



**FORT STEWART - HUNTER ARMY AIRFIELD**

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# **COMMANDER'S REINTEGRATION TRAINING CATALOG DAY 10 - 120**

**A COMMANDER'S READY  
& RESILIENT COUNCIL  
PRODUCT**

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**JANUARY 2019**

# ABOUT



This catalog displays all training options for redeploying units. Each training is marked with a suggested time frame. It is also marked with a toolbar like this one so that you can more easily understand the audience for the training.

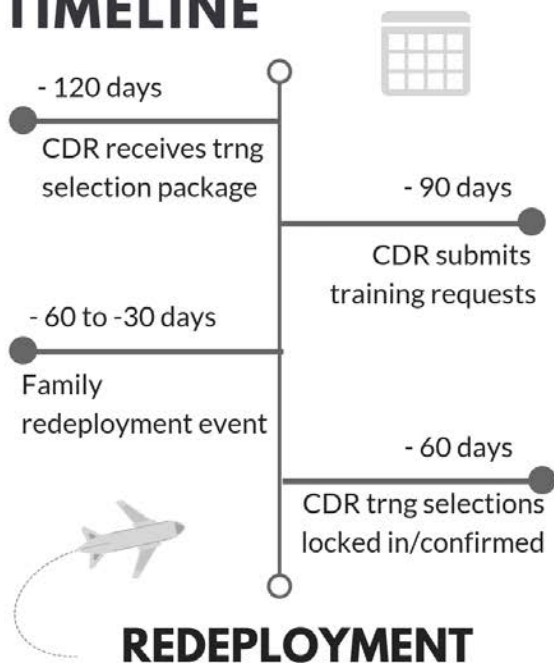
✓ Soldiers   ✓ Spouses   ✓ Kids

Once you make training selections for your unit, please return the next page to DPTMS. They will coordinate with your S3 and installation agencies to schedule and execute all training.

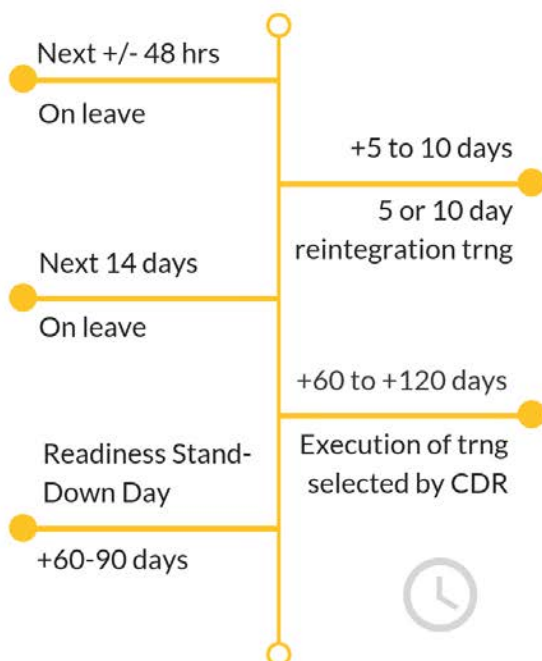
Across the Army, Ready and Resilient Councils have noted the trend of increased high risk behaviors such as domestic violence, child abuse, child neglect, and suicidal behaviors starting at approximately 30 days after redeployment. This high risk time frame extends to the 120 day post redeployment mark, and sometimes beyond based on the unit's operational tempo.

# TIMELINE

## REINTEGRATION TIMELINE



Here's a timeline of what to expect for your unit during reintegration.



Our reintegration team is flexible. You choose what's best for your unit.



# COMMANDERS REINTEGRATION TRAINING SELECTIONS

You have options! Print this form to use while you browse the catalog. Then, you can either scan and upload this to the reintegration page, or you can order training online here >



Visualize your training  
timeline here!

