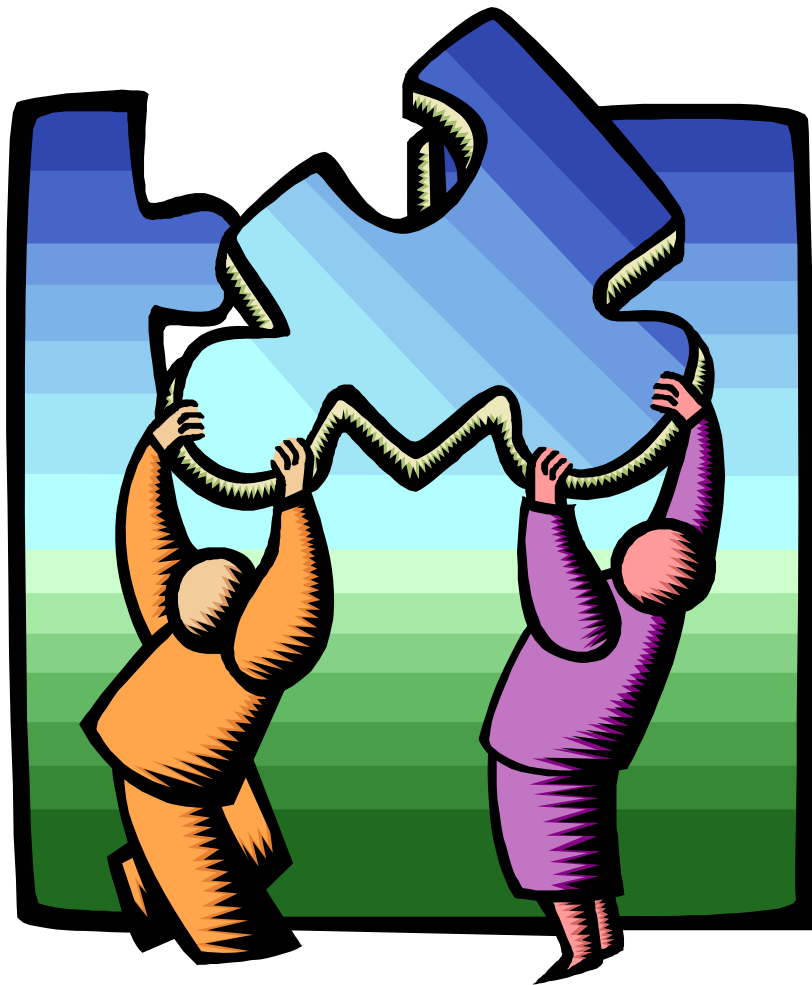


Putting the Pieces Back Together



REUNION WORKSHOP

Utah State National Guard



There are no rules,
Just follow your heart.

- Robin Williams

Putting the Pieces Back Together

Change

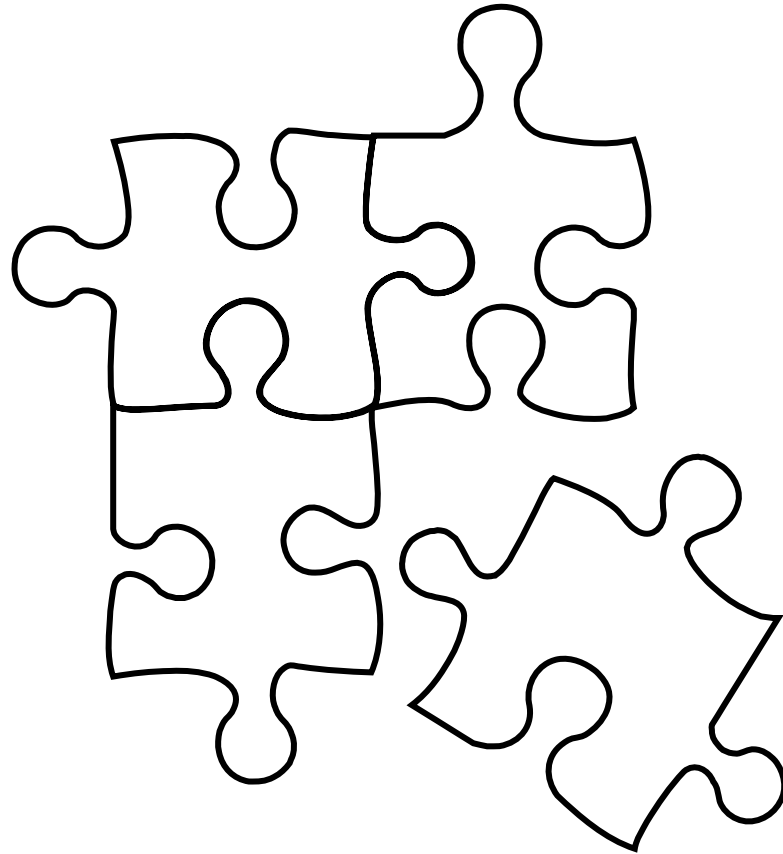
Expectations

Communication

Intimacy

When Issues Arise

Your Resources



Change

"Picking up the Pieces"

Three Stages of Change

Ending

NEUTRAL ZONE

Beginning

"If you can't fight, and you can't flee, flow. – Robert Eliot

Types of Changes

Physical

Hairstyle, weight, reactions, house decor

-
-
-

Emotional

Hides emotions, very emotional

-
-
-

Mental

Priorities, reactions

-
-
-

Spiritual

Beliefs, values, outlook on life

-
-
-



Reunion Changes

List both positive and not-so-positive changes you have noticed in YOURSELF?

Positive		Not-so-positive	
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Place a check beside the items that are important to you.

