout the reintegration process. Joint Base Lewis McChord and I Corps have developed a program called "Module Zero," intended to give families the tools needed to overcome the challenges of homecoming. Whether this is your first deployment, or your fourth, Module Zero is designed to ensure you are equipped with the knowledge you need to be prepared. Everything from financial planning to couples communication will be covered with representation from several JBLM installation support activities to include the Corps chaplain, Military-Family Life Consultant, FOCUS and ACS. A MOD Zero event will be hosted by each Battalion and information will be sent out by the unit Family Readiness Groups and Family Readiness Support Advisors. Please consider this an open invitation to all Raider families to be a part of this event. It is my hope that you will take part in and benefit from Mod Zero in order to ensure a smooth and enjoyable homecoming. We look forward to a swift and safe return to JBLM.

There is no doubt that when you get home there will be changes. These changes may be difficult to deal with or comprehend. If you need help seek out the programs. Your unit leaders and chaplain can point you in the right direction and will ensure that you get the help that you need. Do not hesitate to share your concerns. We are here to help and support you in any way we can, this is the Raider standard, taking care of each other.

This should be a joyous time. Let's take care of each other, reintegrate, build our families, strengthen our friendships, and celebrate responsibly our achievements in Iraq and our homecoming.

Raiders-----To the Objective!

John Norris
COL, IN
Commanding

Jeffrey Huggins
CSM, USA
Brigade Command Sergeant Major

JOINT BASE LEWIS-MCCHORD INSTALLATION GUIDELINES

Safety Considerations

Fort Lewis takes safety seriously! That's why we ask you and your family to do the same. Take a moment to review this section's laws and safety tips; then make them a part of your daily routine.

Alcohol

- Washington State law defines DUI as 0.08% blood alcohol content.
- Alcohol use is a factor in over 40 percent of all accidents.
- Do not operate any vehicle or machinery after drinking alcoholic beverages.
- Alcohol will not be consumed while on duty.

Designated Driver

Designated Driver is a program of Soldiers helping Soldiers. Volunteer Soldiers drive the BOSS van on Friday and Saturday nights transporting intoxicated Soldiers to and from the clubs on-post. Call (253) 208-9169 for a Safe, **"No Questions Asked"** Ride! Service available Friday and Saturday nights from 2100-0300.

Motorcycles

The Army Motorcycle Safety Course is required for post registration. Riders must wear at all times:

- Motorcycle helmets with fastened chin strap and shatter-resistant eye protection
- Leather boots or shoes
- Gloves
- Long-legged pants
- Long-sleeved shirts or jacket
- A highly visible reflective vest

Vehicles

- On average, 200 Soldiers die each year in traffic accidents, usually in privately owned vehicles (POVs).
- State and local laws mandate the wearing of seat belts (lap and shoulder) while operating or riding in vehicles. Local directives prohibit riding in the back of uncovered pickup trucks.
- Secure children under the age of 8 or 4'9" tall in a safety seat. Never leave a child alone in a vehicle. Children under 13 should be transported in the back seat when it is practical to do so.
- Register POVs within five working days with the Fort Lewis Vehicle Registration office in Waller Hall.

Weapons

- Register privately owned weapons with the Fort Lewis weapon section in Waller Hall.
- Store privately owned weapons in unit arms rooms or family quarters.
- Keep weapons unloaded and the ammunition secured separately.
- Hunters must complete a hunter safety course through Northwest Adventure Center (253) 967-5415.
- Weapons may not be carried in a concealed manner.

Emergency Warning and Notification on Fort Lewis

Under certain circumstances, there may be a need to release timely and accurate information to the post concerning emergency preparedness, response and recovery in a cooperative approach with the media. Information will be disseminated or available through a variety of mediums. Monitor the following during emergency situations for the most current information, and to find out more about Emergency Notification at Fort Lewis, visit www.lewis.army.mil.

- AM Radio 1500
- Fort Lewis Operational Status Hotline (253) 967-1733
- Fort Lewis Command Information Channel (Channel 21) (FT Lewis Cable TV)
- Fort Lewis Road Conditions web site: <https://sponsor.lewis.army.mil/roadcon/>
- Door to door/face to face contact with representatives of the Residential Communities Office/Family Housing or Fort Lewis first responders
- Unit and organization telephone and email alerts

Information for Visitors

Source: <http://www.lewis.army.mil/directions.asp>

Gate Information

- All Visitors without car stickers and or Military Identification who are reporting to Fort Lewis will need to report to the visitor's center off I-5 exit 120
- Visitors will need their identification (Driver's license, identification card, etc) car insurance information and Sponsor information (Names, rank and unit).
- Duty Hours are 5 a.m. – 12 a.m.

Directions to Fort Lewis

Directions from NORTH (Seattle/Sea Tac Airport)

	Miles
1. Take I-5 SOUTH towards PORTLAND.	43.2
2. Take exit number 120, towards FORT LEWIS/NO. FORT LEWIS.	0.7
3. Merge onto FORT LEWIS exit at the fork in the ramp.	0.2
4. Turn RIGHT at the Fort Lewis Visitor's Center.	0.1

Directions from SOUTH (Portland/Olympia)

	Miles
1. Take I-5 NORTH towards SEATTLE.	Portland - 126.0/Olympia - 15.2
2. Take exit number 120, towards FORT LEWIS/NO. FORT LEWIS.	0.1
3. Keep RIGHT at the fork in the ramp.	0.2
4. Turn RIGHT at the Fort Lewis Visitor's Center	0.1

Access to Fort Lewis

Source: http://www.lewis.army.mil/visit_requests/index.htm

1. Fort Lewis is a controlled access installation.
2. Authorized ID Card holders include:
 - Military personnel and their family members
 - DA Civilian employees and their family members
 - Retired Military DA Civilians and their family members
 - Certain Contract employees with a Common Access Card
 - Family members of deployed contractors

(Continued on next page)

Information for Visitors (continued)

2. Vehicles entering Fort Lewis are required to have either a valid DOD Decal or an authorized Visitors' Pass. To obtain either the decal or the pass, the vehicle operator must present the following:
 - Valid vehicle registration
 - Proof of current vehicle insurance
 - Valid driver's license
4. Exceptions to #3 are:
 - Authorized ID Card holders may display a new car temporary registration at the gate without going to the Visitor Center to get a pass.
 - Military Service Members PCSing without a DOD registered POV may use their PCS orders to enter without a visitor pass for ten (10) calendar days past their report date.
 - DOD registered POVs that have had the windshield replaced may enter one time without getting a pass at the Visitor Center, but must turn over the old DOD sticker to the Security Officer prior to entry.
 - Authorized ID Cardholders operating a rental car may present their rental agreement along with their ID Card at the gate without going to the Visitor Center.
5. Residents expecting visitors who will require a pass for more than one (1) day, are now authorized to call the Visitor Center 72-hours in advance and place a request for the visitor to be issued an extended pass. The request should not exceed the required dates needed. Passes may only be issued for a maximum of 14 days.

Procedures are as follows:

 - Call the visitor center at: 967-4794 within 72 hours of your guests' arrival.
 - Provide your name and your residence address for confirmation with the installation housing roster.
 - Provide the name and date of arrival for your expected guest(s).
 - Provide the time-frame that guests will be on post (not to exceed 14 days).
 - Visitor Center personnel will maintain a file of advance requests.
 - Upon arrival, your guest(s) must inform Visitor Center personnel that an advance request for a pass has been submitted in their name.
 - Guests must submit all information listed in Paragraph #3 to be issued a pass.
6. ALL vehicle occupants ages 16 and older are required to present photo ID for entry to Fort Lewis.
7. For questions concerning Access Control you may contact the Visitor Center at (253) 966-8139/8140.
8. Vehicles entering Fort Lewis are subject to inspection at any time. These inspections are conducted as an installation force protection measure. Refusal to submit to the inspection will result in denial of access to the installation, and may result in your vehicle decal being voided.

MARRIAGE AND HOMECOMING

The past twelve to fifteen months have been difficult for everyone including the Soldier, spouse, children, extended family members and friends. Deployments are never easy on anyone, and sometimes the reunion is not as easy as expected either. The purpose of this handbook is to offer some insight and understanding to the reunion process, so it can be the best for you and your loved ones.

The Three C's

Just as every deployment is different so, is every reunion. We ask you to be patient with this process, and always keep the three "C"s in mind:

Communication:

Communication is important in all relationships. Everyone will have unique expectations regarding the reunion and it is when these expectations are not met that there is upheaval, resulting in hurt feelings and arguments. Think about your expectations for this reunion: the day of, the first week, the first month, and write them down. What are your Soldier's expectations? If you do not know, it is best to discuss them with your Soldier prior to the reunion day. Talk about some of your own fears and concerns. It is likely that your Soldier has similar concerns.

Change:

It is easy for Family Members to assume that only the Soldier has changed during deployment. Likewise, the Soldier may think that nothing has changed since the day he or she left. In reality, there have been changes in everyone. The Family Members who stayed behind had to become more independent. A different routine may have been established while the Soldier was away. Children have grown and will probably have different likes and dislikes; they may even look different from the time the Soldier left. The Soldier may come home very different as well, which will be discussed later in this handbook. The key to a successful reintegration is to accept these changes and remember that they were a necessity in order for everyone to get through the deployment.

Compromise:

Compromising can be easier said than done. Adjusting to all of the changes that have taken place is bound to lead to some disagreements. Expectations have been built up over the past 12 to 15 months and when these expectations are not met, disappointment or resentment might find their way into your relationship. During the deployment, the spouse has had control of the household and may have implemented changes that the Soldier does not agree with. For example, dinners may have been eaten in front of the TV or children's curfews and bedtimes may have changed. Returning Soldiers may want things to be the way they were, while the spouse and children may want things to remain the way they are now. Alternately, the spouse may want to immediately hand over *all* responsibility to the Soldier who has returned, while the Soldier may not be ready to take on these responsibilities so soon. Every couple and every situation will be different. The most important thing to remember is to take things slowly and give yourselves a couple of weeks to get accustomed to each other again. Talk to each other about some of the things that you would like to eventually change and work towards finding a compromise that satisfies everyone.