● Readiness Day, + 60-90 days (mandatory)

○ Warrior Adventure Quest, +10-120 days

○ Budgeting, +10-120 days

○ Buying a car, +10-120 days

○ Buying a house, +10-120 days

○ Saving & Investing, +10-120 days

○ RECON Challenge, +60-90 days

○ FAP Feud, +10-120 days

○ New Parent, +10-120 days

○ Strong Bonds for Couples, +10-120 days

○ Resiliency for Couples, +30-120 days

○ Resiliency for Soldiers, +60-120 days

○ Taste of Oxygen, +10-120 days

○ Get Air, +10-120 days

○ Coming Home Tailgate, +10-120 days

○ Amazing Race, +10-120 days

○ ASAP Round Robin, +60-90 days

Dates: \_\_\_\_\_ (+10 days)

Dates: \_\_\_\_\_ (+30 days)

Dates: \_\_\_\_\_ (+60 days)

**READINESS DAY**

Dates: \_\_\_\_\_ (+90 days)

Dates: \_\_\_\_\_ (+120 days)

# READINESS STAND DOWN DAY

## MANDATORY 60 - 90 DAYS

✓ Soldiers ✓ Spouses ✓ Kids

This is the only training in this catalog that is mandatory. Each training event is tailored to the unit audience. The focus is to leverage the unit leaders and embedded unit resources so that they deliver a targeted and effective event. Organization day feel, very relaxed.

Note: This training can be grouped with the RECON challenge!



Watch the video!

### WHAT

This 6 hour training, based on unit trends, can cover: SHARP, suicide, Soldier Resiliency, Family Resiliency, Domestic Violence/Child Abuse/Child neglect, financial readiness, DUI, and unit risk inventories. The training will leverage round robin and discussion based methods and will be embedded into fun and interactive events.

### WHERE

Training provided at the unit area of operation or installation resource location based on commander's preference

### COST

Free

### END STATE

Soldiers and Family Members decrease their propensity for high risk behaviors through empowerment to utilize helping resources, improved communication, team building and relationship development.





# WARRIOR ADVENTURE QUEST

✓ Soldiers   X Spouses   X Kids



## WHAT

Warrior Adventure Quest (WAQ) combines existing outdoor recreation high adventure, and high adrenaline activities with Leader-Lead After Action Debrief (L-LAAD), developed by the Army Medical Department (AMEDD) Center and School for the Army's psychological resiliency building program, to assist Soldiers in reaching a "new normal" as they transition back from deployment to their home station environment.

## WHERE

TBD: In collaboration with the Commander and DFMWR

## COST

FREE!

## END STATE

Soldiers create unit level bonds and discuss important issues resulting in improved unit cohesion and decreased high risk behaviors.



Find out more  
online!



Watch the  
video!

## BUDGETING

### WHAT

Explore the use of budgets, goals and financial statements. Prepare a spending plan, identify an Action plan and identify debt to income ratio.

### END STATE

To have an increased understanding of the current state of their finances and resources available to them resulting in decreased financial mismanagement and decreased secondary effects such as relationship issues, suicidal behaviors and domestic violence.

## BUYING A CAR

### WHAT

Gain knowledge of Three Deals of Car Buying; Understanding your legal rights, and sources of help.

### END STATE

Soldiers and Family Members have an increased understanding of the financial loans and resources available to them resulting in decreased financial mismanagement and decreased secondary effects of financial mismanagement

ALL CLASSES 1.5 HRS



## BUYING A HOUSE

### WHAT

Making the decision to buy a home, budgeting and money management. ABC's of Credit and Credit reports. Understanding the mortgage application process, VA Home Loan Guarantee, and preparation for closing.

### END STATE

Soldiers and Family Members have an increased understanding of the loans and financial resources available to them resulting in decreased financial mismanagement and decreased secondary effects of financial mismanagement.

## SAVING AND INVESTING

### WHAT

Understand the purpose of saving and investing and to become familiar with the basics of savings uses and tools. Gain knowledge on TSP/BRS, Stocks, Bonds, Mutual Funds and investment techniques.

