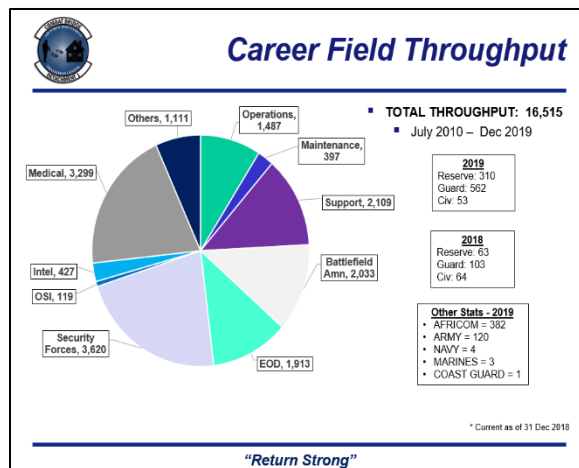


DTC

The DTC is in the enterprise of building human performance capital. *We focus on total wellness, so that every Airmen 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 16,515

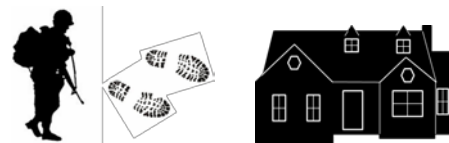
1 Jul 2010 through 31 Dec 2019



Return Strong



Air Force Deployment Transition Center



Deployment Transition Center

DET 1, 86 MSG
Unit 3475
APO AE 09012



Ramstein AB, Germany

DSN: 314-478-4649/4647/4648
afdeployment.transitioncenter@us.af.mil

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

DSN: 314-478-4647 Comm: 011-49-06371-405-4647

E-mail: afdeployment.transitioncenter@us.af.mil

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

<https://aef.afpc.randolph.af.mil/reintegration.aspx>

Who Should Attend?

- Deployed Airmen
- Open to all Branches of Service is space allows
- Active Duty, Guard, Reserve, and Civilian
- Any AFSC at Any Location -- nominated by G-Series or first O6 Commander (use "Assessment Tool" found on the 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

Why Ramstein?



- Central location; Major en-route for flights returning from AOR.
- Ramstein AB has world-class facilities and services
- Europe provides advantageous community settings similar to "home"

COVID Itinerary

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6 COVID Test	Day 7
Arrival / In Processing	After Action Review	Combat Bridge	Volksmarch	Responsible Drinking	Health Relationships	Flight Home
ROE Brief	Gratitude Walk	Sleep Hygiene	Stress Management	Healthy Thinking	Emotional Intelligence	

FAQs

- UOD: civilian attire
- Alcohol consumption is allowed, but limited
- Non attribution: nothing said goes into your medical record. The DTC is not a clinical/ medical program.
- Weapons are shipped prior to AOR departure or courtesy stored in Ramstein armory
- Redeployers stay in lodging on base