Reducing Homecoming Strain

Source: https://www.infantry.army.mil/welcomehome/content/guide/04_reducing.pdf

For the Service Member

It is not uncommon for a Soldier to feel like a stranger in his or her own home, or to worry that he or she is not needed anymore after a deployment. It will take time for everyone to get used to each other again, and it is important for you to know that you are still needed by your family. They had to become more independent while you were away in order to get by, and it will just take some time for them to get used to sharing responsibilities with you again. Remember:

- Re-enter slowly. This is difficult to do for many Soldiers to do. You may expect things to be exactly the same as when you left. Remember that, like you, your Family Members were also in “survival mode” while you were gone and they did the best they could to get by in your absence. Try not to disrupt a family set-up that has been working while you were away. Realize that if you come home and immediately demand changes, this may cause resentment, anger and hurt feelings within your family. Remember, there is no hurry, so take it slow.
- Expect to notice changes in your spouse and children. Remember that you’ve changed too! Try to recognize these changes in everyone and adapt accordingly. Most of the changes that took place while you were apart produced growth, maturity and independence. You may not be happy with some of the changes, but always remember that your family did the best they could and try to be patient with any changes that you disagree with. You will have time to deal with those as a family unit once things have settled down.
- Spend time with *immediate* family first. When you return, everyone will want to spend time with you—old friends, co-workers, extended family. Consider postponing reunions with extended relatives and friends until near-normal routines have been re-established at home. The most important issue at hand is getting reacquainted with your immediate family. You may not want to have a lot of people around you during the first few days or weeks that you are home anyway, and that is OK too. Try to have at least one week alone with immediate family, and *then* have that big celebration, if that is what YOU want to do.
- Don't rush to alter your financial affairs. Whatever financial situation awaited you at home, you cannot fix everything overnight. Maybe not enough money was saved during the deployment, maybe BOTH of you did some emotional spending...whatever the situation is, there is nothing that can be done about it right away and blaming each other will only add tension to your relationship. On the other hand, if you spouse has been doing a great job with the finances, let him or her continue to handle them for now and consider making changes later if necessary.
- Take it easy on the kids, especially where discipline is concerned or your reunion will not be as smooth as it can be. Initially, your children may shy away from you, and it will take some time for them to get to know you again. Alternately, your children might want all of your time and will want to be near you constantly. This too can be difficult to adjust to right away. Try to be patient with your children and within time, your family’s new routine will fall into place.
- Expect that sex may be awkward between you and your spouse at first. Anticipation and expectations bring about a stir of emotions, and everyone handles these at their own pace and through their own process. Just as you may wonder if your spouse still loves you or finds you attractive, your spouse is probably wondering the same thing. Through open communication and demonstrations of affection it will become less intimidating to become intimate again. Talk openly to each other and help each other get through this emotional time!!!
- Remember that your family has struggled without you. They have missed you every day that you have been gone and it has not been easy for them. Acknowledge the good things they have done during the deployment and let them know how proud of them you are and how grateful you are to have them.

For the Spouse

- Expect changes. Everyone has changed through the deployment, not just your Soldier. You have become more independent which may be difficult for your Soldier to understand and it might be hard for you to let go of your new-found independence. Your Soldier needs to know that you still love him or her and they are an important part of your life.
- Remember, your returning Soldier has been subject to daily regimentation and routine. It may be difficult for them not to get antsy if they are not on a schedule or agitated if they feel they are running late. It is hard for them to transition to having no schedule at all immediately upon returning home. You may also find your Soldier ordering you and your children around as if you were subordinates. If this happens, gently remind him or her that you are family and not Soldiers. Try to have a sense of humor about this. Alternately, Soldiers may not *want* any kind of schedule at all. So if they don't take out the trash or mow the lawn as soon as you ask them, try not to do it yourself right away. You may think you are doing your Soldier a favor, but this might lead your Soldier to think you don't need him.
- Be the family driver for a while. If your Soldier drove when he or she was deployed they had to drive in a defensive mode always being hyper-sensitive to their surroundings. During deployment, their lives were at stake so it is not unusual for it to take them a while to feel safe again when driving. It may be better for you to take over the role of driving for a while. Understand that your Soldier may "backseat drive" because he or she will still be on the lookout for any roadside dangers. Even if your Soldier did not drive at all while deployed getting behind the wheel again may make them uncomfortable and might not be the safest choice right away.
- Your Soldier may want to celebrate their return with a spending spree. There are many reasons for this. One is the feeling of guilt. They have missed birthdays, anniversaries and other important holidays, so they may want to buy gifts to make up for that. Another reason is that they may think they deserve it. Who wouldn't want to treat themselves after spending over a year in a combat zone?! It is suggested that you set a monetary cap on what is spent during the reunion phase. Big ticket items should be waited on, this way you will have time to discuss the purchase and conduct some research. The most important rule to follow is: If you can't afford it, DON'T BUY IT!
- Intimacy vs. Sex. Be aware that intimacy takes time to re-establish in any relationship. The first couple of times you are together, you both may feel a little unsure or awkward. It takes time to connect as a couple again. Do not read into the awkwardness. It is a natural part of reintegration that most couples will face. Just give it time!
- Children. Remember, that while you've been in charge for a while, your children have a second parent coming home. Chances are, discipline and routines changed a little while your Soldier was gone. It will take time for your Soldier to adjust to these changes, but you and the children need to be accepting of having another authority figure at home as well. **No one should play the Blame Game.**

What to expect and tips for success

Source: <http://www.hooah4health.com/deployment/familymatters/reunion.htm>

All family members must realize that people change over time. Each of you will have different reunion experiences and you will notice these changes more after a period of long separation.

- Expect some anger and insecurity along with the love and happiness. You can expect from everyone, including yourself. Your Soldier may be angry from things that happened downrange or angry that he or she wasn't home to take care of things that may have happened. Your Soldier may also be angry that things have changed, and might feel like a stranger walking into his their own home. You may be angry that you now have to answer to someone else after having the "freedom" to come and go as you pleased. Your children may get angry that they can't do as they did when your Soldier was away. This should pass, but you need to talk it out with each other. If anger persists, consider family counseling...it has helped many make the transition much smoother.
- Expect your Soldier to want some down time...alone. Do not take this personally. Your Soldier has been with other Soldiers 24/7...from eating to using the bathroom. Your Soldier may need time alone to reflect on what happened downrange. This is very normal, but if it persists over time or worsens, that may be a sign that he or she needs to talk to someone.
- Expect your Soldier to be different. In a sense, we all want everything to be the same as it was before your Soldier left. The reality is that it can't be. Everyone has changed to a certain degree. You must remember that your Soldier was in a war zone, not on a vacation. Try not to accuse your Soldier of being different or ask a lot of questions. If your Soldier wants to talk to you, in time, they will. You might notice that while your Soldier might not feel comfortable talking to you about his or her experiences, they might open up to their buddies with whom they deployed. Don't be hurt by this. The important thing is that they are talking to *someone*.
- Expect your Soldier to want to be "babied" or "pampered" by you. Your Soldier may also want you around all the time and they may want or expect you to cater to them. They have been through a lot, and within reason, should be honored for what they have been through. Of course you also need special treatment, but it may have to wait just a little bit. It is important that your Soldier feels loved and needed right now. If it begins to bother you, then talk to your Soldier openly and honestly and explain your needs.
- Expect that it will take about six weeks to adjust to each other again. It may take small children and babies a while for them to warm up to a "new" person. If your family is not getting along well at the end of six weeks, consider family counseling.
- Expect your Soldier to have trouble sleeping for a while. They are accustomed to a much different lifestyle (and time zone); so it may take them a week or two to adjust. You both have to get used to sleeping with someone again. Sharing the bed may be uncomfortable, and either you or your Soldier may end up on the couch. Your Soldier may have night traumas as well. Try not to be frightened by this; your Soldier's brain needs time to process the fact that they are in a safe zone now.

Reunion Tips & Changes to Expect

Source: https://www.infantry.army.mil/welcomehome/content/guide05_reunion.pdf

Changes

- How have you changed? Think about physical appearance, attitude, behavior, independence, etc. and give some examples of these changes.
- What changes can you imagine may have taken place in your Soldier while he or she was away? Perhaps they've changed in some of the same ways as you? How do you think you will react?
- Until you have weathered a separation from your spouse, you don't know if your relationship can make it. You might have been sure intellectually, but unsure emotionally. Any apprehensions caused by these insecurities can add to the stress of reunion, so try not to focus on those insecurities at first. After reunion, if they don't subside, talk to your spouse.

Trust

Did each of you follow through on promises such as writing and calling? Sometimes it only takes one Soldier's reception of a "Dear John" or "Dear Susan" letter to get everyone in their unit worrying about their own marriage. Be aware of this and understand that reassurances of love and commitment may need to be openly stated and displayed.

Independence

Spouses often develop the skills and abilities needed to keep things running at home while their Soldiers are deployed. Although the Soldier appreciates this while deployed, they sometimes do not when they return. They want to feel needed not replaceable. Both of you need to talk about this and make sure each of you feels loved and needed.

Home Life

You may have simplified life a bit during your Soldier's deployment. Maybe paper plates or ordering out have replaced your old dinner routine. Maybe you've returned to school or now have a job. Maybe new friends now occupy your time. Maybe you've moved or bought a house. How do you think your Soldier will feel coming home to new surroundings? Be aware that your Soldier may need some time to get used to the "new" you.

Control

Control plays a big role in reintegration. Usually, the Soldier would like some control back in his or her life again, that is to be expected. They want to mesh back into the family as if they never left. They may not like the way things are and they may want to take over. Or, as stated earlier, they may not want any responsibility at all for a while. The spouse who stayed home might find that he or she has some control issues as well. From putting the dishes away a certain way, to mowing the grass a certain time and way, to the way the children are now disciplined. The spouse may not want to share some the responsibilities that you feel you handled so well during the deployment. Again, we say that it will take time to renegotiate responsibilities.

Returning Soldiers

Returning Soldiers are coming from an environment where they were told when to get up, when to work, what to eat, and what to do. They won't be accustomed to watching television, and may at times become absorbed in their viewing. During deployment, your Soldier didn't have a place to call his or her own, so they might want to come home, lock the door, and be by themselves. Sleep may also be difficult because it is too quiet or the bed is too big or too comfortable. Simply be aware of this and help them through the changes.