### END STATE

Soldiers and Family Members have an increased understanding of the current state of their finances and proactively manage their money in order to prevent future financial mismanagement.

# SPIRITUAL FITNESS TRAINING AT MARNE MILE

✓ Soldiers X Spouses X Kids

## 60 - 90 DAY OPTION

LESSONS:  
RELATIONSHIPS WITH OTHERS  
MONEY & FINANCES  
LIFE AFFIRMING  
MEANING OF LIFE

### WHO

Volunteer attendees from units who've redeployed within the last 60 -90 days

### WHAT

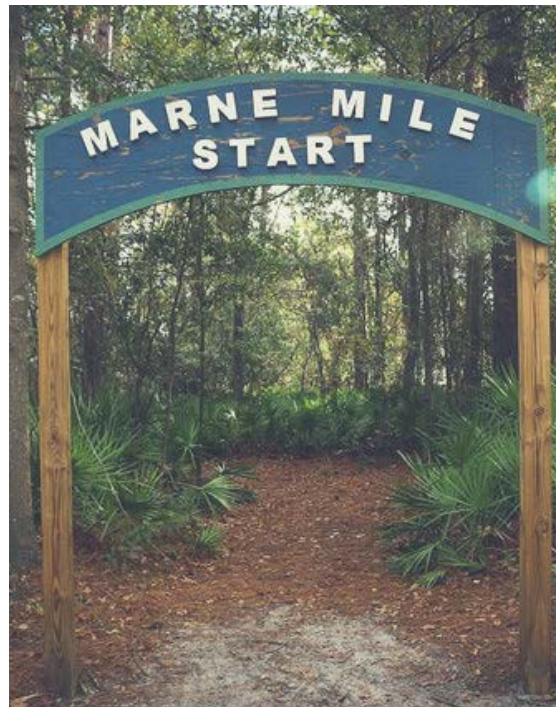
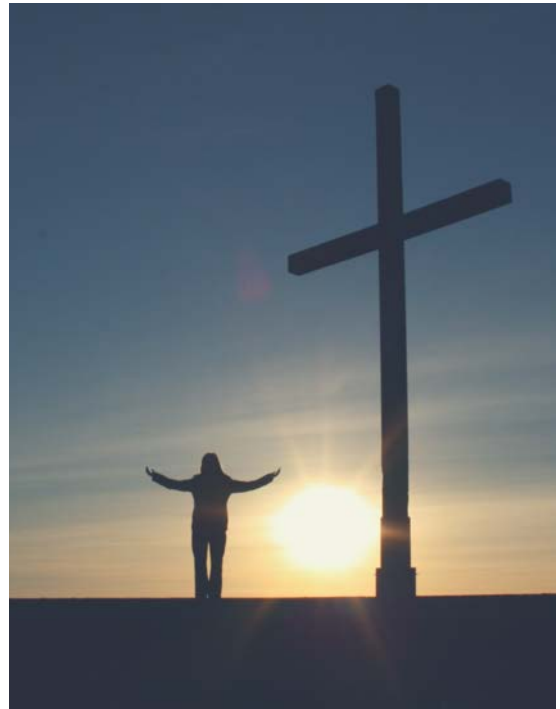
Marne Mile PT with focused training on the spiritual aspect of readiness.

### HOW

Soldiers travel from event to event in teams of no more than 15 accompanied by a Chaplain.

Successful completion of each task will include that station's focused training.

This event is VOLUNTARY so Chaplains directly addressing spirituality will not be in violation of anyone's freedom of religion.







# RECON CHALLENGE

✓ Soldiers ✓ Spouses ✓ Kids

## **FAMILY FUN TEAMWORK COMMUNICATION**

### **NOTE**

Can be combined with with Readiness Stand Down Day!

### **WHAT**

Activity: RECON Challenge is designed to incorporate reintegration, resiliency, communication, and team work. This event occurs at the BDE/BN level.