Thinking about the changes that are most important to you & complete the following:

Adjusting to _____ (change) would be easier if **I** would:

Adjusting to _____ (change) would be easier if **they** would:

I would like for my (spouse, friends, children) to:

I would like to approach _____ about _____ & say:
(person) (change)

Reunion Changes

List both positive and not-so-positive changes you have noticed in SPOUSE?

Positive		Not-so-positive	
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Place a check beside the items that are important to you.

Thinking about the changes that are most important to you & complete the following:

Adjusting to _____ (change) would be easier if **I** would:

Adjusting to _____ (change) would be easier if **they** would:

I would like for my (spouse, friends, children) to:

I would like to approach _____ about _____ & say:
(person) (change)

Reunion Changes

List both positive and not-so-positive changes you have noticed in YOUR CHILDREN?

Positive		Not-so-positive	
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Place a check beside the items that are important to you.

Thinking about the changes that are most important to you & complete the following:

Adjusting to _____ (change) would be easier if **I** would:

Adjusting to _____ (change) would be easier if **they** would:

I would like for my (spouse, friends, children) to:

I would like to approach _____ about _____ & say:
(person) (change)

Reunion Changes

List both positive and not-so-positive changes you have noticed in FRIENDS & FAMILY?

Positive		Not-so-positive	
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Place a check beside the items that are important to you.

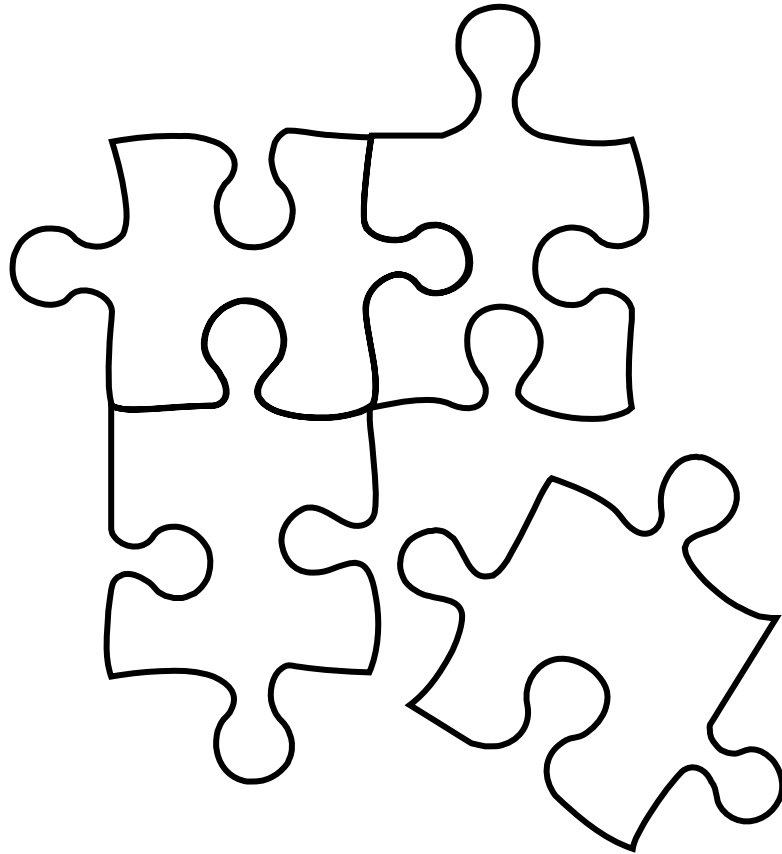
Thinking about the changes that are most important to you & complete the following:

Adjusting to _____ (change) would be easier if **I** would:

Adjusting to _____ (change) would be easier if **they** would:

I would like for my (spouse, friends, children) to:

I would like to approach _____ about _____ & say:
(person) (change)



Expectations

“What does the picture look like?”

Adjustments for Families

Take a few minutes & look at the following questions. Write down your thoughts:

How will it feel to have your soldier back in the house? List the good and the not-so-good aspects.

How do you think your children/siblings will react?

How will your servicemember's return affect your work schedule, cooking habits, cleaning habits, free time, and general way of doing things?



Have you developed new interests or friendships? Will these change when your servicemember returns?

What do you think will be the biggest change in your life when your servicemember returns?



Expectations

Take a few minutes and list some expectation that come to mind...

Your Expectations

Homecoming Night – Love & Romance

-

Finances – “It’s all yours now!”

-

Responsibilities & Routines – The honey-do list

-

Communication – “Can we talk...”

-

Miscellaneous

-

Spouse Expectations

Homecoming Night – Hot & Steamy

-

Finances – “What happened here?”

-

Responsibilities & Routines – The honey-do list

-

Communication – “Let’s talk???”

-

Miscellaneous

-



Expectations (cont)

Take a few minutes and list some expectation that come to mind...

Children & Teens

Homecoming – clingy, noisy, afraid

-

Responsibilities – “Am I in trouble?”, “Did mom tell him everything?”

-

Communication – shy vs. talkative

-

Physical Changes – “Is that my Dad?”, “Why is my son’s hair blue?”

-

Miscellaneous

-



Family & Friends

Homecoming Parties – “We’re having a hero’s party!”

-

Visitors – “Do these people ever go away?”

-

Communication – avoiding vs. saying too much... “Did you kill anyone?”