Tips for a successful reunion

- Agree on plans for homecoming day and the next few days or weeks. The day of the homecoming, your Soldier may get in at a different time than what was originally stated and they may get in very late at night. If you have children, consider whether it would be easier to have someone watch them and return home with your Soldier. Think about where your children will fit in. Are parents or in-laws coming to visit? If so, can they come a few days after your Soldier returns and can they stay in a hotel?
- Realize that the day of homecoming is very stressful. Soldiers have had little sleep and lots of food, so expect them to be fatigued, and not “banquet” hungry. You may be tired from homecoming preparations, and your children may be excited and want to act up. Accept and discuss any of these noticeable physical, mental, or emotional conditions.
- Plan time as a couple and family with the children.
- Communicate about events that took place during the deployment at an appropriate time. Not the first night, and maybe not the first week.
- Give each other time and space to adjust to one another.
- Respect each other and the jobs you did. Avoid the “I had it worse” game.
- Make time to rest.
- Negotiate the number of social events you might attend. Some Soldiers may want to simply stay at home. Others want to paint the town in celebration. Your Soldier’s needs should take priority right now.
- Later on, assess how you handled the deployment. Discuss what went well and what you may want to change the next time.
- Explain new rules or changes in the family’s schedule, so your Soldier will be prepared and not surprised.

Tips for re-establishing intimacy

Source: Hot Topics, Current Issues for Army Leaders Volume 5, No. 3: Reunion: Putting the Pieces Back Together. “Re-establishing Intimacy.”

Another adjustment you may face when military separation occurs is reestablishing your intimate and sexual relationship. Most military couples face the question, “How can two people work together towards achieving intimacy when one of them is often absent from the relationship for extended periods?” Military couples often find that reunion may bring out feelings of uneasiness, and that their personal relationship is strained. Through an understanding of the effects of separation, you can better cope with the stress that accompanies reunion. The following information about communication and other relationship enhancers may help you reconnect with your partner:

Barriers to intimate communication and sexual relations:

- Unrealistic fantasies and expectations.
- Feeling anxiety about engaging in intimacy and sex.
- Feeling that your partner is a stranger.
- Feelings of anger, hostility, stress, or negative feelings about the separation.
- Concern about faithfulness to your relationship.
- Feeling that sexual relations need to be rushed to make up for lost time.

Relationship enhancers:

- Some spouses want to be courted again before they feel comfortable resuming sexual intimacy. Others will want to have sex right away. Some will be a mixture of these two. The key is to let each other know how you feel about your sexual reunion. This may be difficult because you do not want to hurt each other’s feelings, but it is something that needs to be discussed.
- Intimacy reducers include: alcohol, fear of unintended pregnancy, out of-bed children scurrying around the house, nearby parents who may interrupt, unresolved hurt and anger, and distrust.
- Communicate your love to your spouse.
- Allow each other space.
- Allow each other to work on romance and emotional, sexual intimacy.
- Talking about sex can be fun itself. It is the best single method of improving your sex life.

The Five Phases of Reunion

Source: *Hot Topics, Current Issues for Army Leaders Volume 5, No. 3: Reunion: Putting the Pieces Back Together. "5 Phases of Reunion."*

1. Pre-Entry takes place during the few days before the Soldier's reunion.

You're working long hours to ensure equipment has been turned in and that your work is caught up before going home. Things to expect in this phase include:

Fantasies, Excitement, Work, Planning, and Thoughts

2. Reunion takes place during immediate meeting and a few days after the Soldier's arrival.

This is a time of courtship, re-learning, intimacy, and happiness, or a "honeymoon." This is not the time to address problems. It is a time for understanding. Things to expect in this phase include:

Physical changes, Courting again, Social events, Immediate excitement, Pride in each other, Intimacy and sex, Fatigue and a readiness to relax, Spending time with children, and Needing time and space

3. Disruption. As problems surface, expectations of a "normal" family life go down. Things to expect in this phase include:

Independence, Challenges, Children issues (changes/growth), Routine changes, Financial questions, General differences, Thought changes, Trust issues, Control issues, Hard times stories, Unresolved problems/issues, Jealousy issues, and Decision making challenges

4. Communication is a time of renegotiating new routines, reconnecting, and redefining family roles. New rules will be established. Things to expect in this phase include:

Renegotiation, Trust, Reconnection, Acceptance, and New rules

5. Normal. This phase is attained once you're back to the normal family routine of sharing, growing, experiencing the ups and downs, happiness, and sadness of a family. Things to expect in this phase include:

Established routines, Acceptance of change, and Personal growth

Conflict Management

Source: <http://www.hooah4health.com/deployment/familymatters/reunion.htm>

Conflict occurs in every relationship and the added stress of reunion makes it likely that some problems are going to occur. Try using the method below to help you through the difficult times:

1. Identify and define the problem or conflict. What is really the problem? What exactly is wrong? Identify the problem without assigning blame or attacking persons. Be aware of the feelings and needs of all those involved.
2. Brainstorm possible solutions. Express and record all ideas as fast as you think of them. No judgment or discussion is allowed during brainstorming—BE CREATIVE!
3. Evaluate the alternatives. Look at the consequences of each possible solution. Work together to find a solution acceptable to all. "Give and take" is necessary for a win-win solution.
4. Choose the best solution. Mutual agreement and commitment are necessary.
5. Implement the solution. Decide when and how to evaluate needed changes, delegation of tasks, and time frames for completion.
6. Assess the results with a follow-up evaluation. Is the situation better or worse? If it's better, do you want to continue? If it's worse, look at another possible solution discussed during your brainstorming session and implement it. Be persistent until the problem is resolved.

Relationship Dynamic Scale

(PREP, Inc)

Please answer each of the following questions in terms of your relationship with your mate if married or your partner if dating or engaged. We recommend that you answer these questions by yourself (not with your partner).

Use the following 3 point scale to rate how often you and your mate experience the following:

1= Almost never or never

2=Once in a while

3=Frequently

**Please respond privately, we do not recommend sharing answers to the questions with your mate at this point, only the total score.*

- | | | | |
|---|---|---|--|
| 1 | 2 | 3 | Little arguments escalate into ugly fights with accusations, criticisms, name calling, or bring up past hurts. |
| 1 | 2 | 3 | My partner criticizes or belittles my opinions, feelings, or desires |
| 1 | 2 | 3 | My partner seems to view my words or actions more negatively than I mean them to be. |
| 1 | 2 | 3 | When we have a problem to solve, it is like we are on opposite teams. |
| 1 | 2 | 3 | I hold back from telling my partner what I really think and feel. |
| 1 | 2 | 3 | I think seriously about what it would be like to date or marry someone else. |
| 1 | 2 | 3 | I feel lonely in this relationship. |
| 1 | 2 | 3 | When we argue, one of us withdraws . . . That is, doesn't want to talk about it anymore or leaves the scene. |

Post Deployment Reintegration Training – PDRT

Scoring the Relationship Dynamic Scale...

8 to 12 “Green Light”: If you scored in the 8 -12 range, your relationship is probably in good or even great shape at THIS TIME, but we emphasize “at THIS TIME” because relationships don’t stand still. There is no need to stop, but it is probably a great time to work on making your relationship all it can be to prevent problems in the future.

13 to 17 “Yellow Light”: If you scored in the 13 - 17 range, it’s like you are coming to a “yellow light,” which means you need to be cautious. While you may be happy now in your relationship, your score reveals warning signs of patterns that you don’t want to let get worse. You’ll want to take action to protect and improve what you have.

18 to 24 “Red Light”: If you scored in the 18 - 24 range, you are approaching a red light. Stop and think about where the two of you are headed. Your score indicates the presence of patterns that could put your relationship at significant risk. It is important to stop and learn ways to improve your relationship now!

Use the A-B-C Approach for Reunion Success!

Source: https://www.infantry.army.mil/welcomehome/content/guide/09_chaplain.pdf

A = Adjust Your Attitude

“Are my expectations real or fantasy?”

“Am I expecting to mostly “give” or “take” once we’re together?”

“Am I willing to meet my mate’s needs first before expecting my needs to be met?”

B = Bring Home Your Best

During your first 24 hours—

Commit to 10 compliments and NO CRITICISMS of your spouse or Soldier.

Ask each other, “What could I do to make our first two days together a ‘10’ for you?” Then do it!

C = Call a Conference

During your second 24 hours, arrange a quiet time where each of you can ask, “What specific things do you most need from me to make our first week together successful?”

Keep in Mind . . .

- Both of you have changed: Don’t criticize—cut each other some slack!
- Soldiers: Don’t “assume command” of your home—go easy.
- Spouses: Don’t “cut and run” by immediately dumping all of your responsibilities.
- Avoid over-scheduling—quiet time and rest is a good thing at first.
- Resist the urge to go on a spending spree. Celebrate inexpensively.
- Be patient and encouraging. Readjustment can take weeks or even months.
- Take advantage all of the behavioral health resources on and off post.

Useful Resources

Your family relationships should become normal again within a few months. However, if you had problems before deployment, those problems are likely to be there after deployment. If problems persist and you continue having difficulty readjusting, below are some resources to assist you:

- **Family Advocacy Program (FAP)** 24 hour call line (253) 967-5940
- **Victim Advocacy and Sexual Assault Helpline:** (253) 966-7233
- **Chaplain’s Family Life Center** (marital, family and child counseling) (253) 967-1723
- **Social Work Service** (253) 968-4184
- **Madigan Behavioral Health Clinic** (253) 968-2700
- **Military OneSource** (offers 12 sessions of off-post counseling) 800-342-9647
- **Family Assistance for Maintaining Excellence (FAME)** (253) 968-4843
Offers FREE individual and group therapy, educational groups and family counseling. No referral is needed. Adults: call for an appointment or come in during walk-in hours, M-F 0800 to 1200. Families and children: appointments scheduled between 0800 1630. Bldg. 9924 B, E Johnson St. (Old Madigan Area).
- **Military Family Life Consultants (MFLC)** Free and confidential counseling. (253) 495-8425/8427/8428.
After hours/weekends available off-post by calling 800-977-7595. No records kept.
- **Child Guidance Clinic** (for children & adolescent psychiatry) (253) 968-6880
- **Family Advocacy Program (FAP)** (253) 967-5940/6618 bldg. 2013-B, 3rd Floor, Hours: Mon-Fri 0800 to 1630
FAP provides: Education and prevention programs to help Soldiers, Community awareness, Suicide Prevention, Life Skills Classes, Community Resources, and Victim’s Advocates.
- **New Parent Support Program:** (253) 967-7409 NPSP is a community-based education program offering home visitation services to expectant, new parents, and families with children from 0-6 years of age at your convenience and by appointment only.
- **VICTIM ADVOCACY:** (253) 966-0363/967-6858/5950. Provides assistance and emotional support to victims of domestic violence.