This challenge has two terrain designs: urban and rural. Working as a team, participants move from point to point on a 4.5 mile land navigation course. Challenges are completed before receiving information for the next area. The 5-8 challenges are based on communication, team work, and emotional resiliency.

The event and challenges are based upon the unit Commander needs assessment.

ACS can provide the existing products to unit S-3's and brief Commanders upon request. Units execute with limited support from ACS.

### **WHERE**

Holbrook Pond Area or throughout Garrison (6 hours)

### **COST**

Free

### **END STATE**

To have an improved understanding of the potential challenges of reintegration and better understand how to leverage the helping resources available.

# FAMILY FIRST

## #FAP FEUD

✓ Soldiers ✓ Spouses ✓ Kids

### WHAT

Competitive training modeled after famous TV show resulting in better use of the adult learning method.

This activity uses graphics and teams in a competition to increase awareness of Family Advocacy Programs.

### WHERE

Battalion or Brigade Classrooms with computer/projector. Training is 2 hours

### COST

Free

## NEW PARENT

✓ Soldiers ✓ Spouses X Kids

### WHAT

An interactive class that will help you learn to cope with stress, isolation, post-deployment reunions, and the everyday demands of parenthood. Trained, supervised home visitors have extensive knowledge of the issues parents face, and they are also sensitive to the unique challenges facing military Families.

### WHERE

ACS, 1.5 hours

### COST

Free





# FOR COUPLES

## STRONG BONDS RETREATS

✓ Soldiers ✓ Spouses X Kids

### WHAT

Couples (or Single Soldiers) will receive training on communication, life skills, relationships, and resiliency during retreats.

### WHERE

Varies (Hotel/Retreat Centers provide a “safe” location in which participants are able to learn and share). Training lasts 1-2 days

### COST

Free

## RESILIENCE TRAINING FOR COUPLES

✓ Soldiers ✓ Spouses X Kids

### WHAT

This module focuses on re-establishing and strengthening ties as a Soldier continues to transition back into the Family unit. The training can be attended by couples, or just by the spouse or significant other alone

### WHERE

This module can be delivered at the R2 Performance Center or at any venue with projection capability. Training lasts 2 hours

### COST

Free



## SOLDIER RESILIENCE

✓ Soldiers X Spouses X Kids

### WHAT

This module discusses the continuing transition home, and acts as a “progress check” for the common challenges discussed during the reintegration period. Self-aid and buddy-aid are also discussed

### WHERE

This module can be delivered at the R2 Performance Center or at any venue with projection capability. Training last 2 hours

### COST

Free

## UNIT RISK INVENTORIES

✓ Soldiers X Spouses X Kids



### WHAT

Unit Risk Inventory

Not all high risk behaviors are captured and analyzed through installation reporting.

Therefore, to depict actual Soldier and Family member attitudinal and behavioral data, an anonymous survey can be utilized so that Soldiers can remove the fear of reprisal.

The R-URI should be administered to a unit between 30 and 180 days of redeployment. Not more than once per 12 months to avoid test burnout.

Commanders or Unit Prevention Leaders (UPL) can contact their unit Dedicated ASAP Specialist at to schedule the R-URI for their units.

### WHERE

In the unit area of operation.

### COST

Free

### END STATE

the command team will have a comprehensive understanding of the risk status of their unit, which will inform a tailored mitigation plan, resulting in increased readiness.





# FRESH AIR

## TASTE OF OXYGEN

✓ Soldiers ✓ Spouses X Kids

### WHAT

The USO works with Stronger Families to bring programming that helps military couples strengthen their relationships while working on tough issues in a fun and nonthreatening environment. Couples learn to improve their communication, better understand each other's needs, resolve conflict, rekindle romance and find renewed hope. This is a 90-minute module with breakfast of lunch based on the training times.

### WHERE

This training opportunity can be delivered at USO Fort Stewart/HAAF or other venue with projection capability.