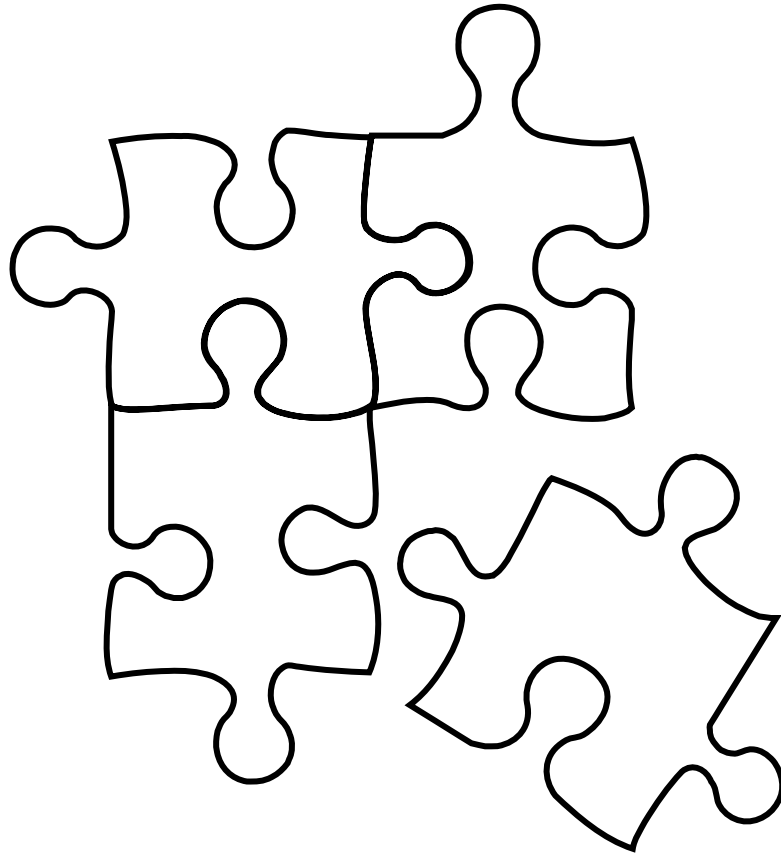
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Miscellaneous

-

Children's Reactions to Servicemembers Return

	Reactions	Techniques
Birth to 1 Year	<ul style="list-style-type: none"> • Cries • Fusses • Pulls away from you • Clings to spouse or caregiver • Has problems with elimination • Changes their sleeping and eating habits 	<ul style="list-style-type: none"> • Hold the baby, and hug him/her a lot • Bathe and change your baby; feed and play with him/her • Relax and be patient; he/she will warm up to you after a while
1 to 3 Years	<ul style="list-style-type: none"> • Shyness • Clinging • Does not recognize you • Cries • Has temper tantrums • Regresses—no longer toilet trained 	<ul style="list-style-type: none"> • Don't force holding, hugging, kissing. • Give them space. • Give them time to warm up. • Be gentle and fun. • Sit at their level.
3 to 5 Years	<ul style="list-style-type: none"> • Demonstrates anger • Acts out to get your attention; needs proof that you're real • Is demanding • Feels guilty for making the parent go away • Talks a lot to bring you up to date 	<ul style="list-style-type: none"> • Listen to them. • Accept their feelings. • Play with them. • Reinforce that you love them. • Find out the new things on TV, at preschool, books.
5 to 12 Years	<ul style="list-style-type: none"> • Isn't good enough • Dreads your return because of discipline • Boasts about Army and parent 	<ul style="list-style-type: none"> • Review pictures, schoolwork, activities, scrap books. • Praise what they have done. • Try not to criticize.
13 to 18 Years	<ul style="list-style-type: none"> • Is excited • Feels guilty because they don't live up to standards • Is concerned about rules and responsibilities • Feels too old or is unwilling to change plans to accommodate parent 	<ul style="list-style-type: none"> • Share what has happened with you. • Listen with undivided attention. • Don't be judgmental. • Respect privacy and friends. • Don't tease about fashion, music.



Communication

"Sharing the Pieces"

Parts of Communication

Perceptions

Context

Non-verbal

Verbal

Listening

Perceptions

When 2 people have a conversation, 6 people are communicating.

You	Listener
Your self-perception	Listeners self-perception
Your perception of the listener	Listeners perception of you

Context



Physical Elements

Place/location
 Décor
 Lighting
 Private/public
 Time

Social Elements

Relationship
 Noise
 Interruptions
 Formal/informal
 Dress



Non-Verbal

93% of communication is non-verbal

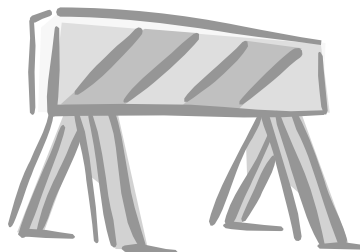
Eye contact
 Open hands
 Staring
 Wringing hands
 Fidgeting

Relaxed
 Volume
 Tone
 Speed
 Space

Glancing at clock
 Stalling
 Turning away
 Rolling your eyes
 Smile

Verbal Barriers

Meanings
 Jargon/acronyms
 Loaded words
 Sugar coating
 Evading
 Mental distractions



Being wishy-washy
 "you" statements
 Passive
 Aggressive
 Lies
 Knowledge level

Doublespeak Proverbs

Proverb	Translation
Each vaporous mass suspended in the firmament has an interior decoration of metallic hue.	
Taciturnity is aurous.	
Deviation from the ordinary or common routine of existence is that which gives zest to man's cycle of existence.	
Male cadavers are incapable of yielding testimony.	
Neophyte's serendipity.	
Refrain from enumerating your poultry precursory to their incubation and emergence from their embryonic habitat.	



Benefits of Listening

Prevents Mistakes

Saves time and money

Builds relationships

Preserves self-esteem

Feel valued and connected

Listening Personalities

How well do you listen? Each of us have a listening personality or style. Most of us have a combination...multiple listening personalities

Which of the following listening personalities are you?

Mind Reader - you'll hear little or nothing, as you think "What is this person really thinking or feeling?"

Rehearser - Your mental tryouts for "Here's what I'll say next" tune out the speaker

Filterer - Some call this selective listening - hearing only what you want to hear

Dreamer - Drifting off during conversation can be embarrassing "What did you say?" or "Could you repeat that?"

