



Air Force Deployment Transition Center



Virtual DTC

afdeployment.transitioncenter@us.af.mil

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

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DET 1, 86 MSG

Unit 3475

APO AE 09012

Ramstein AB,

Germany



What do we do?

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. Due to COVID-19 travel restrictions, the program has been condensed and made available **VIRTUALLY**. Virtual DTC will also continue to be offered post COVID! A study of 3K re-deployers showed that those who attended the DTC had significantly reduced negative outcomes regarding health and relationships (see graph next page).

Who Should Attend?

- Deployed or "Deployed in Place" Airmen
- Open to all Branches of Service if space allows
- Active Duty, Guard, Reserve, and Civilian
- Any AFSC at Any Location as nominated by Deployed Commander (use "Nomination Application" form)

Established in 2010, DTC has redeployed 17,338 Airmen, Soldiers, Sailors and Marines!

Mission

To provide critical reintegration skills and decompression opportunity for re-deploying Airmen

Vision

To be the DoD's Center of Excellence for returning Warfighters by bridging positive deployment and home front skillsets

Goals

- Rest
- Reintegrate
- Reflect
- Recapture
- Recreate
- Resources

Itinerary

2 Days (~3 hrs at home during transition time)

Day 1: After action report (interactive discussions, small group settings leveraging commercial video chat technology).

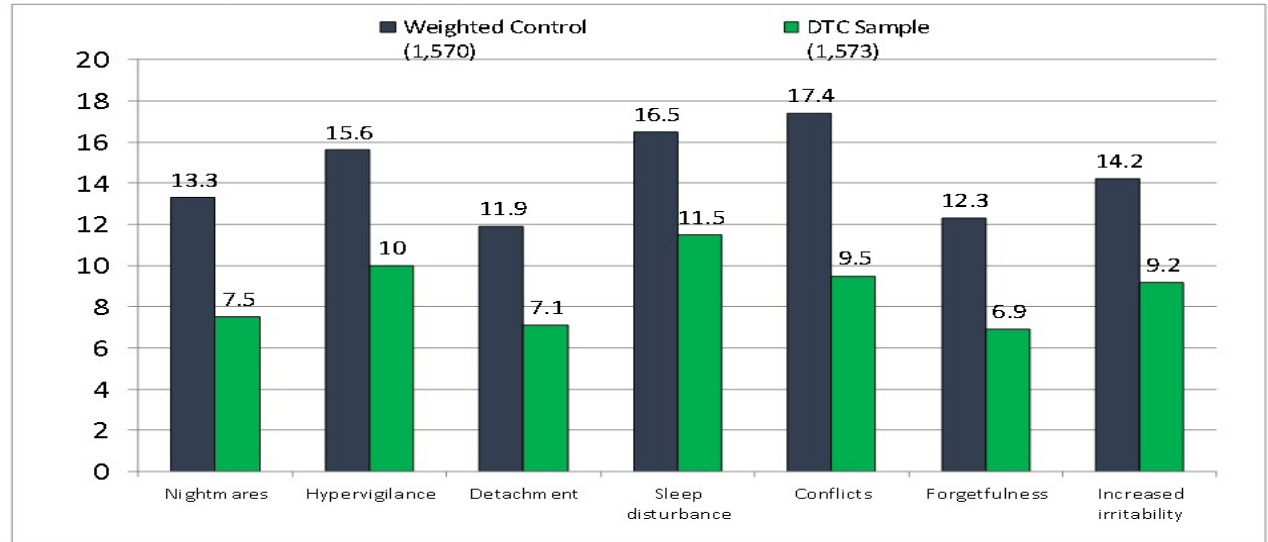
Day 2: Combat bridge (small group discussion to assist with reintegration and tools to assist with life challenges).

Additional classes available:

- Sleep Hygiene
- Coping with COVID
- How to Connect
- Responsible Drinking
- Dealing with Trauma
- Family/Partner Specific (Managing Expectations)

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)

** Chart reflects "in person" DTC attendance, however there is scholarly literature that supports successful internet based interventions.**

Why Virtual?



- World-Wide reach / COVID Compliance
- Comfort of your own home
- Conforms to your schedule

FAQs

- Platform: Zoom or Skype
- Duration: ~1.5 hr classes for 2 days
- Non attribution: nothing said goes into your medical record. Virtual DTC is not a clinical /medical program
- 1 on 1 individual discussions available upon request

