

Readiness and Deployment Support Training

Return and Reunion:
Spouses and Significant Others
RDST- Scott Becherer

Getting to Know You!!!

- 1. How many Deployments have you been through?**
- 2. How many years have you been married?**
- 3. What has been your biggest accomplishment during this deployment?**

Planning

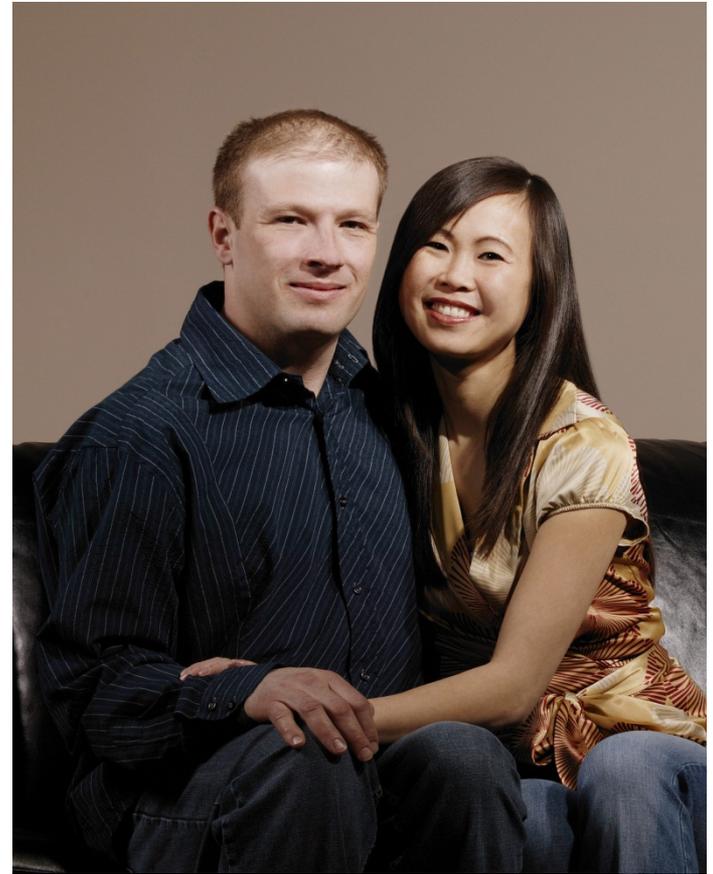
- Keep homecoming day plans simple
- Resist “change of command at the doorstep”
- Take time to get reacquainted
- Be patient



Re-establishing Your Relationship

Both partners face new:

- Expectations
- Power
- Language
- Routines
- Responsibilities
- Leisure
- Stress



Changes



Concerns

- Intimacy
- Restoring intimacy
- Money



Be...

- Patient
- Flexible
- Open to communication

Intimacy



Restoring Intimacy

- Court your spouse
- Make “love” every day
- Start with tried and true
- Say, “I love you”
- Say, “I appreciate you”
- Expect to feel awkward
- Respect and trust each other

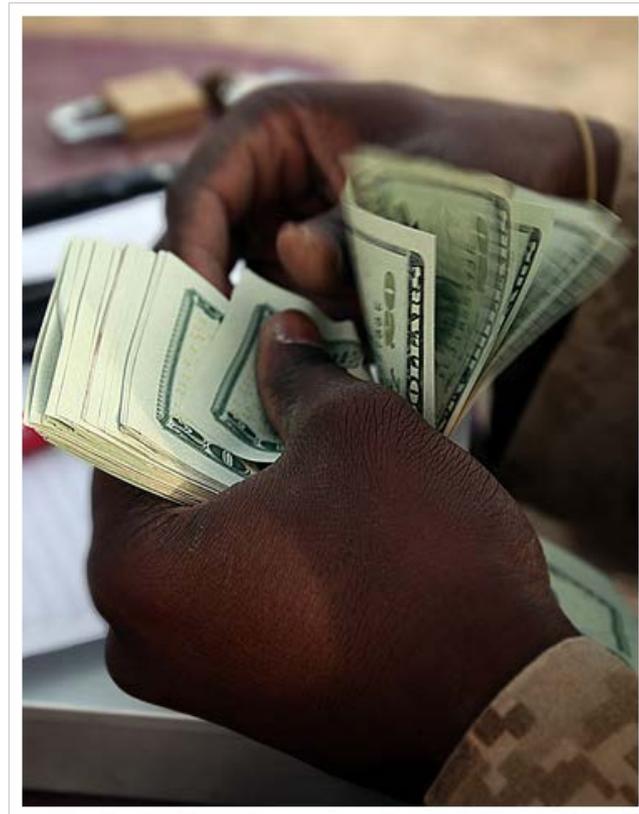


Money



Spending

vs.