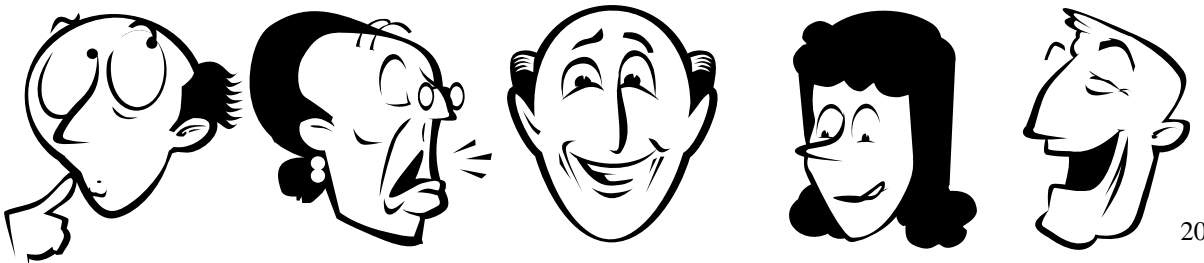
Identifier - If you refer everything you hear to your experience, you probably didn't really hear what was said.

Derailer - Changing the subject too quickly tells others you're not interested in anything that they have to say.

Sparrer - You hear what is said but quickly belittle it or discount it. That puts you in the same class as the derailer.

Placater - agreeing with everything you hear just to be nice or to avoid conflict does not mean that you're a good listener.

The Angel - listens to understand and speak to be understood



Listening Skills

Scripting – Simon Says

- I feel _____, when you _____. So...you feel _____, when I _____.

Beginner's Mind

- Listen as if it's the first time that you've heard that information before.

Ask questions to clarify

- What I understood you to say is this _____, is that correct?

Recognize your emotions

- If you are not in a place emotionally, where you can communicate effectively (i.e. too angry, too tired) say so! Then arrange to talk at a different time and *follow through* on that commitment.

Express emotions responsibly

- Lashing out at someone or going into a rage, does not promote good communication. Be responsible in your communications and in the way that you handle communication conflicts. Name calling, yelling, interrupting, etcetera help no one.

Scale of importance

- Predetermine a Scale of Importance with your partner. If you need to discuss something and it is of high importance to you, communicate its importance using your scale.

Stay in the Now

- Discuss current issues/concerns without bringing the past into an already touchy situation.

Understand & Respect vs. Convince

- Strive to understand the other person's point of view without judging whether it's right or wrong. It shows respect for the individual and helps them to feel better understood.

Listening Levels

- Level One listening: your spouse is talking to you, you are not thinking about what you are going to say when he or she stops talking.
- Level Two listening: completely accepting what is being said without judging what is said or how it is said.
- Level Three listening: repeating to your spouse what he or she said, and what he or she was feeling.

Communicating with Priority Ranking

By listing items with a priority ranking, you can better communicate your wants and needs with others.

Spouse/ Servicemember

Want or Need	Scale of Importance									
	Low					High				
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

Children (list activities for both family and individual children)

Want or Need	Scale of Importance									
	Low					High				
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

Family/Friends (list by name)

Want or Need	Scale of Importance									
	Low					High				
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

Myself

Want or Need	Scale of Importance									
	Low					High				
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

Communication Tips

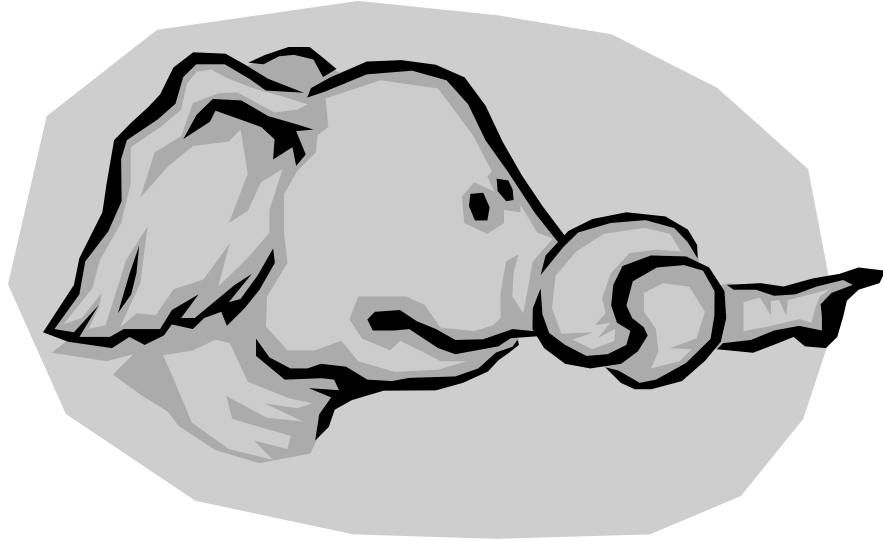


Communication starts with you
The first rule of love is to listen
Share your thoughts and your feeling
Take heart – family communicating only feels impossible
Be direct – but kind
Never send mixed messages
Feedback is great when it isn't just disguised criticism
Always ask for clarification if you don't understand
Don't let stress do the talking
Speak to core values and let the little things slide
Give everybody a chance to speak
Talk about sharing – including sharing the power
Present big news carefully and completely
Troubleshoot family fears
Plan for togetherness but allow for privacy
Trust your intuition that there is a problem
Say please when you mean it and thank you all the time
If someone isn't cooperating, use love and consequences
Allow for growth and change – in fact, encourage them
Practice communication skills daily

Taken from: 20 Communication Tips for Families:
A 30-Minute Guide to a Better Family Relationship, by Eric Maisel

Communication Activity

How many ways can we communicate "smells bad"?



