

# DTC

The DTC is in the enterprise of building human performance capital. ***We focus on total wellness, so that every Airman is physically energized, mentally focused, socially connected, and spiritually centered.*** These concepts are delivered through intentional reintegration skill review and practice, as well as decompression opportunities. A study of 3K deployers showed that those who attended the DTC had significantly reduced negative outcomes regarding health and relationships (see graph inside).

## Total Throughput 18,654

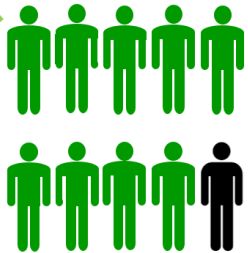
1 Jul 2010 through 3 Jan 2022



### DTC: Post-Survey Results

2020/2021 data collection of 1536 responses

9 out of 10 DTC attendees say their experience was "worthwhile"



- 88% of attendees that felt **recharged and rested**
- 86% said the DTC helped them prepare emotionally & mentally for their return home
- 70% indicated they learned **NEW** coping skills
- 73% noted after coming to the DTC, they are **MORE** likely to access helping resources during difficult times

"Return Strong"

## Who Should Attend?

- Deployed Airmen
- Open to all Branches of Service as space allows
- Active Duty, Guard, Reserve, and Civilian Any
- Any AFSC with Commander Nomination (link for nomination tool on DTC Website)



Return Strong



## Air Force Deployment Transition Center



### Deployment Transition Center

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<http://www.ramstein.af.mil/Deployment-Transition-Center>



Ramstein AB, Germany

# Mission

To provide critical reintegration skills and decompression opportunities for redeployers

# Vision

To be the DoD's Center of Excellence for returning Warfighters by bridging positive combat and homefront skillsets

# Goals

- Rest
- Reintegrate
- Reflect
- Recapture
- Recreate
- Resources

# Itinerary

**4 Days** (~72 hrs in Germany - 10 hrs of program and 62 hrs of liberty)

Day 1: travel/arrival/welcome brief/free time

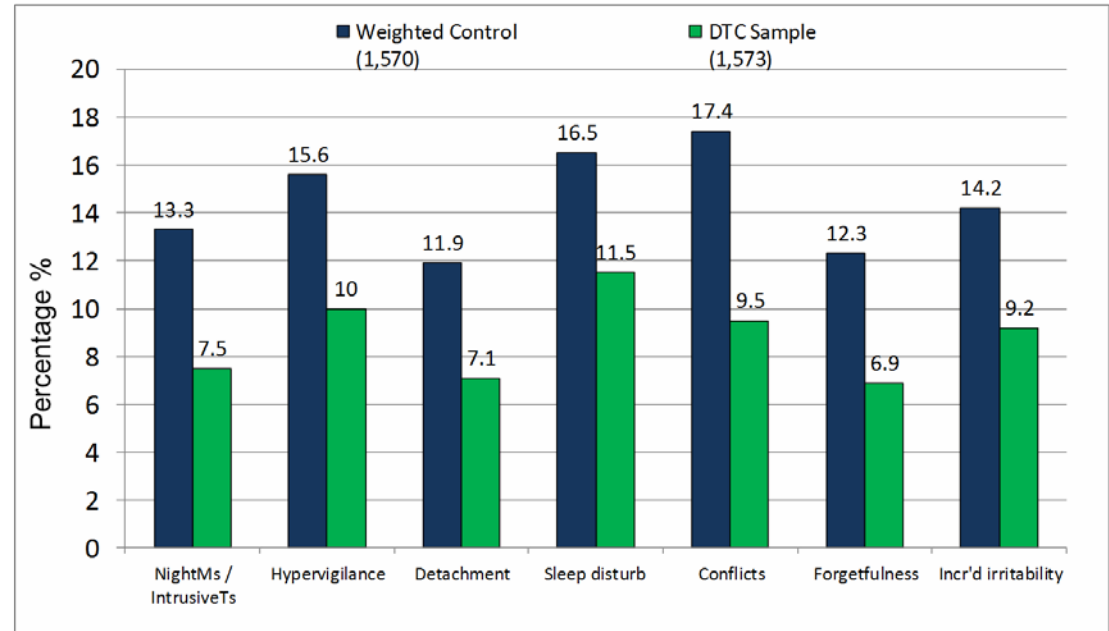
Day 2: after action review (interactive discussions, no PowerPoints); experiential outing to a German city, free time (food, hiking, shopping, recreation at the DTC, etc.)

Day 3: combat bridge (small group discussion to assist with reintegration and tools to assist with life challenges), free time

Day 4: departure/travel (commercial flight from Frankfurt directly back to home station)

## AF/SG Post-deployment Health Assessment/Re-assessment Study

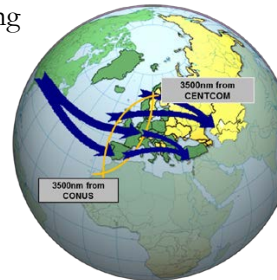
Comparing Redeploying SFS, EOD, TACP & Convoy Ops; Jul '10 – Dec '11



\*Schneider, K. G., Bezdjian, S., Burchett, D., Isler, W. C., Dickey, D., & Garb, H. N. (Military Psychology 2016, Vol.28, No.2, 89-103. American Psychological Association)

# Why Third Location?

- Allows members the time to shift from AOR setting to a setting similar to "home"



# Why Ramstein?

- Central location; major en-route for flights returning from AOR
- Ramstein AB has world-class facilities and services
- Largest American military community outside of the United States

# FAQs

- UOD: civilian attire
- Responsible alcohol consumption is allowed
- Non attribution: the DTC is not a clinical/medical program so nothing said goes into your medical record
- Weapons are shipped prior to AOR departure
- DTC staff will make all lodging arrangements