

## 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. If you have 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 (please 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):

2. Stress Symptoms your member has experienced during their deployment

**Emotional:**

Becoming easily agitated, frustrated, and moody

Feeling overwhelmed, as if they are losing control or need to take control

Having difficulty relaxing and quieting their mind

Feeling bad about self (low self-esteem), lonely, worthless, and depressed

Avoiding others

**Physical:**

Low energy

Headaches

Upset stomach, including diarrhea, constipation, and nausea

Aches, pains, and tense muscles

Chest pain and rapid heartbeat

Insomnia

Frequent colds and infections

Loss of sexual desire and/or ability

Nervousness and shaking, cold or sweaty hands and feet

Dry mouth and difficulty swallowing

Clenched jaw and grinding teeth

**Cognitive:**

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

**Behavioral:**

- Changes in appetite -- either not eating or eating too much
- Procrastinating and avoiding responsibilities
- Increased use of alcohol, drugs, or cigarettes
- Exhibiting more nervous behaviors, such as nail biting, fidgeting, and pacing

**Other:**

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

**NOTE:** Individuals process trauma and stress differently. It is important to understand what stressors your members face, but it is equally important to understand how those stressors are affecting them. You are encouraged to 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!!!