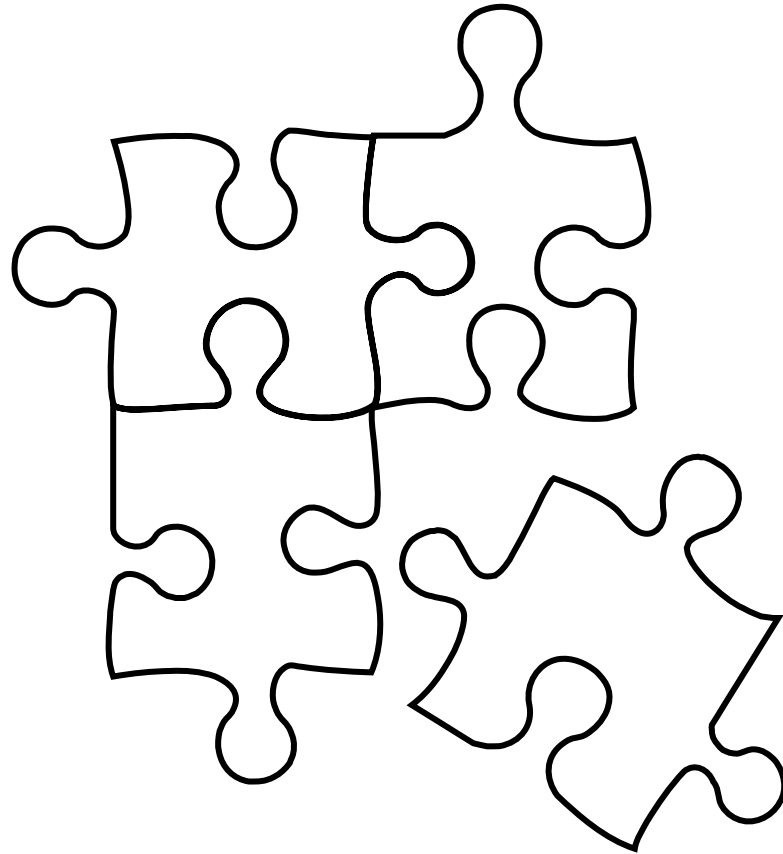
Stinks

RANK!

Smells

P-U

Stench



Intimate Relations

“Connecting the Pieces”

Reestablishing Intimate and Sexual Relations

Most military couples face the question, "How can two people work together toward achieving intimacy when one of them is often absent from the relationship for extended periods?"

Military couples often find that reunion may bring out feelings of uneasiness and that their personal relationship is strained. Through an understanding of the effects of separation, you can better cope with the stress that accompanies reunion.

The following information about communication barriers and enhancers may help you to reconnect with your partner.

Barriers to intimate communication and sexual relations may include:

- unrealistic fantasies and expectations;
- feeling anxiety about engaging in intimacy and sex;
- feeling that your partner is a stranger;
- feelings of anger, hostility, stress, or negative feelings about the separation;
- concern about faithfulness to your relationship; and
- feeling that sexual relations need to be rushed to make up for lost time.

Communication enhancers:

Communication will help bring you closer together. It gives you time to become reacquainted, and it helps to let your partner know how you feel.

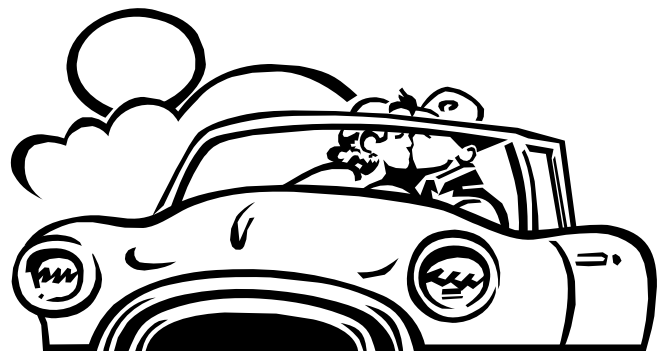
Understand that feelings of anxiety are a very normal part of the reunion process.

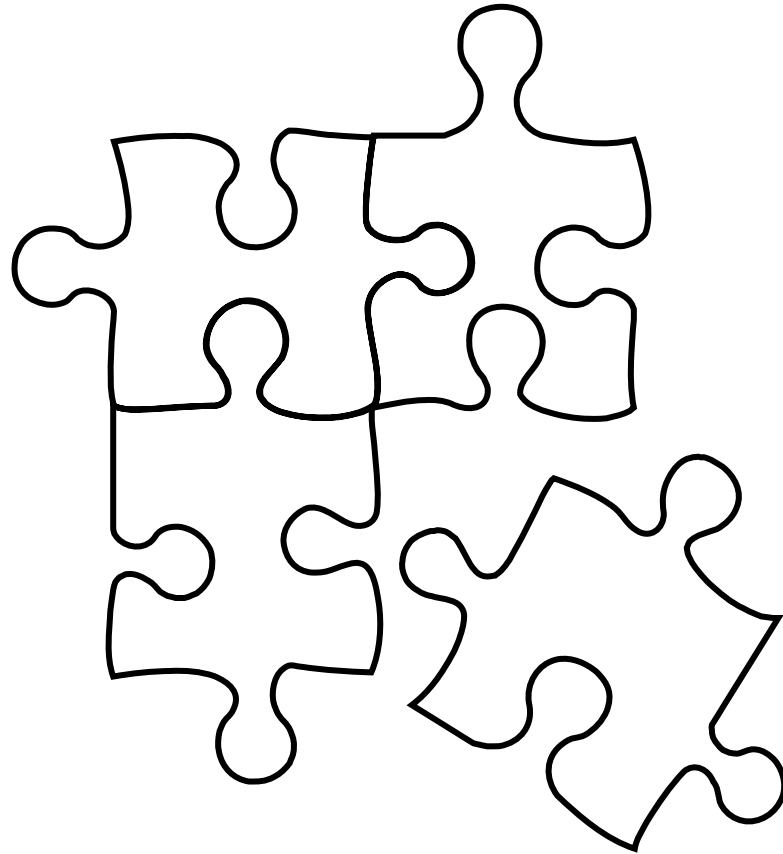
You have been apart from each other, and you both have grown. Take time to get to know each other again.

