

DTC

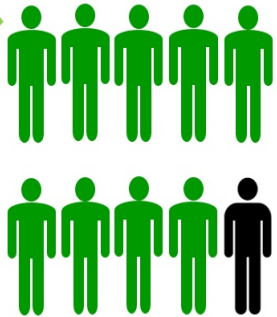
The DTC is in the enterprise of building human performance capital. **We focus on total wellness, so that every Airman is physically energized, mentally focused, socially connected, and spiritually centered.** These concepts are delivered through intentional reintegration skill review and practice, as 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).



DTC: Post-Survey Results

Jan 2020- May 2021 data collection of 832 responses

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



- 89% of attendees were able to sleep, rest and restore their energies while at the DTC
- 84% said the DTC helped them prepare emotionally/mentally for their return home
- 67% indicated they learned NEW coping skills
- 70% noted after coming to the DTC, they are MORE likely to access helping resources during difficult times

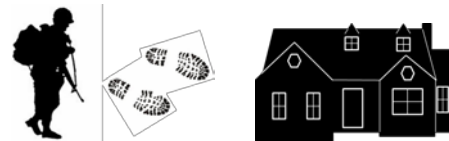
"Return Strong"



Return Strong



Air Force Deployment Transition Center



Deployment Transition Center

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Ramstein AB, Germany

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)

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
- Reflect
- Recreate
- Reintegrate
- Recapture
- Resources

Itinerary (w/COVID Restrictions)

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

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

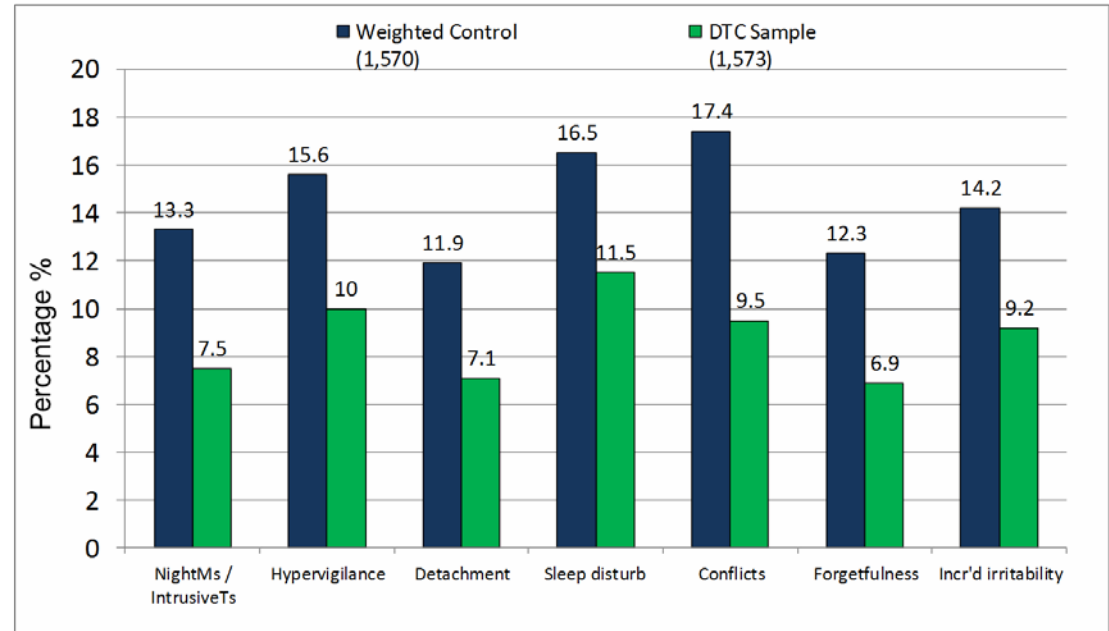
Day 2: after action review (interactive discussions, no PowerPoints); Sleep Hygiene, free time

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

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

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

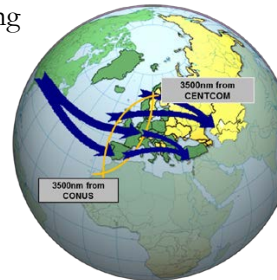
Comparing Redeploying SFS, EOD, TACP & Convoy Ops; Jul '10 – Dec '11



*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