Financial Resources

FINANCIAL READINESS PROGRAM Located in Waller Hall (253) 967-3525/9917

Many couples put themselves into financial hardship after celebrating their homecoming with an expensive spending spree. The common desire to do this was mentioned earlier. (Remember, if you can't afford it, don't do it! The urge to spend money will pass.) Others encounter financial problems for various reasons. Regardless of the reason, if you encounter financial problems, the ACS Financial Readiness Program (FRP) is here to help you. Our expert counselors are available at Fort Lewis to assist you and your spouse with sound financial advice. They will talk with your creditors and arrange a monthly budget that can pay off your debts. They also offer advice on saving, and home or car finance. The FRP provides the following services:

- Financial counseling/education
- Consumer information
- Credit problem assistance
- Financial planning for deployments and transitions
- Financial subsistence supplemental allowance (FSSA screening)

ARMY EMERGENCY RELIEF Located in Waller Hall (253) 967-9852/9812

If the Soldier is not available, Spouses must have a Power of Attorney to receive AER assistance. AER assistance may be provided for:

- Non-receipt of pay
- Loss of funds
- Medical, dental, and hospital expenses
- Funeral expenses
- Rent or mortgage payments
- Utilities
- POV repair
- Emergency food locker assistance

Chaplains - How they can help YOU!

- **YOUR UNIT CHAPLAIN** *Confidential Care, Counsel, Wisdom, and Unit Retreats*
- **YOUR POST CHAPELS** *Spiritual Hope, Help, and Inspiration in Your Time Of Need*
Over 29 different services of various faiths and traditions take place weekly in many different chapel facilities across the Fort Lewis community. For more information on how your needs can best be met, feel free to call the post chaplain's office at (253) 967-3718. They will gladly provide you with a description of weekly services, their locations, and times. You may also access information about the Fort Lewis Chapels at www.lewis.army.mil.
- **The Chaplain Family Life Center** (253) 967-1723 at Four Chaplain's Memorial Chapel
Free, Confidential, Professional Pastoral Counseling. Call for times and information related to Reunion Stress, Family Counseling, and Couple's Counseling.

COMBAT STRESS AND POST TRAUMATIC STRESS DISORDER (PTSD)

Source: https://www.infantry.army.mil/welcomehome/content/guide/07_stress.pdf

There are many unique stressors that can affect Soldiers and their Family Members. PTSD and Combat Stress are real issues that Soldiers might face and that Family Members often fear. Not every Soldier will come back with PTSD or Combat Stress. However, many Soldiers will be affected by it to some degree. It is important for spouses to be aware of the symptoms while not reading into each and every action or reaction the Soldier has. Remember that Soldiers need time to find a new norm, so it is possible to see some of these symptoms without them being PTSD or Combat Stress. However, if the symptoms continue for a couple of months, or appear after the Soldier has already been home for a couple of months, you might consider seeking a professional opinion. It can be very difficult for a Soldier to talk to anyone about his or her feelings on their own. If you have concerns about a Soldier, talk to him or her about seeking help.

Symptoms of Post Traumatic Stress Disorder (PTSD)

Symptoms of PTSD might include:

- **Depression** – a chronic numb, empty or flat feeling.
- **Isolation** – feeling withdrawn from family and friends, and isolating themselves.
- **Alienation** – absence of meaningful contact with others.
- **Avoidance of feelings** – inability to feel or express feelings.
- **Rage** – bouts of unexplained anger; may be internal or acted out.
- **Anxiety** – unexplained nervousness, tension, or hyper alert feelings.
- **Sleep disturbances** – insomnia or nightmares.
- **Intrusive thoughts** – recollections of traumatic experiences that appear for no apparent reason.
- **Startle responses** – unusual, involuntary reactions to loud noises, such as an automobile backfire.
- **Thoughts of hurting themselves**

PTSD probably won't go away on its own. It is a medical condition that needs to be treated. If you or your spouse experience any of the above symptoms on a regular basis, please seek help from a professional health care provider.

Combat Stress & PTSD

- The Short Course -

*Combat Stress goes away and doesn't interfere with your life;
PTSD lingers or returns and does interfere with your life.*

What Is It?

Combat Stress

It's An Ordinary Response To Extraordinary Events

PTSD

It's An Invisible Wound To Heart and Mind Verses
A Visible Wound to Chest or Head

How Do I Recognize It?

- **PSYCHOLOGICAL Symptoms Of The Wound**
 - Reliving the event in your head, nightmares, can't relax (hyper-vigilant), easily startled, etc.
- **PHYSICAL Symptoms Of The Wound**
 - Sleeplessness, restlessness, agitation, outbursts / rage, fight-flight, destructive habits (alcohol, drugs, overeating, recklessness, etc.)
- **EMOTIONAL Symptoms Of The Wound**
 - Withdrawal from the very people you love the most, "shut-down" as opposed to "open-up", melancholy, sadness, "numbing out", can't enjoy the things you used to, etc.

What Do I Do About It?

1. Own That You've Been Hit And Do Something About It!

It's a bullet under your vest. You and others may not have seen it at first, but it's a wound none-the-less. Wounds need treatment or they get infected and cause greater problems. The sooner you treat the wound; the sooner you get better. Ignoring a wound usually isn't an effective method for survival.

2. Find Out All You Can About How To Take Care Of Yourself

- A. See a doctor, a counselor, or a chaplain that knows how to treat this type of invisible wound.
- B. Take charge of your own care plan and get on-line and learn as much as you can at www.ncptsd.va.gov

3. Take The Best Prescription You Can Get

BUILD RELATIONSHIPS by talking (even though you may not *feel* like taking the medicine) with a) those who've "been there done that" . . . friends and a PTSD Support Group, and b) your spouse and loved ones. Solid, supportive relationships are the best antidote you've got, so invest in the cure!

Stress Management Tips

- **GET UP EARLIER** to allow yourself more time before starting the day's work.
- **PRIORITIZE** and pace yourself accordingly.
- **PAUSE** before you begin your work day to notice what kind of day it is.
- **BE REALISTIC** and kind to yourself when making your "to do" list.
- **TAKE LUNCH OR BREAKS** away from your work area, avoid eating quickly, and don't talk about work.
- Spend your **LEISURE TIME** with enthusiastic, upbeat friends. Since many of your friends will be in the same position as you, you should be enthusiastic and upbeat with them.
- **REST** quietly for five minutes during the day or take a brief walk.
- **SAY "NO"** when you need to.
- **ASK FOR HELP** when you need it, whether it's time away from the children, a counseling session, or a vacation.
- **FOCUS** on immediate or short-term goals that are attainable.
- **RECEIVE APPRECIATION** that is due. Accept praise and thank yous.
- **TAKE CARE OF YOURSELF** when you are down and out—play your favorite song, see a movie, or give up on the housework for the evening.
- **ANALYZE YOUR MOODS**, energy, and time. Are you down at certain times of the day, week, or month? Plan and prepare.
- **USE RELAXATION**, meditation, music, religion, nature, or your favorite activity to reenergize yourself.
- **PAY ATTENTION** to your diet, sleep, exercise, and general health.
- **VOLUNTEER!** Helping others is good medicine for the soul and spirit to fill your empty days. Call the Red Cross or ACS for volunteer opportunities.
- **SET A GOAL.** Start the project you have been putting off. Begin a self-improvement program. Go back to school. Do something for yourself.
- **INITIATE**, don't wait for the phone to ring. Plan an outing or a special dinner, and then call several friends to join you.
- **TRAVEL.** New scenery and change of pace, if only for a day or two, does wonders for the spirit. Plan on taking friends and making a day of it.
- **GO TO WORK.** A full or part time job can provide extra income as well as opportunities for interaction.
- **JOIN A SUPPORT GROUP.** Whether it is through the Family Support Group, your church/chapel/synagogue, or work, the support of friends makes the going easier.
- **TAKE UP A NEW HOBBY** or return to the one you gave up.
- **DON'T FEEL GUILTY** about going out with friends and leaving your children with a sitter. That is the cheapest form of sanity check available.
- **KEEP A JOURNAL** of your thoughts and activities while your spouse is away to help catch up when the unit returns. Be sure to include pictures.

Suicide Risk Factors and Warning Signs

Suicide Prevention Training Tip Card

Source: http://usachppm.apgea.army.mil/documents/suicide/Suicide_Prevention_Training_Tip_Card_Risk_Factors_updated_1_16_2008.pdf

This card is to be used as a training aid for communicating risk factors and warning signs as part of the Suicide Prevention for Army Family Members awareness brief. **Risk factors raise the risk of an individual being suicidal; they do not mean that the individual is currently suicidal.*

Risk factors for adults (including Soldiers) and children

Previous suicide attempts
Close family member who has committed suicide
Past psychiatric hospitalization
Recent losses
Death of family member or friend
Family divorce/separation
Break-up with girlfriend/boyfriend
Poor social skills
Difficulty interacting with others
Problems starting a conversation and making friends
Drug or alcohol abuse
Drugs decrease impulse control making impulsive suicide more likely
Some try to self-medicate with drugs or alcohol
Violence in the home or social environment
Handguns in the home
Work-related problems
Serious medical problems
Poor school performance

Warning signs that an adult/Soldier needs help

- Noticeable changes in eating and sleeping habits
- Talking or hinting about suicide
- Obsession with death (e.g., in music, poetry, artwork)
- Irritability
- Alcohol and/or drug use or abuse
- Isolation
- Giving away possessions/suddenly making a will
- Feeling sad, depressed, or hopeless
- Finalizing personal affairs
- Coworkers, family, friends are concerned

Warning signs that a child/adolescent needs help

- Noticeable changes in eating and sleeping habits
- Unexplained, or unusually severe, violent or rebellious behavior
- Running away
- Unusual neglect in appearance
- Drastic mood swings
- Hostile toward other children
- Withdraws from peers
- Gives away possessions
- Feeling sad or depressed
- Obsession with death (e.g., in music, poetry, artwork)
- Physical complaints that are not real
- Talks about death
- Your child's teacher or other trusted adult tells you that your child is acting different and may need help

Acronyms to Remember

If someone you know is exhibiting warning signs, take action and be an ACE:

A: Ask

- Ask questions directly and stay calm, e.g., “Are you thinking of killing yourself?” “Do you want to die?” “Do you wish you were dead?” “Have you thought of how you could kill yourself?”
- Talk openly about suicide. Be willing to listen and allow the other person to express his or her feelings.

C: Care

- Care for the person. He or she may be in pain.
- Remove any means that could be used for self-injury.
- Active listening may produce relief. Calmly control the situation; do not use force.
- Encourage the person to seek help.
- Reassure the Family member that he or she will be helped and will feel better.

E: Escort

- Never leave the person alone.
- Escort him or her to the emergency room, primary care provider, or behavioral health professional.
- Adopt an attitude that you are going to help this person; that this will save his or her life.