Discuss your negative feelings and frustrations. Fear of losing your partner plays a major role in developing negative feelings. Listen carefully to what your partner is trying to communicate to you.

Don't assume the worst about your partner. If you have concerns about fidelity, talk to your chaplain, or find a counselor who can help you work through these feelings.

Besides communication, allow yourself time to readjust to being together again. Go slowly, and enjoy your reunion.





Concerns & FOGs

(Fantastic Opportunities for Growth)

“Dealing with Lost/Broken Pieces”

Concerns

Communication

Finances

Re-deployment

Employment

In-laws/Siblings

Stress

PTSD (Post Traumatic Stress Disorder)

Depression

Suicide

Domestic Violence

Reunion Stress

Each of you will face certain “stress” associated with reunion. Below are some of the “normal stresses” you may face, along with some hints to help you adjust to the changes in your life.

Stress/Concerns

- Emotional letdown
- Restlessness or sleeplessness
- Was my spouse faithful?
- Did my spouse miss me?
- My friends seem different.
- I didn't expect things to change.
- Other people's concerns seem petty.
- I feel like a stranger at home.
- How will the children react?
- Will the role I have filled change?
- Were my children treated well?
- Can I make up for lost time?
- Did I handle things the right way?
- When will things feel normal again?
- I am concerned about finances.
- I am concerned about future deployments.
- The children appear confused and uncertain
- No one understands what I've been through...

Helpful Hints

- Accept that things may be different.
- Talk about your experiences.
- Go slowly—don't try to make up for lost time.
- Spend quality time with your children.
- Reassure your children. Change often frightens them.
- Curb your desire to take control or to spend money.
- Accept that your partner may be different.
- Intimate relationships may be awkward at first.
- Take time to get reacquainted.
- Forget your fantasies. Reality may be quite different.
- Take time to readjust.
- Communicate with your partner and your family
- SPACE—respect each others—both emotional and physical

Symptoms of Stress

The following **stress danger signals** focus on the medical and physical symptoms common to tension stress. These are guidelines to provide you with a general indication of your stress level. Check those signals that you have noticed:

- General irritability, hyper-excitability, depression
- Pounding of the heart
- Dryness of mouth and throat
- Impulsive behavior, emotional instability
- Overpowering urge to cry or run
- Inability to concentrate, flight of thoughts
- Feelings of unreality, weakness, dizziness, fatigue
- Floating anxiety, being afraid and not knowing why
- Emotional tension and alertness
- Trembling, nervous tics, easily startled
- High-pitched, nervous laughter
- Stuttering, other speech difficulties
- Bruxism, or grinding of the teeth
- Insomnia
- Hyperactivity, increased tendency to move about
- Excessive sweating
- Frequent need to urinate
- Diarrhea, indigestion, queasiness, vomiting
- Migraine headaches
- Pain in neck or lower back
- Loss of appetite or excessive appetite
- Increased use of prescribed drugs
- Alcohol or drug abuse
- Nightmares
- Accident proneness



The more signs that are present, the stronger the likelihood that there is a serious problem. See your physician if you are concerned about these symptoms.

Reunion Stress-Coping Strategies

Most military families find that reunions are at least as stressful as separations. This seems to be true for couples with children, couples without children, single parents, and single servicemembers coming back to friends and family. Following are coping strategies:

Expect to have a few doubts and worries.

Your partner may think you don't need them anymore.

Anxiety is a natural and normal part of reunion.

Forget your fantasies.

Give up fantasies/expectations you may have about what reunion day should be.

Take it easy and let things happen naturally.

Don't expect things to be exactly the way they were before the separation.

You've changed; your spouse has changed, and your children have changed.

Don't get upset by things that are done differently.

Tips on helping children adjust:

Children can get angry about their parent being gone.

Toddlers and preschoolers may act like the returning parent is a stranger. They might not understand about "duty" or "mission."

Elementary school children and teenagers may understand but show anger or fear by "acting out."

Get reacquainted, and take things slowly.

Children are resilient - **IF** - they and their needs, are nurtured, supported, cared for and loved.

Accept and share your feelings.

Talk a lot about your feelings, and let your partner talk, too.

Really listen. Make sure you fully understand what your partner is saying before you respond.

Communication is the key.

See things from the other person's point of view.

Awareness that the soldier no longer feels a part of things helps us to understand why they can be upset by even the smallest changes.

Recognition of the pride a partner feels in the way he/she handled everything alone, will help the soldier to understand the importance of accepting changes made during separation.

Children are people too. Try to understand how they feel. Change and uncertainty is often very frightening for them, so be patient.

Your family relationships should regain normalcy in a few months. However, if you had problems before you left, those problems may still be there when you get back. If you continue having problems adjusting after a few months, seek help through one of listed resources.

Post-Traumatic Stress Disorder

Most servicemembers will experience some degree of Post-Traumatic Stress Disorder (PTSD) if deployment was to a war zone, natural disaster, or urban riot areas.

It is not a sign of weakness, but rather their humanness.

Be alert for symptoms including:

Depression—chronic numb or flat feeling

Isolation—feeling withdrawn from family and friends

Alienation—absence of meaningful contact with others

Avoidance of feelings—inability to feel or express feelings

Rage—bouts of unexplained anger; may be internal or acted out

Anxiety—unexplained nervousness, tension, or hyper-alert feelings

Sleep disturbances—insomnia, nightmares, etc.