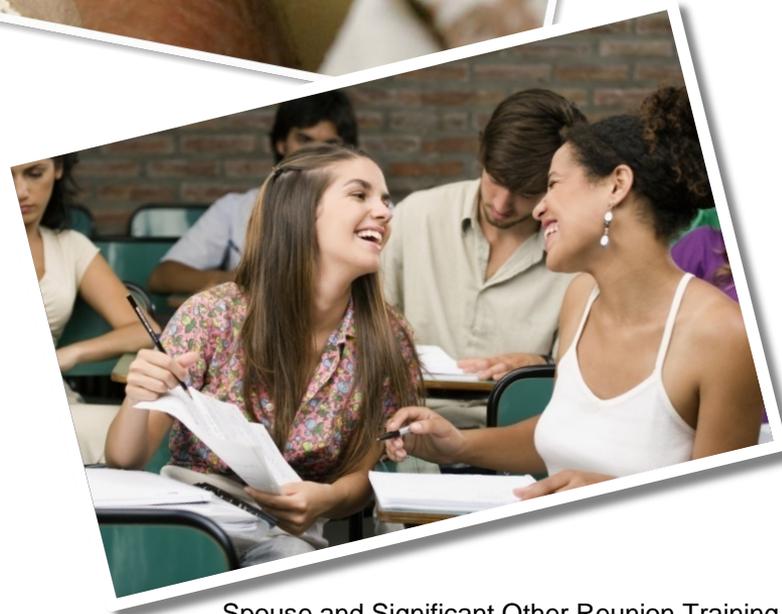
Saving

Activity



Success Strategies

- Rational thinking
- Problem solving
- Goal setting
- Time management
- Support systems



Children's Reactions



Living with Combat Stress

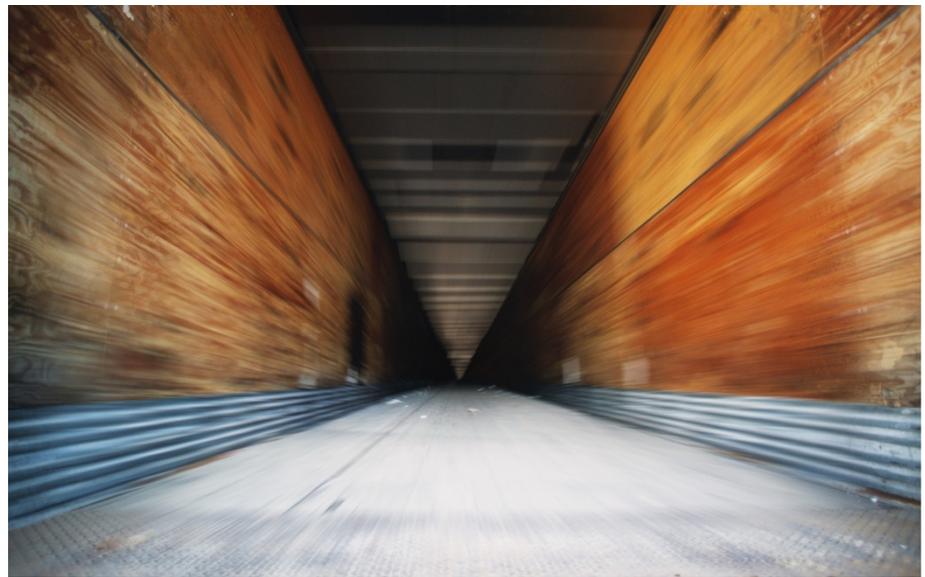
- Combat Operational Stress
- Stress injuries
- Post-traumatic stress disorder (PTSD)
- Traumatic Brain Injury



