

Speaker Notes

Reintegration Challenges for the Single Service Member

Page 1 – Title Slide

None

Page 2 – Agenda

None

Page 3 – Common Problems

None

Page 4 – Common Problems (Continued)

None

Page 5 – Common Problems (Continued)

None

Page 6 – Divorce and the Returning Service Member

- Transition from married life to single life: This is a transition to a new lifestyle. Changes in social life, friends, interests and activities may all change.
- Possible custody issues: If there are children involved, there will be many logistical issues to be worked out, including who will have custody, visitation, financial support, etc. There are also the issues of staying connected with your children if you are not the custodial parent and deciding how to best help your child/children cope.
- Change in living situation: You may be moving from a house to an apartment or from a larger apartment to a smaller apartment. Your spouse may be in the same town or in a different city and/or state.
- Financial changes/challenges: There could be positive changes, such as reduced expenses. However, if your spouse works, you may experience a reduced income. If there are children and your spouse is the custodial parent, you may be paying child support or alimony.
- Grief and loss: Divorce is a major loss and needs to be grieved. Feelings can include anger, numbness, loneliness, expecting your “ex” to come back, etc.
- Coping tips:
 - Allow yourself time to grieve.
 - Seek support from family and friends.
 - Join a divorce support group.
 - Make major changes slowly.
 - Communicate with your children and don’t speak badly of your “ex”; this can actually work against you.
 - Don’t substitute gifts for time with your children.

Page 7 – What is Normal?

None

Page 8 – Phases of Reintegration

- [Explanation of each point will be on the following slides.]

Page 9 – Changes in Behavior

None

Page 10 – Exploration

- The service member has experienced a life altering situation that family, friends and co-workers can't fully comprehend. Values, world view, etc., may have changed.
- Some people may have difficulty in trying to relate to the service member. Life has moved on at home, and many things may have changed at work, at home, and in social groups.

Page 11 – Celebration

- Service members sometimes get stuck in this phase. To avoid getting stuck:
 - Plan out and pace spending habits and activities.
 - Do not give into urges to buy unnecessary things.
 - Plan for future needs.
 - Avoid excessive partying.

Page 12 – Projects

- Having projects is a very positive thing and can help with readjustment, but sometimes in an effort to stay busy, the service member may take on more than they can accomplish, putting self-imposed pressure on themselves.

Page 13 – Reality Check

- Sometimes, service members may resist fully reintegrating. They may not want to accept some of the changes that have taken place. They may also be feeling guilty about leaving their buddies behind, and not fully reintegrating is a way to feel more connected to them.

Page 14 – Myths and Misconceptions

None

Page 15 – Myths and Misconceptions (Continued)

None

Page 16 – Myths and Misconceptions (Continued)

None

Page 17 – Practical Guidelines for Supporting Your Service Member

None

Page 18 – Summary

None

Page 19 – Questions

None

Page 20 – Resources
None

Page 21 – Thank You
None

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