Provide AID:

Ask: Don’t be afraid to ask, “Are you thinking about hurting yourself?”

Intervene immediately.

Don’t keep it a secret.

Follow the acronym LIFE:

Locate Help.

Inform his or her chain of command of the situation.

Find someone to stay with the person. Never leave the person alone!

Expedite: Get help immediately. A suicidal person needs immediate attention.

Resources for more information on suicide prevention

- Army Center for Health Promotion and Preventive Medicine (CHPPM): <http://usachppm.apgea.army.mil/dhpw/readiness/suicide.aspx>
- Family Readiness Groups (FRG) – Join FRGs in your area: <http://www.armyfrg.org>
- Military OneSource (12 free counseling sessions for Service Members and their families) <http://www.militaryonesource.com> or 1-800-342-9647
- Pierce County Suicide Prevention Help Line (253) 272-9882
- National Suicide Prevention Lifeline: 1-800-273-TALK
- National Youth Violence Prevention Resource Center: <http://www.safeyouth.org>
- Suicide Prevention Action Network (SPAN): <http://www.spanusa.org>
- Tragedy Assistance Program for Survivors (TAPS): <http://www.taps.org> TA-083-0108
- DURING DUTY HOURS (0800-1700)
 - Unit Chaplains
 - Department of Mental Health: (253) 968-3172
 - Department of Psychiatry Liaison: (253) 968-3172
- AFTER DUTY HOURS (1700 – 0800)
 - Emergency Room, Madigan Army Medical Center: (253) 968-1390
 - On-Call Duty Chaplain: (253) 967-0015
- **Emergency: 911**

CHILDREN AND REUNION

Source: https://www.infantry.army.mil/welcomehome/content/guide/06_children.pdf

Many parents worry about how their children will react during a deployment reunion. Parents dream of their children shouting "daddy! daddy!" or "mommy! mommy!" while running into their parent's arms. But many times, this dream is not what happens. Children can experience a variety of emotions including worry, fear, guilt, happiness, excitement, or anger when their separated parent finally returns. If you imagine a "perfect" reunion for your child, you may be disappointed. Keep this in mind and talk to your children about the upcoming reunion.

Separation from a parent is stressful for a child. Your children may have acted out this stress during the early part of the deployment by behaving in ways you found difficult or worrisome (such as aggressive behavior, eating or sleeping problems, or a drop in grades). Behavior should have returned to normal 8 to 10 weeks into the deployment. By then family life should have calmed as children adapted to the deployed parent's absence.

When a parent returns to the family, all the members will have to adjust to new interactions. This adaptation or change can be very stressful for a family, especially for the children. Families are always changing, and how parents and children interact with one another should change as the members grow. When dad or mom comes home, everyone will have changed physically, emotionally, and socially.

Tips for Reuniting Families

Source: <https://www.carlisle.army.mil/usawa/dclm/websites.htm>

Reunion is a time of celebration and change. It is important to remember that children have grown emotionally and physically. Children experience a variety of feelings before and after being reunited.

Some common reactions from children include:

- Wondering why you left if you loved him or her.
- Pretending initially that he or she does not care about you.
- Attaching themselves firmly to you.
- Expressing anger or jealousy over the father's interaction with the mother.
- Becoming anxious and insecure about what to expect.
- Feeling guilty that he or she did not do enough while the parent was away.
- Dreading the parent's return if they believe they will be disciplined for all the wrongs committed.
- Being angry about the parent's absence and feeling guilty for this anger.
- Needing time to get used to the parent again.
- Feeling happy and excited.
- Talking nonstop to get the parent up-to-date.
- Running to parent or withdrawing totally.

Suggestions for the returning parent:

- Praise the children for what they have accomplished while you were away.
- Review pictures, schoolwork, and scrapbooks.
- Start with a clean slate; past wrongs do not count.
- Accept that it will take time to adjust as a family again.
- Expect changes-the children may not like to do the same things they did before you left.
- Take personal time with each child, such as arranging a "date" with each child.
- Do not criticize.
- Talk, talk, talk.

Children's Reunion Reactions (Based on Age)

Source: Hot Topics, Current Issues for Army Leaders Volume 5, No. 3: Reunion: Putting the Pieces Back Together. "Helping Children Adjust."

Birth to 1 Year

Child's Reaction	Parenting Techniques
Cries	Hold
Fusses	Hug
Pulls away from you	Bathe and change
Clings to spouse or caregiver	Feed and play
Has problems with urination/defecation	Relax
Changes their sleeping and eating habits	Relax, hug, and hold
Does not recognize you	Relax, hug, and hold

1 to 3 years

Child's Reaction	Parenting Techniques
Shyness	Don't force holding, hugging, kissing
Clinging	Give them space
Does not recognize you	Give them time to warm up
Cries	Be gentle and fun
Has temper tantrums	Sit at their level
Regresses— no longer toilet trained	Be gentle and fun, don't force

3 to 5 years

Child's Reaction	Parenting Techniques
Demonstrates anger	Listen to them
Acts out to get attention; needs proof you're real	Accept their feelings
Is demanding	Play with them
Feels guilty for making parent go away	Reinforce that you love them
Talks a lot to bring you up to date	Find out the new things on TV, at preschool, in books
Demonstrates anger	Listen to them

5 to 12 years

Child's Reaction	Parenting Techniques
Don't feel they're "good" enough	Review pictures, school work, activities, scrapbooks
Dreads your return because of discipline	Praise what they have done
Boasts about Army and parent	Try not to criticize

13 to 18 years

Child's Reaction	Parenting Techniques
Is excited	Share what has happened to you
Feels guilty because they don't live up to standards	Listen with undivided attention
Is concerned about rules and responsibilities	Don't be judgmental
Feels he/she is too old to change plans to accommodate parent	Don't tease about fashion, music, tastes, etc.
Is rebellious	Respect privacy and friends

Reunion for School Aged Children

Source: Military Child Education Coalition How to prepare our children and stay involved in their education during deployment"

The reunion phase actually begins a couple of weeks before the parent's return as the child begins to anticipate the reunion. Children feel a mixture of excitement and fear during this time. They will be wondering what the reunion itself will be like and questioning: "How has Mommy/Daddy changed?" "Will he recognize me?" "Will she know who I am?" This phase can actually be the most difficult for children, so support from parents and teachers is especially crucial as the deployment nears its end.

Parents

Parents should thoroughly discuss the homecoming with their children. Both the deployed parent and the caregiver should raise the subject with children in advance of the reunion so children will have a chance to prepare for the return.

- Caregivers, talk with your children about their excitement and concerns. Let them know it's normal to be nervous. Talk about all the updates children can share with the returning parent and guess what she/he may have to share with you.
- Plan special events and activities for the deployed parent's return. Creating handmade "welcome home" signs and planning to cook a favorite food or meal will help make the upcoming reunion seem more real. If children have an important project or event coming up in school, make plans to involve the deployed parents when they return.
- Deployed parents should express their excitement to be with their children again. Tell them what has changed about you. Let them know you can't wait to see and hear about their changes — a new haircut, new friends, their new favorite book, or subject in school.

Educators

Teachers should note the date of parents' returns and pay special attention to the affected students during the time surrounding the reunion.

- Reunions, though happy, are stressful for the whole family. Children might assume that everything will be exactly as it was before. Let them know that it will take time for everyone to adjust and that this is part of the process. Anticipate that it may take several weeks for things to settle into a new routine.
- When things have settled down, set aside a special time to talk about school. Look over old homework and tests. Talk about ways to be involved in ongoing and future school projects. Children will have established a pattern of going to the parent that stayed home for educational support. Caregivers should encourage children to seek help from both parents. The returning parent should make a special effort to discuss school and school activities; by talking about it, children will see that it is important to you.
- Create a special project that allows students to express their feelings: make a welcome home card or write a letter about "The Things I Missed Most About You" or "Why I'm Proud of My Daddy/Mommy."
- Discuss new behavior during this period with the student's caregiver. If possible, talk or write to the deployed parent about concerns you have so they have the information before they return home.
- Invite the returned parent to class. The whole class can benefit from hearing about the parent's trip. This also contributes to a students' sense of pride in their parents and the difficult job that he or she completed.
- If a student seems especially apprehensive consider planning a counseling session so the student to talk about his or her concerns, or invite the counselor to talk to the class about reunions.

Deployment, Reunions and Children – Tips for Parents

Source: https://www.infantry.army.mil/welcomehome/content/guide/16_mwr.pdf

Deployment reunions and reintegration are a process, not an event. The process requires time and effort. Stress levels may remain high up to seven months post-deployment. School is a setting that remains the same for the child of a deployed parent. Therefore, it is an important part of their life. Families and schools should work together help children adjust to the changes inherent in deployment reunions and reintegration.

- Talk with your children before the Service Member comes home much as you did when the parent was preparing to leave.
- Tell your child's teacher about the return of the military parent from deployment.
- Use the services of the Army Community Service to help address the special challenges of wartime deployment reunions and reintegration.
- Know that children's behavior will greatly depend on how their parents renegotiate, compromise, and communicate.
- Take care to avoid abruptly shifting love and attention from the children to the returning spouse.
- Help children understand that they have changed while the parent was away, AND that the parent has changed, too.
- Assure them that even though the parent may look or act differently than the child remembers, the returning parent is their same father or mother that left, and that he/she still loves them.
- Understand that children may experience a variety of feelings-
 - **Happy** that they will be seeing the parent again.
 - **Afraid** that the parent won't like the way they have changed, or that the parent will leave again.
 - **Excited** about being able to share some of their favorite activities again.
 - **Proud** that their parent is doing an important job for our country.
 - **Jealous** of the time and attention taken from them that is now given to the returning parent.
 - **Worried** that all these feelings are not normal.
- Know that the children may not respond to discipline from the returning parent because of loyalty to the parent that remained behind. Children may test the limits of the family rules to find out how things may have changed with the return of the deployed parent.
- Go slowly and let the children set the pace in accepting the parent back. Plan some special time for just the child and the returning parent to get reacquainted.
- Take care of yourselves and your relationship so that you are available for your children.

Tips for Children

- Make a special card or sign to welcome your parent home.
- Write a letter to your returning parent and explain the ways you have changed. Ask how he or she has changed, too.
- Share your parent's time with other family members.
- Be patient if things seem uneasy at first. Everyone will need to adjust.