Intrusive thoughts—recollections of traumatic experiences that appear for no apparent reason

Startle responses—unusual, involuntary reactions to loud and sudden noises, i.e., automobile backfires, sneaking up behind them, etc.



PTSD probably won't go away on its' own. It needs to be treated. If you or your spouse experience four or more of these symptoms regularly, seek professional help.

Allow soldiers to talk about their experiences at their own time, pace and place

Domestic Violence

Domestic Violence effects everyone - men, women, and children.

What is Battering?

Battering is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Battering happens when one person believes they are entitled to control another. Assault, battering and domestic violence are crimes.

Definitions: Abuse of family members can take many forms. Battering may include emotional abuse, economic abuse, sexual abuse, using children, threats, using male privilege, intimidation, isolation, and a variety of other behaviors used to maintain fear, intimidation and power. In all cultures, the perpetrators are most commonly the men of the family. Women are most commonly the victims of violence. Elder and child abuse are also prevalent. Acts of domestic violence generally fall into one or more of the following categories:

Physical Battering - The abuser's physical attacks or aggressive behavior can range from bruising to murder. It often begins with what is excused as trivial contacts which escalate into more frequent and serious attacks.

Sexual Abuse - Physical attack by the abuser is often accompanied by, or culminates in, sexual violence wherein the person is forced to have sexual intercourse with the abuser or take part in unwanted sexual activity.

Psychological Battering -The abuser's psychological or mental violence can include constant verbal abuse, harassment, excessive possessiveness, isolating the person from friends and family, deprivation of physical and economic resources, and destruction of personal property.

It often begins with behaviors like threats, name calling, violence in their presence (such as punching a fist through a wall), and/or damage to objects or pets. It may escalate to restraining, pushing, slapping, and/or pinching. The battering may include punching, kicking, biting, sexual assault, tripping, throwing. Finally, it may become life-threatening with serious behaviors such as choking, breaking bones, or the use of weapons.

If you need immediate assistance, dial 911.

The National Domestic Violence Hotline: 1-800-799-7233

Checklist

Look over the following questions. Think about how you are being treated and how you treat your partner. Remember, when one person scares, hurts or continually puts down the other person, it's abuse.

Does your partner....

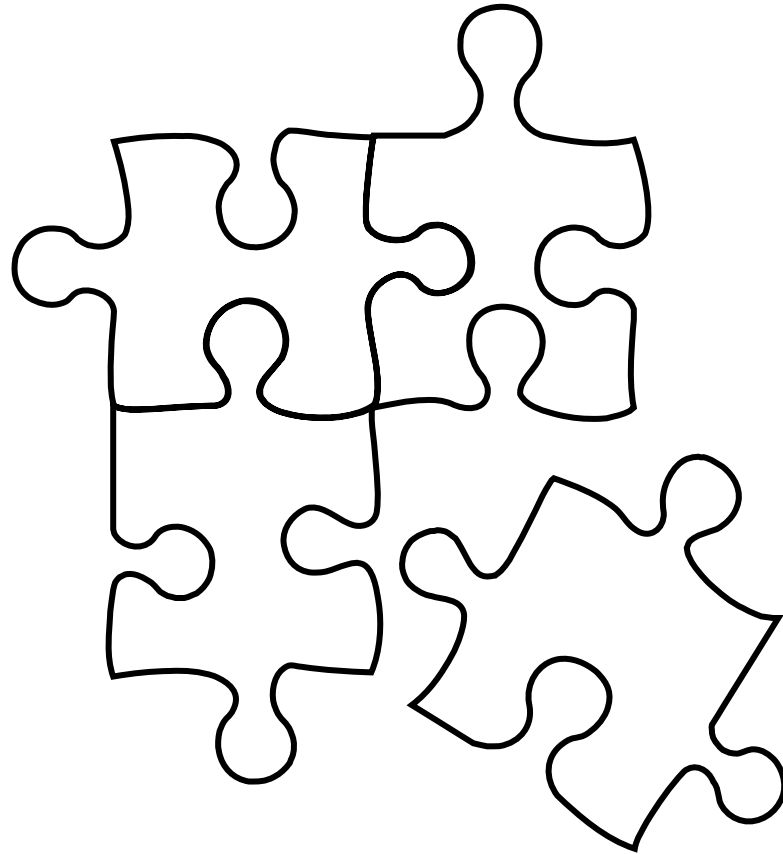
- Embarrass or make fun of you in front of your friends or family?
- Put down your accomplishments or goals?
- Make you feel like you are unable to make decisions?
- Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?
- Treat you roughly - grab, push, pinch, shove or hit you?
- Call several times/show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure you sexually for things you aren't ready for?
- Make you feel like there "is no way out" of the relationship?
- Prevent you from doing things you want - spending time with friends / family?
- Try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson"?

Do You...

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Feel like no matter what you do, your partner is never happy with you?
- Always do what your partner wants you to do instead of what you want?
- Stay with your partner because you are afraid of what your partner would do if you broke up?

If any of these are happening in your relationship, talk to someone.
Without some help, the abuse will continue.

Adapted from Reaching and Teaching Teens to Stop Violence, Nebraska Domestic Violence and Sexual Assault Coalition, Lincoln, NE.



Your Resources

"The Puzzle People"

Sources of Support & Assistance for Servicemembers & Families

Utah State National Guard Family Program Office

These offices provide information and referral services on all of the above-listed services, both military and civilian, for the families of Guard members who normally reside away from Army installations.

Main Number: 801-523-4080

Family Assistance Center (FAC)

FACs have been established on Army installations. FACs provide assistance and information and referral on such matters as ID cards and DEERS, health care, legal matters, financial assistance, and family support.

