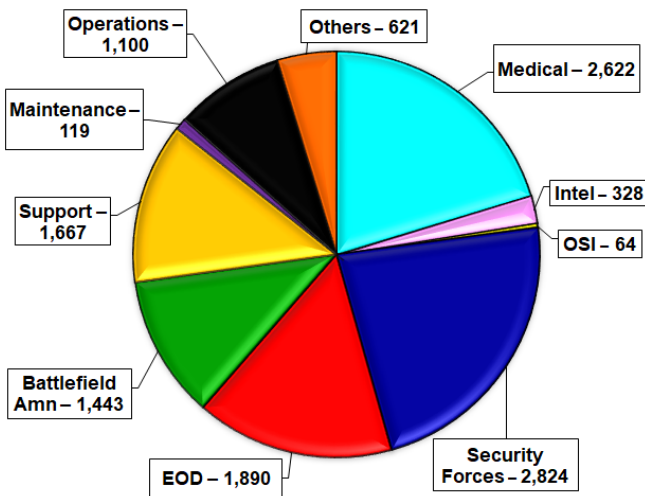


# DTC

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

## Total Throughput 12,678

1 Jul 2010 through 30 Sep 2018



## Who Should Attend?

- All Branches of Service
- Active Duty, Guard, Reserve, and Civilian
- Deployed or Remote Tour (unaccompanied)
- Any AFSC at Any Location -- nominated by G-Series or first O-6 Commander (use "Nomination Tool" found on the website)



### Deployment Transition Center

DET 1, 86 MSG  
Unit 3475  
APO AE 09012

DSN: 314-478-4649    Comm: 011-49-06371-405-4649

E-mail: Det1.86MSG.DTC@us.af.mil

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

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

*Return Strong*



## Air Force Deployment Transition Center



Ramstein AB, Germany

DSN: 314-478-4649/4647/4648  
Det1.86MSG.DTC@us.af.mil  
afdeployment.transitioncenter@us.af.mil

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

# 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

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

Day 1: Arrival/Welcome Brief/Free Time

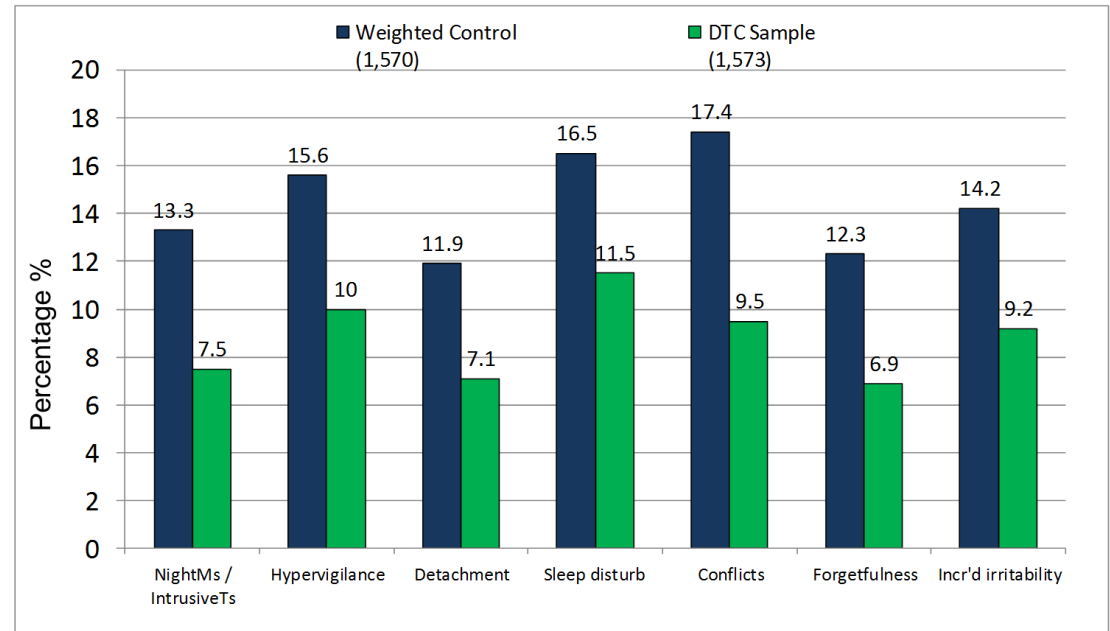
Day 2: After Action Review (interactive discus-sions, no PowerPoints); Experiential Outing to a German city, Free Time (food, hiking, shopping, etc.)

Day 3: Combat Bridge (small group discussion to assist with reintegration and tools to assist with life challenges), Free Time

Day 4: Departure (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 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

# FAQs

- UOD: Civilian Attire
- Alcohol consumption is allowed
- Non-attribution: Nothing said goes into your medical record. The DTC is not a clinical/ medical program and will not affect any special duty status (i.e. flight/PRP/ weapons...)
- Weapons are shipped prior to AOR departure or courtesy stored in Ramstein armory
- Redeployers will stay in TLF; sometimes suites are shared, but each member has his/ her own private bedroom