



# Deployment Transition Center

Commander Assessment Tool

Commanders, as you consider your members for potential nomination to the Air Force Deployment Transition Center (DTC), please use the checklist below to assist with your assessment of need for this valuable service. In addition to helping you with your determination, this information will help the DTC staff with prioritizing attendance in the event that the program exceeds capacity. For any questions, please contact the DTC at 314-478-4647 or [afdeployment.transitioncenter@us.af.mil](mailto:afdeployment.transitioncenter@us.af.mil).

## 1. IS YOUR MEMBER BEING RETURNED HOME EARLY?

- No       Yes

If yes, what is the reason?

- Medical (physical)
- Mental Health
- Disciplinary
- Other

Please explain reason for early return (note that the DTC is not a medical program; therefore, members returning for medical and mental health concerns will generally not be approved for attendance):

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## 2. STRESS SYMPTOMS YOUR MEMBER EXPERIENCED DURING DEPLOYMENT

### Physical:

- Low energy
- Headaches
- Upset stomach (diarrhea, constipation, nausea)
- Aches, pains, and tense muscles
- Chest pain and rapid heartbeat
- Insomnia
- Frequent colds and infections
- Loss of sexual desire and/or ability
- Nervousness/shaking (cold/sweaty hands or feet)
- Dry mouth and difficulty swallowing
- Clenched jaw and grinding teeth

### Behavioral:

- Changes in appetite (eating too little or too much)
- Procrastinating and avoiding responsibilities
- Increased use of alcohol, drugs, or cigarettes
- Exhibiting nervous behaviors (nail biting, fidgeting)

### Other:

Please describe any additional stress-related manifestations not identified above:

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### Emotional:

- Becoming easily agitated, frustrated, and moody
- Feeling overwhelmed (losing control)
- Control issues (must have control)
- Having difficulty relaxing and quieting their mind
- Low self-esteem (lonely, worthless, and depressed)
- Avoiding others

### Cognitive:

- Constant worrying
- Racing thoughts
- Forgetfulness and disorganization
- Inability to focus
- Poor judgment
- Being pessimistic or seeing only the negative side

**NOTE:** Individuals process trauma and stress differently. It is important to understand the stressors your members face, as well as how those stressors are affecting them. Please work closely with your First Sergeant and Frontline Supervisors to assess the above areas with as much information as possible. Thank you for taking care of your people!!!