Useful Children's Resources

Fort Lewis School Liaison Office- (253) 967-7195 Located in Waller Hall

Military.com, Deployment and the Family – "**Top 5 Things to Do**" <http://www.military.com/deployment>

The Military Child Education Coalition (MCEC) www.militarychild.org

Books for Brats <http://www.booksforbrats.net/book/main.htm>

An article entitled, "**Help Kids In Military Families Cope**": *Psychiatrist Offers Tips to Support Children*" on the stress of deployment for military students. <http://www.wnbc.com/family/2107168/detail.html>

An article entitled "**Military Kids: War Fears Hit Home**" on family stress during deployment from *The Morning Show* (CBS). <http://www.cbsnews.com/stories/2003/02/28/earlyshow/contributors/tracysmith/main542323.shtml>

Great Children's Books for Reunion

Source: <https://www.carlisle.army.mil/usawa/dclm/websites.htm>

The Giving Tree, by Shel Silverstein

A Father Like That, by Charlotte Zolotow

Make Way for Ducklings, by Robert McClosky

Dear Daddy, by Phillipe Dupasquier

If You Listen, by Charlotte Zolotow

How Many Stars in the Sky, by Lenny Hart

Jafta's Father, by Hugh Lewin

Father Bear Comes Home, by Else Ninarik

The Goodbye Year, by Carole Bolton

You Go Away, by Dorothy Corey

Chicken Soup with Rice, by Maurice Sendak

The Runaway Duck, by David Lyon

The Peppermint Pig, by Nana Bawden

Amifika, by Lucille Clifton

At the Crossroads, by Rachel Isadora

Cecil's Story, by George Ella Lyon

The Daddies Boat, by Lucia Nonfried

CHILD AND YOUTH and SCHOOL SERVICES (CYSS)

Registration and Information

Deployment care continues for 60 days from the date your Soldier returns

Visit the registration office (bldg. T-2166, Corner of 12th St. and Liggett Ave.) for assistance in finding available child care on Fort Lewis and in the community. Registration is now free to ALL families!

- The Central Registration staff will register your children in the child care system (CDC, FCC or YS). We encourage parents to make youth registration appointments which help reduce long lines and waiting. Call 967-2494 to make an appointment. Please bring:
 - Your ID card (Active Duty or Military Family Member ID, DOD Civilian ID or DOD Government Contractor Fort Lewis ID).
 - Each child's immunization record. All immunizations must be current before a child can begin care. Three (3) emergency points of contact (individuals other than you or your spouse who are easily accessible within the local community).
 - Your current LES and spouse's pay voucher, if applicable. This includes FCC patrons applying for the affordability subsidy.

Child Development Centers

Beachwood School Age Center	(253) 967-2600
Clarkmoor Center	(253) 967-2300
Clarkmoor Hourly Center	(253) 966-2490
Family Child Care	(253) 967-3039
Madigan Center	(253) 967-2800
North Fort Youth Center	(253) 966-9715
Special Needs	(253) 966-5995
Teen Zone	(253) 967-4441

Child Development Programs and Services

Child Development Services:

Phone: (253) 967-2494

Hours: Mon-Fri 0600-1800

Child Development Services (CDS) provides child care services for children from birth through 12 years of age. CDS activities are geared to social enrichment and school readiness; programs which will help your child develop socially, emotionally, mentally, and physically. In order to meet parental preference and children's needs, child care is provided in both home based and center based settings.

Clarkmoor Hourly Care Program:

Phone: (253)966-CYSS (2977)

Hours: Mon-Fri 0800-1700

The hourly care program is only available at the Clarkmoor hourly care center. Please call to schedule an orientation. Cancellations must be made 1 hour prior to reservation or a no show fee of \$2.00 will be assessed. Reservations can be made 4 weeks in advance. Orientation is conducted on Tuesday and Friday at 9am. Children are welcome to attend.

Family Child Care:

Phone: (253) 967-3039

FCC is a cost effective child care delivery system which also offers specialized child care service (extended hours care, long-term care, care for children with special needs, and care for parents working shifts). Additionally, the FCC delivery system provides employment opportunities for Army spouses. The FCC system provides care in certified government quarters that are closely inspected for compliance with fire, safety, and health codes.

School Information

The Clover Park School District services Fort Lewis, McChord Air Force Base and Lakewood areas. Listed below are the schools, along with the villages they service, and the phone numbers.

BEACHWOOD ELEMENTARY

8583 American Lake Ave.
Fort Lewis, WA 98433-1333
(253) 583-5200

Beachwood , Trailer Park Camp, North Fort Lewis Lodge, and North Fort Lewis.

HILLSIDE ELEMENTARY

6399 Magnolia Blvd.
Fort Lewis, WA 98433-1235
(253)583-5280

Old Hillside, Parkway, Davis Hill (5900's), New Hillside (6000 -6045, 6401-6490, and 6600's)

CLARKMOOR ELEMENTARY

S. Division St. and Liggett Ave.
Fort Lewis, WA 98433
(253)583-5220

Broadmoor, Clarkdale

GREENWOOD ELEMENTARY

5190 N. Division St.
Fort Lewis, WA 98433-1105
(253)583-5260

Greenwood, Davis Hill (5401-5441, 5445-5482, 5523-5532, 5700's and 5863-5884)
Fort Lewis Lodge, Fort Lewis Cabins.

EVERGREEN ELEMENTARY

9010 Blaine St.
Fort Lewis, WA 98433-1219
(253)583-5250

Evergreen, Madigan, New Hillside (6300's, 6500's, 6700's, 6800's, and 6900's)
Davis Hill (5442-5444, 5483-5485, 5533-5566, 5600's and 5801-5862).

MANN JUNIOR HIGH SCHOOL

11509 Holden Rd. SW
Lakewood, WA 98498
(253) 583-5440

Beachwood Elementary, Clarkmoor Elementary

WOODBROOK JUNIOR HIGH SCHOOL

14920 Spring SW
Lakewood, WA 98439
(253)583-5460

Greenwood Elementary, Hillside Elementary, and Evergreen Elementary

LAKES HIGH SCHOOL

10320 Farwest Dr. SW
Lakewood, WA 98498
(253)583-5550

All areas in Fort Lewis Housing

If you have any questions, please contact: Clover Park School District Administrative Office
10903 Gravelly Lake Dr. SW
Lakewood, WA 98498
(253)583-5000

REINTEGRATION TOPICS

Housing

Equity Residential (On post housing)

For more information, please contact the housing office by phone, in person, or online.

Housing Office: Waller Hall bldg. 2150. (253) 912-2150

www.fortlewiscommunities.com

The most important aspect to remember when dealing with housing is that the spouse must have a *Special Power of Attorney*, specifically stating permission to start, stop or change an allotment. Otherwise, the spouse WILL NOT be allowed to arrange for housing.

Housing Services Office (HSO) (Off post housing)

(253) 967-5354/3581

<http://www.lewis.army.mil/publicworks/sites/housing/hso.htm>

Information about renting in the local community and how to apply for on post housing, (orders to Fort Lewis are required). MRC provides rental/sales listings, area maps, a telephone calling room, guidance for resolving tenant/landlord disputes, lease reviews, information about the Military Clause, home buying workshops, the Rental Partnership Program and SNA (DD1747) for home purchases.

Rental Partnership program (RPP)

Contact: Richard R. Wood, (253) 967-5127

This program offers qualifying Soldiers assigned to Fort Lewis several benefits, such as a 5% rent discount and waived credit check fees, administrative fees and security deposits. To apply for RPP, the Service Member must provide a copy of his or her PCS orders to Fort Lewis and a current LES.

Housing FAQs

Source: https://www.ftlewiscommunities.com/contents/waitinglist_faq.asp

Can I apply for on-post housing before arriving at Fort Lewis?

Fort Lewis Communities does not accept advance applications. Soldiers assigned to Fort Lewis may apply for housing while on leave but they cannot accept housing until they are signed into the installation.

How can I determine the waiting time for on-post housing?

When applying for on-post housing, an eligibility date is established. Village Counselors will determine an estimated waiting time at the time of application. All estimates are based on current trends in on-post housing clearing/termination and are subject to change.

How is the number of bedrooms determined for assigned on-post housing?

Fort Lewis Communities establishes its bedroom requirement based on Army Regulation 420-1, which states that the same sex child shares a room up to the age of 10 years. The opposite sex child shares a room up to the age of 6 years. Adherence to this regulation is based on the availability of quarters at each installation.

What villages am I eligible to live in?

Check with the Equity housing office to see what villages are available for each waiting list category.

I have a family member enrolled in EFMP. How will that affect my on-post housing assignment and waiting time?

Exceptional Family Member Program (EFMP) does not always equate to "priority housing." When there is a need for single story units or handicap facilities, an exception to policy would have to be addressed and reviewed on a case-by-case basis. For more information please contact Fort Lewis Communities at (253) 912-2150.

My lease is almost up and I haven't been called for on-post housing.

If a Soldier is in a lease and has already been contacted at one time for on-post housing, they need to contact Fort Lewis Communities 30 days before the lease is to expire. Fort Lewis Communities will determine if on-post housing can be projected for assignment. If no on-post housing can be projected, the Soldier will have to make a determination on whether to go month-to-month or to sign another lease.

***NOTE:** Do not give your landlord an intent to vacate notice until Fort Lewis Communities has notified you that on-post housing is available for you.

Staff Judge Advocate (SJA)

Source: <https://www.usarpac.army.mil/soldierfamilywellbeing/reintegration/SJA-deploymentsdamageclaims.htm>

SUBJECT: Deployment-related Damage – Filing a Claim

- 1. PURPOSE.** To provide information about filing a claim for damaged household goods or privately owned vehicles (POVs) after a deployment.
- 2. BOTTOM LINE.** Claimants have 70 days to notify moving or storage companies of damage. Damage to POVs must be noted at the time of delivery. Visit the installation claims office promptly for assistance.
- 3. DISCUSSION.**
 - a. Filing a claim for damage to household goods requires several forms. First, claimants must complete the DD Form 1840/R, Notice of Damage to Household Goods. This form gives notice to the moving or storage company that the damage has occurred. Soldiers have 70 days to deliver this form to the claims office in order to provide notice. Failure to deliver this form to the claims office within 70 days can reduce the amount payable for the claim. Soldiers have 2 years from the time of delivery to file the other forms. These include the DD Form 1842, the claim form, and the DD Form 1844, an item-by-item description of the damage and amount claimed. Claimants may also need to provide receipts, estimates of repair, or other documents.
 - b. Filing a claim for damage to a POV requires notification of the damage on DD Form 788. This form is an inspection sheet for the vehicle that must be completed before leaving the vehicle checkpoint. A thorough inspection is important because damage not noted on the DD Form 788 at the time of delivery often can't be paid. If a claimant discovers damage after taking possession of the vehicle, he or she should immediately return to the vehicle checkpoint and note the damage on DD Form 788. Once damage has been noted, the claimant has two years to complete DD Form 1842, DD Form 1844, and any other forms the claims office may require. Expedious filing is recommended.
 - c. Soldiers can always file a claim even if they don't have sufficient information or documentation at the time they file. Each claim receives individual consideration.
 - d. The installation claims office will provide forms, instructions, and case-specific guidance to each claimant.