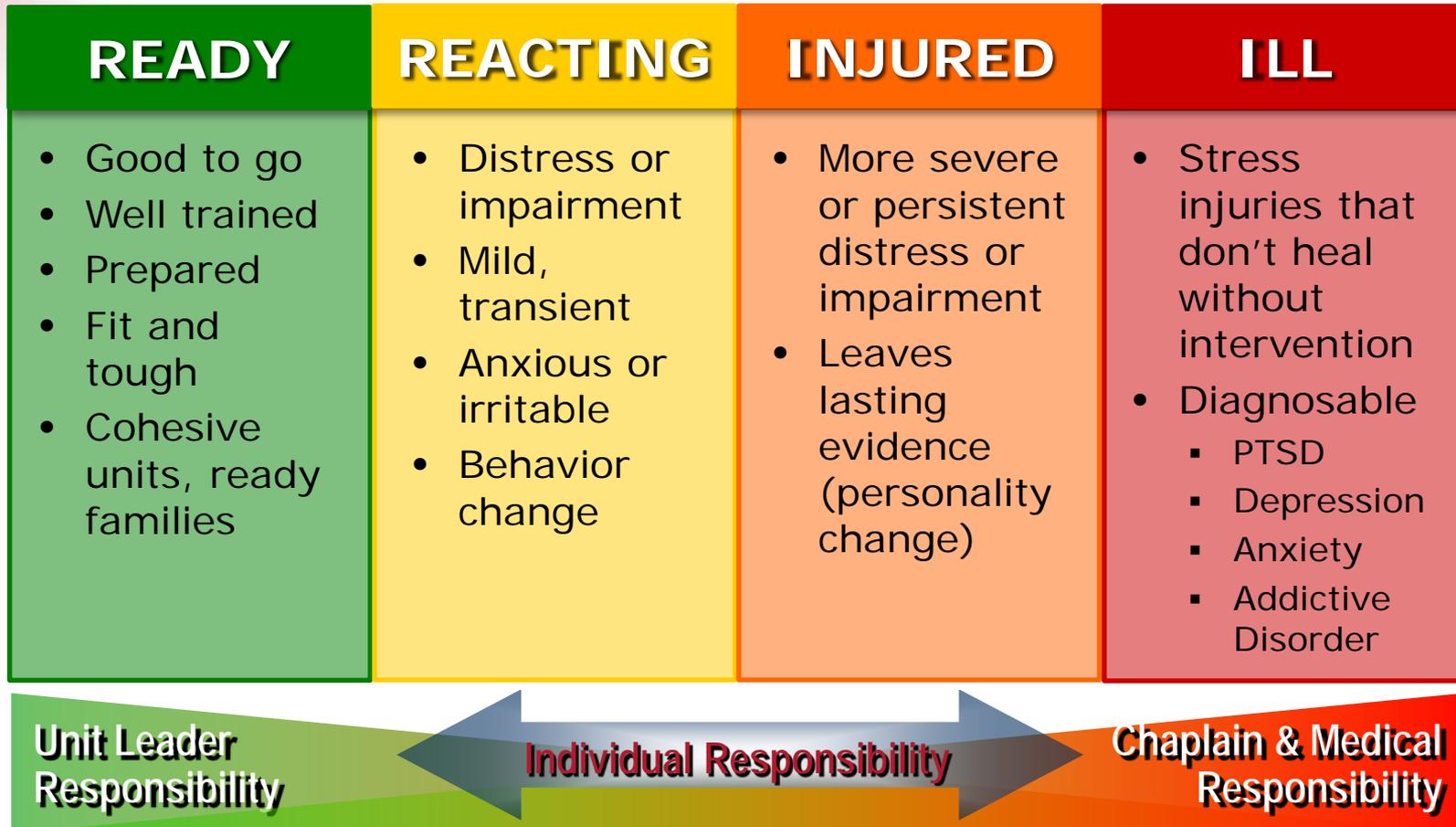
Click here for the COSC Training videos on the MCCS Homepage.