Main number: 801-523-4154

Installation Chaplain

A good source for confidential counseling, community contacts, and family support programs.

Chaplain Clay Anstead 801-523-4409

Military One Source

Military One Source is a program that supplements existing family programs by providing 24-hour, seven days a week, service to servicemembers and their immediate families.

One source provides information ranging from everyday concerns to deployment and reunion issues. Additionally, if there is a need for face-to-face counseling, they will provide referrals to professional civilian counselors for assistance.

CONUS (in country) phone number is **800-342-9647**

OCONUS (out-of-country) number is access code-800-3429-6477

If toll free service is not available, calls may be made collect to 484-530-5809

www.militaryonesource.com

ID: military Password: onsource

Family Support Center

Family Support Center located at Hill Air Force Base: 801-777-4681

Base Operator: 801-777-7221

Army Community Service (ACS)

ACS is principle source of family readiness for the Army on or near installations. It is staffed by paid professionals and volunteers. Among the services provided are Financial Management Assistance; Exceptional Family Members Program; Child Support Services; Family Advocacy; Relocation Services; and Information, Referral, and Follow-up.

Web-site: <http://www.armycommunityservice.org>

NAMI National Alliance on Mental Illness – 323-9900

Red Cross

SL County: 323-7000 Utah County: 373-8580 State: 800-328-9272

Other Websites with helpful information

Guard Family Related

www.guardfamily.org

www.gftb.org

www.military.com/deployment

Marriage Related

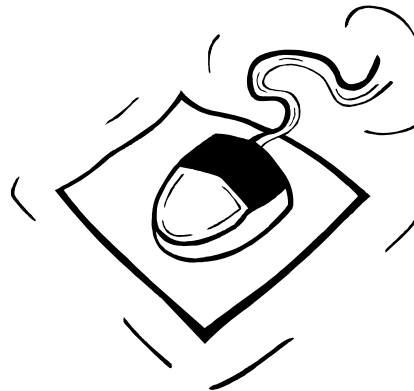
www.marriagebuilders.com

www.bettermarriages.org

www.dearpeggy.com (Resources on dealing with infidelity)

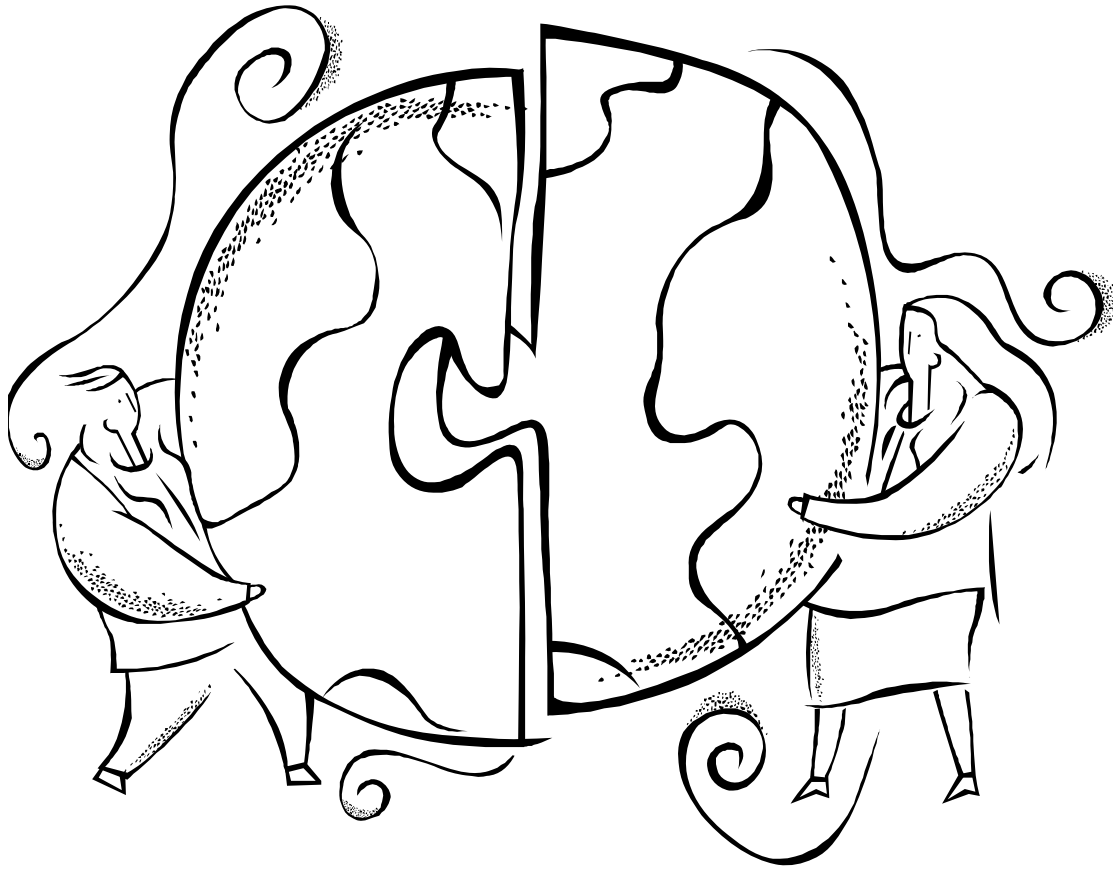
Youth Related

www.guardfamilyyouth.org



Doublespeak Proverbs Key

Every cloud has a silver lining! Silence is golden. Variety is the spice of life!
Dead men tell no lies. Beginner's Luck. Don't count your chickens before they hatch!



Great things
are not done by impulse,
but by a series of small things
brought together.

~ Vincent van Gogh