### COST

Free



## GET AIR TRAMPOLINE PARK

✓ Soldiers ✓ Spouses ✓ Kids

### WHAT

Trampoline Park, Dodge Ball, Foam Pit, and more!

### WHERE

Get Air Trampoline Park, Savannah, GA, training lasts 3 hours

### COST

\$12/person per hour

## ARMY WELLNESS CENTER

✓ Soldiers   ✓ Spouses   X Kids

### AVAILABLE PROGRAMS

Available Programs:

Weight Management

Healthy Nutrition

Fitness Assessments

Stress Management

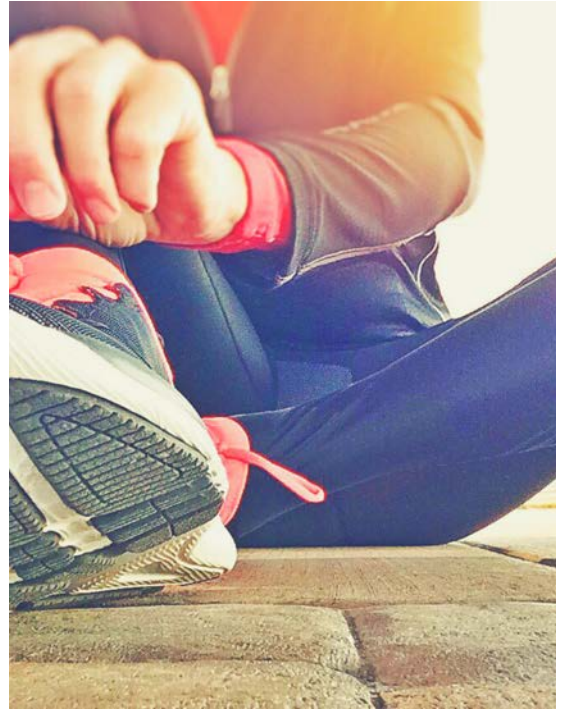
Unit Assessments: Testing and/or  
Classes

### HOURS

Monday – Friday 0730 – 1630

Closed Daily for Lunch 1200-1300

Friday 1300-1630 closed (staff training)



## GROWTH POST-TRAUMA

✓ Soldiers   ✓ Spouses   X Kids

### WHAT

Psychoeducational and interactive training provided by Licensed Behavioral Health Providers assigned to the unit used to introduce the concept of post trauma, discuss traumatic growth, identify the symptoms of PTSD/TBI, and treatment options available.

### WHERE

Unit area. Training is 1 hour long

### COST

Free





# AMAZING RACE



✓ Soldiers ✓ Spouses ✓ Kids

## WHAT

Executed by the BDE/BN, this event challenges teams/Families to make their way around Fort Stewart. As teams move through post challenges, points are earned by completing tasks that increase awareness of helping agencies. Designed IAW AR 608-1.

ACS can provide the existing products to unit S-3's and brief Commanders upon request. Units execute with limited support from ACS.



## WHERE

Select locations across Fort Stewart, lasts 6 hours.

## COST

Free

## END STATE

Soldier and Family Members have an improved understanding of the helping resources available across the installation and through active participation in various scenarios are able to decrease the likelihood of engaging in high risk behavior.

## COMING HOME TAILGATE

✓ Soldiers   ✓ Spouses   ✓ Kids

### WHAT

An outdoor DFMWR event. It will be housed in an outdoor tent set up at the desired location of returning Brigade. Tent will be catered by Club Stewart. Environment is flexible as it can be geared toward a tailgate theme or more of a standard barbeque/ picnic. Bounce houses will be setup by MWR, along with corn hole and other games.

