

Reintegration Resources

Redeployment & Reintegration Resources

Books on redeployment & reintegration from deployment-[LINK](#)

Opportunities for military veterans to share their stories-[LINK](#)

Sesame Street for Military Families

<http://www.comfortcrew.org/militaryheroes.html>

You'll spend weeks preparing for this special day, and the full military homecoming experience may last for weeks afterward. However, as with any highly anticipated event, the reality for your family could be different from their expectations. Having your loved one back is wonderful, but returning home from deployment is also another significant transition. With advance planning and some military homecoming ideas, you can prepare your child for the joys—and occasional stresses—of having his family together again.

Military Kids Connect

Designed specifically for the children of service members and military families, [Military Kids Connect](#) is an online community resource geared towards children ages 6-17. It provides age-appropriate resources to help children dealing with the many psychological aspects of military life, not the least of which are deployment, reintegration, and PCSing. From videos to activities, online forums, and beyond, it's a monitored resource where children can learn and see firsthand that they're not navigating the challenges solo.

Strong Bonds

The Army introduced a program in 1997 called Building Strong and Ready Families. Over the years, the program has evolved and grown into what is now known as [Strong Bonds](#). In the course of a single year, more than 130,000 soldiers and family members participated in over 37,000 Strong Bonds events nationwide. Programs are individually geared to different phases of military relationships, and there's something for everyone. From single soldiers to couples, families with children, families facing deployment and reintegration, it's a fully-funded, Chaplain-led program for the whole family.

Reintegration resources for the service member and family

American Red Cross Reconnection Workshops

<http://servicesarmedforces.redcross.org>

Reconnection Workshops, which are free and confidential, focus on individual and small group discussion that enhances the likelihood of positive reconnections among family members and others in the community, and the successful re-engagement of service members and veterans in civilian life.

Military OneSource (Chill Drills Playaway Audio Book)

www.militaryonesource.mil

The stress of combat and other traumatic situations can linger long after your deployment has ended. Back home, it takes time to adjust. It can be hard to sleep, hard to talk, hard to be patient -- with yourself, your family and friends, even with cars and trucks on the road. Many of these feelings lessen with time. Meanwhile, you can teach yourself to relax more by using this recording.

Operation Healthy Reunions

<http://www.nmha.org/reunions/resources.cfm>

Mental Health America is proud to champion *Operation Healthy Reunions*, a first-of-its-kind program that provides education and helps to bust the stigma of mental health issues among soldiers, their families, and medical staff to ensure that a greater number of military families receive the prompt and high-quality care they deserve.

Comfort Crew Program

Uniquely designed for the children within military families, Comfort Crew is an organization that provides resources for families to aid younger children through the difficult reintegration process. Their [***Together Again! Helping Military Families Reconnect Program***](#) offers a full kit including a journal for children, a guidebook for parents, video, coloring resources, a membership to Tuk-Tuk Media, monthly motivational speaking, monthly follow-up support, and more.

Families OverComing under Stress (FOCUS)

[**FOCUS**](#) is a prevention service designed to strengthen couples and families in readiness for tomorrow. FOCUS provides personalized training for each family and its individual goals. The program teaches practical skills to help families and couples feel prepared to meet the challenges of military life such as stress, injury and other transitions.

Military & Family Life Counselors (MFLC)

Do you need someone to talk to? Don't hesitate to reach out to the DPFR [**Military & Family Life Counselors**](#) at [**+1 \(253\) 293-2223**](#) (JBLM Main & North) or [**+1 \(253\) 293-9353**](#) (JBLM McChord). They are licensed professionals who provide situational, problem-solving consultations anonymously and confidentially.