Legal Assistance – (253) 967-0587

Claims – (253) 967-0704

Deployment Tax Information

Source: <http://www.usarpac.army.mil/soldierfamilywellbeing/reintegration/SJA-deplymenttaxinformation.htm>

Federal and state tax laws affect Soldiers deployed in support of Operation Iraqi Freedom. Federal tax rules are summarized below. See your nearest Legal Assistance Office or servicing Tax Center for additional information. Members of the Armed Forces who serve in a combat zone (CZ), a qualified hazardous duty area (QHDA), or in direct support of a CZ or QHDA are eligible for certain tax benefits. CZ/QHDA tax entitlements include:

- 1. Excludable income.** Enlisted Soldiers and warrant officers may exclude from their gross income all compensation received during the months spent in a CZ/QHDA. Commissioned officers may exclude up to the highest rate of basic pay for the most senior enlisted member of the Armed Forces, plus the amount of hostile fire or imminent danger pay for each month.
- 2. Filing extension.** Soldiers in a CZ/QHDA have an extension to file their federal income tax returns and pay their taxes. The extension is 180 days plus the number of days the Soldier was in the CZ/HQDA during the normal tax filing period (1 January through 15 April). The extension begins on the day after the Soldier leaves the CZ/QHDA. Soldiers who use this extension don't pay interest on the amounts owed to the Internal Revenue Service (IRS), and will receive interest from the IRS if they are entitled to a refund. Soldiers who qualify for this extension must clearly write "Combat Zone Taxpayer" across the top of their tax return. Department of the Army civilians who perform services as part of a qualifying operation serving overseas and are deployed away from their permanent duty station also qualify for extension. Numerous states follow the federal rules and offer military personnel income exclusions and filing extensions. Check with your nearest Legal Assistance Office or servicing Tax Center for information specific to your state.

Fort Lewis Tax Center- 967-1040

Public Affairs Office (PAO) – A Soldier's guide to dealing with the media during reintegration

Source: <http://www.per.hqusareur.army.mil/reintegration/briefings/docs/interview%20guidelines%20reintegration.doc>

Within established guidelines, it is our responsibility to talk to the media (and subsequently, the public). Leaders and Soldiers who refuse to talk to the media give the impression that they're withholding information.

When dealing with the news media, remember:

- DO protect classified information and preserve operational security. Avoid making statements relating to exact numbers and locations of troops and equipment, ongoing or future operations, and rules of engagement.
- DO "stay in your lane." Talk about your job, responsibilities, and other matters within your expertise and control. Avoid speculating and answering "what if" questions.
- DO talk about what you plan to do now that you are back from deployment. Talk about the things you missed or what you look forward to now that you have returned safely.
- DO talk about how the deployment affected your family and friends. A majority of the stories covered by the media will deal with the family, so you may want to talk about the support you received from family and friends during your deployment. You've had a rough time—so has your family, give them plenty of credit.
- DO remember that all discussions with reporters are "on the record" — so if you don't want to read it in the paper or hear it on TV, don't say it.
- DO keep your answers clear and relevant, and use examples that are easily understood. Avoid using jargon and acronyms. Be honest, open, and forthright. If you don't know the answer to a question, simply say, "I don't know." If a question is classified, simply tell the reporter so.
- DO think about your response before you answer—you don't have to answer immediately.
- DON'T let the reporter put words in your mouth. Don't repeat their "buzzwords." You don't have to accept his/her facts or figures as the truth.
- DON'T confiscate film, audio/video tapes, or reporter's notes if classified or sensitive information is inadvertently released. Report the incident by the quickest means possible to the unit commander or public affairs officer.
- DON'T be afraid to ask a reporter to repeat a question.

**If you have any questions or concerns about dealing with the media, contact the
Fort Lewis Public Affairs Office at (253) 967-0155/0147.**

Family Readiness Groups

What is a Family Readiness Group (FRG)? An FRG is a company (or battalion) level organization of Soldiers, civilians, and family members who volunteer to provide mutual social and emotional support, outreach services, and information to their fellow Soldiers and family members.

Benefits: FRG's help create a climate of mutual support within a unit, foster a sense of belonging to the unit/community; and provide a vehicle for families to develop friendships while they gain information about the unit and the community. Through successful FRG efforts, many spouses have developed a more positive attitude toward themselves as well as a better understanding of why deployments are necessary and of the Army's mission to maintain readiness. FRGs also help Soldiers feel more comfortable, knowing that his or her family members will receive reliable and friendly support while the Soldier is away. This can be a meaningful stabilizer for Soldier performance in the unit and an enhancer of training, unit cohesion, and psychological readiness to fight. FRG members listen to problems, answer questions, and refer individuals in complex situations to the appropriate helping agencies. FRGs care and share. FRGs are people helping people! They are there for you!!!

While each FRG is different, all will take volunteers and suggestions. If you have an idea or suggestion, please contact your FRG point of contact or leader. Below are some things that your FRG may do:

- Family Information Sheets/Telephone Tree updates
- Pre-deployment/Mobilization/Deployment/Re-deployment briefings
- Information updates
- Holiday parties
- Personal development workshops (i.e., stress management, time management, coping with separation, children's issues during deployment, children's workshops, etc.).
- Homecoming and reunion training
- Welcome activities
- Volunteer training and recognition
- Marriage enrichment sessions

The Family Readiness Group (FRG) is an organization of Soldiers, spouses, and family members designated to assist and support family members during deployments or emergency situations. Every spouse is encouraged to be an active part of the FRG, not only to receive help, but to help others.

Be Familiar with Your Family Readiness Group:

You will be notified through your company telephone "Tree or email" with important information pertaining to the unit's redeployment.

Ensure that your Company/Unit FRG roster contains your current mailing address and phone number, especially if you are planning a trip, vacation or moving.

Keep your Company/Unit contact person's name, phone number, and email address posted near your telephone or carry on your person when traveling.

What a Family Readiness Group is NOT!

A gossip or rumor forum, a rank structured organization, divided into groups (i.e., enlisted vs. officer spouses, ethnic groups, etc.), a therapy group, part of the casualty notification process, a babysitting or errand service, a surrogate parent or social worker, a lender of money, cars or any expensive items, or anything that duplicates services already available on post or in the community.

LEAVE & TRAVEL TIPS

Passports

Passports can be obtained through the US Department of State. Information is available on their website: <http://travel.state.gov/passport/index.html>. Generally, passports are required for overseas travel, unless you have orders. You must be a U.S. citizen to apply for a passport. **You will need the following items if born within the United States:**

- Original or certified copy of your birth certificate for new passports.
- Identification (military ID card, driver's license, or expired passport)
- For new or renewal for children 15 years or younger the original or certified copy of birth certificate must be submitted (birth certificates WILL be returned with passports)
- Two identical color passport pictures

Fees:

- Adults 16 years of age and older: \$55 application fee, \$12 security surcharge, and \$30 for the execution of the application. A total cost of \$97.
- For children 15 years of age and younger: \$40 application fee, \$12 security surcharge, and \$30 execution fee. A total of \$82.
- Passports routinely take about 6 weeks to process. If you would like to expedite your order, an additional \$60 execution fee will be assessed for each application.

To renew an existing passport, the fee is \$67. You will need to send in the existing passport and two recent color photos. More information, as well as a printable application, can be obtained from <http://travel.state.gov/passport/index.html>.

Passport acceptance facilities are at the following locations:

1) Lakewood Post Office 5409 100th St. SW	Lakewood	(253) 983-8266
2) Tacoma Postal Station 1102 A St.	Tacoma	(253) 627-4026
3) Pierce County Auditor 2401 S 35th St.	Tacoma	(253) 798-2125
4) Thurston County Clerk 2000 Lakeridge Dr SW	Olympia	(360) 786-5430

For other passport locations, see above website. The following places, among others, offer passport picture services: COSTCO, Kinko's, Office Depot, and Walgreens, and the Lakewood Post Office.

A VISA is permission granted by the government of a country for an alien to enter that country and remain for a specified period of time. A visa is usually and imprinted stamp affixed to one of the pages in your passports. Visas may be required for each country you plan to visit. Apply for visas through your travel agent or at the various countries' consulates well in advance of your departure date.

What to do before departing on a trip

Keys: Leave a house key with one of your trusted neighbors to check on your house daily. You can return the favor when he or she goes on a trip.

Newspaper/Mail: Discontinue newspaper service and have your mail kept at the post office. If you are only going to be for a few days and do not want to stop newspaper/mail delivery, have your neighbor pick them up daily.

Lights: Ask your neighbor to turn on a light in a different room every day. This gives the appearance of an occupied home and is a major deterrent to criminals. Installing an automatic system that turns lights on and off at the same time everyday is not recommended; burglars are not easily fooled by such a system. Remember, leaving an outside entrance light on all night, each night, is like extending an invitation to a burglar. If a burglar has been casing the area, he will most likely suspect the house is unoccupied.

Lawns: Make arrangements to have someone mow your lawn regularly. Tall grass and no apparent activity around a house are good clues a house is empty.

Police: Call the local police; tell them the day you will depart and when you will be returning. Most police departments will check your home periodically while you are away. Make sure to let them know you have neighbor who has a key; otherwise, your friend may be apprehended by the police.

Water Heater: If you are planning to be away for several days, have the water heater turned off either at the tank or with the circuit breaker. This will save power. Be sure to turn it back on as soon as you return. It usually takes a couple of hours before you have hot water again.

Airport and Transportation Information

Seattle Tacoma International Airport: <http://www.portseattle.org/seatac/>

For information about parking and rates at the SEATAC airport, public transportation, rental cars, shuttle buses, taxis and limos, and ground transportation, please visit: <http://www.portseattle.org/seatac/ground/>

Sea-Tac Airport Map



Skybridges on the 4th floor of the Airport Garage lead into the Main Terminal, where you'll find ticket counters, Baggage Claim, and shopping, restaurants and traveler services. Gates are located on four concourses (A, B, C, D) and two satellite terminals (the North and South Satellites are connected to the Main Terminal by train).