### LOCATION

Location is mobile and can be based upon the preference of the Brigade. Ideas for locations include:

Soldiers barracks  
Tybee Island  
Jekyll Island  
Holbrook Pavilion  
Bryant Commons  
Botanical Gardens

### COST

Ticket sales (available by Brigade and thru MWR)

\$15 for Adults/ \$5 for Children

Entree Options:

BBQ Pulled Pork

Hamburgers

Hot Dogs

Sides:

Cole Slaw (vinegar based)

Baked Beans

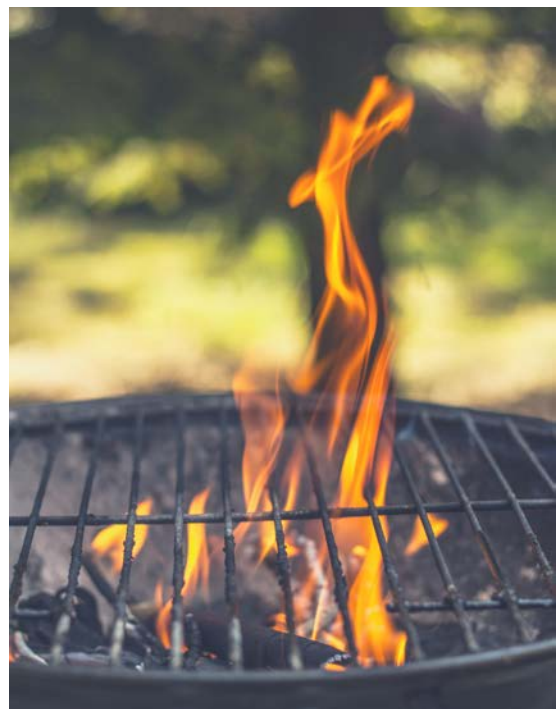
Potato Salad

Dessert

Banana Pudding

Beverages

Tea, Unsweet Tea, and Water will be provided with the cost of Meal.





# ASAP ROUND ROBIN



✓ Soldiers x Spouses x Kids

## WHAT

Teams will make their way through five stations on the ASAP Campus. ASAP will provide your soldiers with an opportunity to learn about support resources and educate them on tolerance levels, binge drinking, DUI laws, and the financial implications of DUIs. To demonstrate the effects of decision making while impaired, attendees will have the opportunity to engage in interactive challenges and complete tasks while wearing day/night “beer goggles” that simulate being “under the influence”.



## WHERE

ASAP Campus / Unit Area

## COST

Free

## END STATE

Soldiers create unit cohesion and discuss important issues related to substance use resulting in decreased high risk behaviors.

# INDEX

We've organized our training by potential high risk behavior prevented here!

## DUI

Readiness Stand Down Day	5
Warrior Adventure Quest	6
RECON Challenge	9
Soldier Resilience Training	12
Unit Risk Inventory	12
Amazing Race	15

## FINANCIAL MISMANAGEMENT

Readiness Stand Down Day	5
Budgeting	7
Buying a car	7
Buying a house	7
Saving and Investing	7
Amazing Race	15
RECON Challenge	9

## RELATIONSHIP ISSUES

Readiness Stand Down Day	5
Warrior Adventure Quest	6
Budgeting	7
Saving and Investing	7
RECON Challenge	9
#FAP Feud	10
New Parent Training	10
Strong Bonds	11
Resilience Training for Couples	11
Taste of Oxygen	13
Get Air	13
Growth Post Trauma	14
Amazing Race	15

## SUICIDAL BEHAVIOR

Readiness Stand Down Day	5
Warrior Adventure Quest	6
Budgeting	7
Saving and Investing	7
Spiritual Fitness	8
RECON Challenge	9
Soldier Resilience Training	12
Unit Risk Inventory	12
Growth Post Trauma	14
Amazing Race	15

# THANKS!

## **BROUGHT TO YOU BY**

The Commander's Ready and Resilient Council of Fort Stewart and Hunter Army Airfield. An effort by the Family and Social Resiliency Working Group.

Designed by the Fort Stewart Web Team.

## **NEXT TIME**

Let us know how we can improve this catalog. Send feedback to Marjorie Freeze at [marjorie.d.freeze.civ@mail.mil](mailto:marjorie.d.freeze.civ@mail.mil)!