Post-Traumatic Stress Disorder

- Traumatic events re-experienced
- Reminders of events avoided
- Feeling disconnected or distanced from others



Combat Operational Stress Continuum



Stress Injuries

- Biological
- Psychological
- Social



Symptoms of Stress Injuries

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Calm and steady. • Confident and competent. • Getting the job done. • In control. • Sense of humor. • Sleeping enough. • Eating the right amount. • Working out, staying fit. • Playing well and often. • Active socially, spiritually. 	<ul style="list-style-type: none"> • Feeling anxious, irritable. • Worrying. • Cutting corners on the job. • Short-tempered or mean. • Grouchy. • Trouble sleeping. • Eating too much or too little. • Apathy, loss of interest. • Keeping to oneself. • Negative, pessimistic. 	<ul style="list-style-type: none"> • Loss of control of body, emotions or thinking. • Can't fall or stay asleep. • Recurrent vivid nightmares. • Intense guilt or shame. • Attacks of panic or rage. • Inability to enjoy activities. • Disruption of moral values. • Serious suicidal or homicidal thoughts. 	<ul style="list-style-type: none"> • Stress injury symptoms that last for <i>more than 60 days</i>. • Symptoms that get <u>worse</u> over time instead of better. • Symptoms that get better for a while but then come back worse.

Traumatic Brain Injury

Often caused by:

- Blow to the head
- Motor vehicle accidents
- Assaults
- Falls
- Blasts



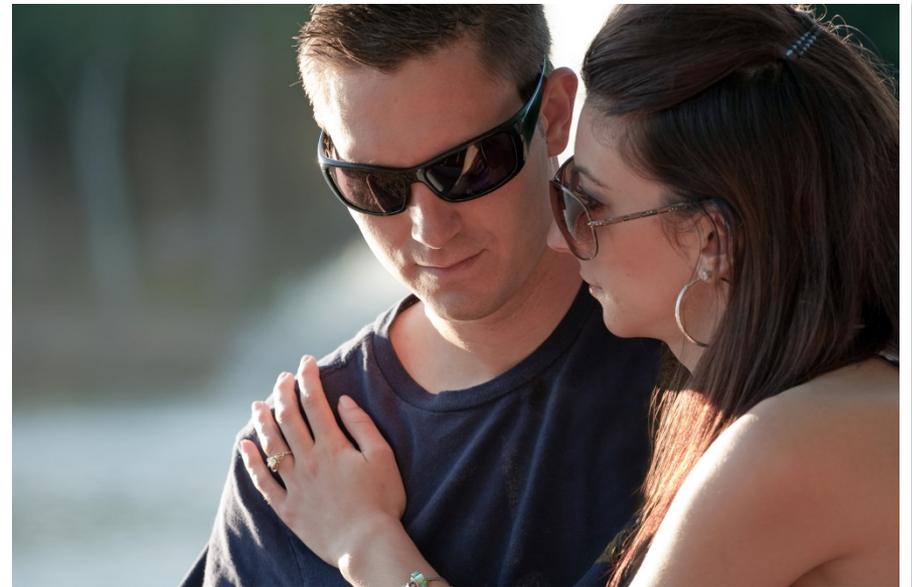
Symptoms of Concussion

- Headaches
- Dizziness
- Excessive fatigue
- Concentration/memory problems
- Irritability
- Sleep problems
- Balance problems
- Ringing in the ears
- Vision change



How Can I Help My Marine?

- Be loving and caring
- Express/do not hide your needs
- Anticipate communication may be harder
- Listen without judging
- Do not force talk, but be open to it
- Encourage your Marine to get help
- Be patient



If this happened to your child you'd take her to the Doctor... Right?



Stigma



Taking Care of Yourself

- Seek help
- Expect that it will take time
- Do not place blame
- Remember that your Marine is suffering
- Do not tolerate abusive behavior
- Discourage substance abuse
- Do not keep hoping things will get better if they are getting worse



Renegotiation of Roles

- Patience
- Flexibility
- Communication
- Expectations



Patience



Flexibility

Being able to change or be changed according to circumstances.



Expectations

- Homecoming celebration
- Re-connect
- Accommodate
- Re-learn
- Intimate Relations
- Time
- Acceptance



Resources

- Chaplains
- DSTRESS Line
- FOCUS
- MCCS – Marine and Family Programs
- Family Advocacy Program
- Military OneSource
- Medical – TRICARE
- Veterans Affairs



Summary