Airport Shuttle Information

Web Reservations
www.kitsapairporter.com

Ft. Lewis-McChord Airporter **DAILY SCHEDULE**

Web Reservations
www.kitsapairporter.com

SERVICE TO SEA-TAC INTERNATIONAL AIRPORT

RESERVATIONS REQUIRED EXCEPT FROM SEA-TAC - TELE: (360) 876-1737 (24 HOUR NUMBER)
www.kitsapairporter.com

TO SEA-TAC

DEPARTURE TIMES

PICK-UP LOCATION	DAILY RUN #1	DAILY RUN #2	DAILY RUN #3	DAILY RUN #4	DAILY RUN #5	DAILY RUN #6	DAILY RUN #7	DAILY RUN #8	DAILY RUN #9
MADIGAN HOSPITAL NURSING TOWER	2:45A	5:15A	7:45A	10:15A	12:45P	3:15P	5:45P	8:15P	10:45P
WALLER HALL Bldg. 2140	2:55A	5:25A	7:55A	10:25A	12:55P	3:25P	5:55P	8:25P	10:55P
FT. LEWIS RAINIER LODGE Bldg. 2107	3:00A	5:30A	8:00A	10:30A	1:00P	3:30P	6:00P	8:30P	11:00P
NO. FT. LEWIS BARRACKS Bldg. 11758	3:05A	5:35A	8:05A	10:35A	1:05P	3:35P	6:05P	8:35P	11:05P
FT. LEWIS VISITOR CENTER Main Gate	3:10A	5:40A	8:10A	10:40A	1:10P	3:40P	6:10P	8:40P	11:10P
McCHORDAFB Passenger Terminal	3:20A	5:50A	8:20A	10:50A	1:20P	3:50P	6:20P	8:50P	11:20P
McCHORDAFB EVERGREEN LODGE, 1147 Barnes Ave	3:25A	5:55A	8:25A	10:55A	1:25P	3:55P	6:25P	8:55P	11:25P
McCHORDAFB VISITOR CENTER, Olympic Dell	3:30A	6:00A	8:30A	11:00A	1:30P	4:00P	6:30P	9:00P	11:30P

ARRIVE SEA-TAC

SERVICE FROM SEA-TAC INTERNATIONAL AIRPORT

FROM SEA-TAC

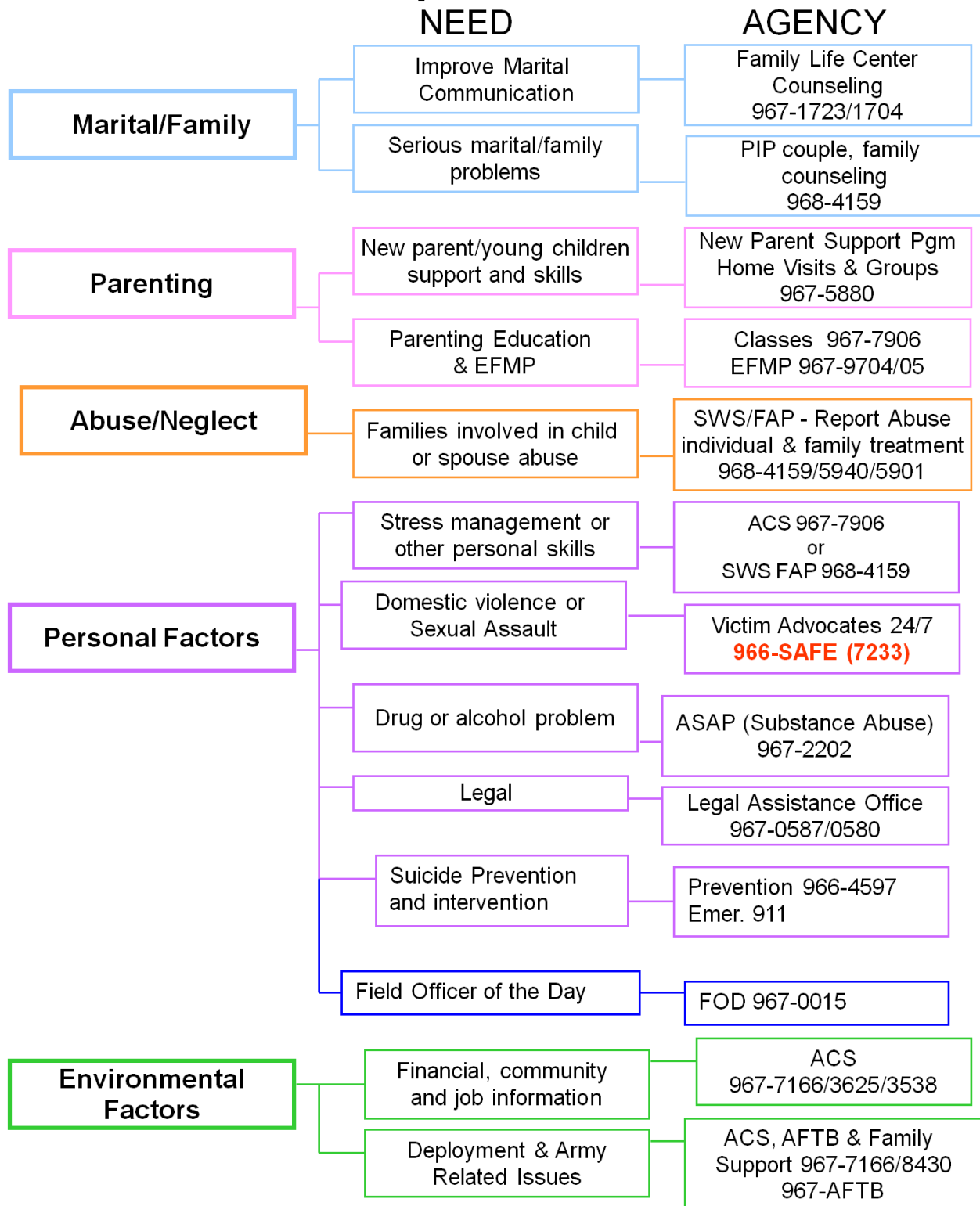
DEPARTURE TIMES - RESERVATIONS NOT REQUIRED FROM SEA-TAC

PLACE OF PICKUP TERMINAL BLDG SOUTH END OF BAGGAGE LEVEL DOOR 00 NEAR THE INTERNATIONAL FLIGHT BAGGAGE CAROUSEL #1	DAILY RUN #1	DAILY RUN #2	DAILY RUN #3	DAILY RUN #4	DAILY RUN #5	DAILY RUN #6	DAILY RUN #7	DAILY RUN #8	DAILY RUN #9
	4:15A	6:45A	9:15A	11:45A	2:15P	4:45P	7:15P	9:45P	12:15A

IN ORDER TO MAINTAIN SCHEDULE DURING HEAVY TRAFFIC PERIODS, DRIVER MAY VARY ROUTE FROM AIRPORT.
Arrival or departure times shown are not guaranteed. Not liable for delays. Schedules and arrival or departure times indicated, but are not guaranteed.
Cancelled credit card reservations will be charged a \$4.00 processing fee.

Ft Lewis Schedules 6/1/10 521-48

How to Find Help You Need at Ft. Lewis



EMERGENCY RESOURCES

Fort Lewis Emergency Listings

**All numbers are subject to change *
Area Code 253 unless otherwise specified*

General Assistance:

Fort Lewis Post Operator 967-1110
Fort Lewis Post Locator 967-6221
Fort Lewis Engineer Work Orders 967-3131
Fort Lewis Fire/Military Police 911
Fort Lewis American Red Cross 967-7686/4288

To report suspected abuse or neglect:

Madigan Army Medical Center (MAMC) to report abuse 968-4160
Social Work Services at MAMC 968-4159
Family Advocacy Program at ACS 967-5940/5901

Medical Treatment and Emergency Intervention:

Emergency Room at MAMC 968-1390

Drug and Alcohol Problems:

ASAP (Alcohol Substance Abuse Program) 967-1446

Behavioral Health:

Unified Mental Health Clinic 968-3172
ACS (for list of civilian resources) 967-7166
Unit Chaplain is a good resource

Marital Problems:

Your Unit Chaplain
Family Life Center 967-1723
Army Community Service (ACS) 967-7166

Spouse Abuse Shelters:

Domestic Violence Hotline 798-4166
Olympia 1-800-562-6025
Sexual Violence/Abuse Issues 1-800-756-7273

Military Police:

MP Desk Sergeant 967-3107/3108/3109
MP Investigations 967-6960/6959
Physical Security 967-9283
Police Operations 966-7879/7299

Off-Post Emergency Listings

All numbers are subject to change

Pierce County

**Area Code 253 unless otherwise specified*

Basic needs:

Food Stamps (Info only) 967-7166
Women, Infant, children (WIC) 968-4772/4773
WIC (Good Samaritan Hospital) 848-0490
WIC (Mary Bridge Hospital) 403-1349
WIC (St. Clare) 588-9597
Food Connection 383-5048

Shelters:

Mission Family Shelter 272-1974
Emergency Family Lodge 627-3962
YWCA Women's Shelter 383-2593
Lakewood Area Shelter Association (LASA) 581-8689

Legal:

Puget Sound Legal Assistance 1-800-675-9545
Lawyer Referral Service 383-3432

Family Violence:

Crisis Line (24-hour) 1-800-576-7764
YWCA Battered Women's Shelter 383-2593/3263
Child Prevention Service 968-4161
Sexual Assault Center of Pierce County 1-800-756-7273
AA or Alanon/Ala-teen 925-3332

Pregnancy Aid:

Crisis Line (24-hour) 383-2988

Parenting Classes:

Bates Voc-Tech 596-1760
Pierce College 964-6500
Clover Park Voc-Tech 589-6007

Emergencies:

Fire/Police 911
Poison Control 1-800-732-6985

Thurston County

**Area Code 360 unless otherwise specified*

Basic Needs:

Food Bank 352-8597
Clothing Bank 943-1518/352-7554
WIC 754-2936 or 1-800-624-1234 ext 6969

Shelters:

Emergency Shelter 352-8596
Bread and Roses Shelter (women, children, families)
754-4085
Safeplace 1-800-364-1776

Legal:

Legal Aid 1-360-943-6260

Family Violence:

Crisis Line (domestic violence) 1-800-562-6025
Crisis Clinic (24-hour crisis info) 586-2800
Child Protective Services (CPS) 1-866-363-4276/725-6700

Pregnancy Aid: 956-7413

Parenting Classes/Support Groups: 586-2800

Emergencies:

Fire/Police 911
Poison Control 1-800-732-6985