

Family Transition II



USMC Combat Operational
Stress Control (GOSC)

Post-Deployment Stress Workshop for Families



Marine Operational Stress Training (MOST) Cycle for Deployments



COSC Awareness Briefs

- **Pre-deployment**
 - Leader Preparation
 - Warrior Preparation
 - Family Pre-Deployment
- **Before Redeployment**
 - Leader Transition
 - Warrior Transition
 - Family Return & Reunion
- **Post-deployment (60-120 days)**
 - Leader Transition II
 - Warrior Transition II
 - Family Transition II

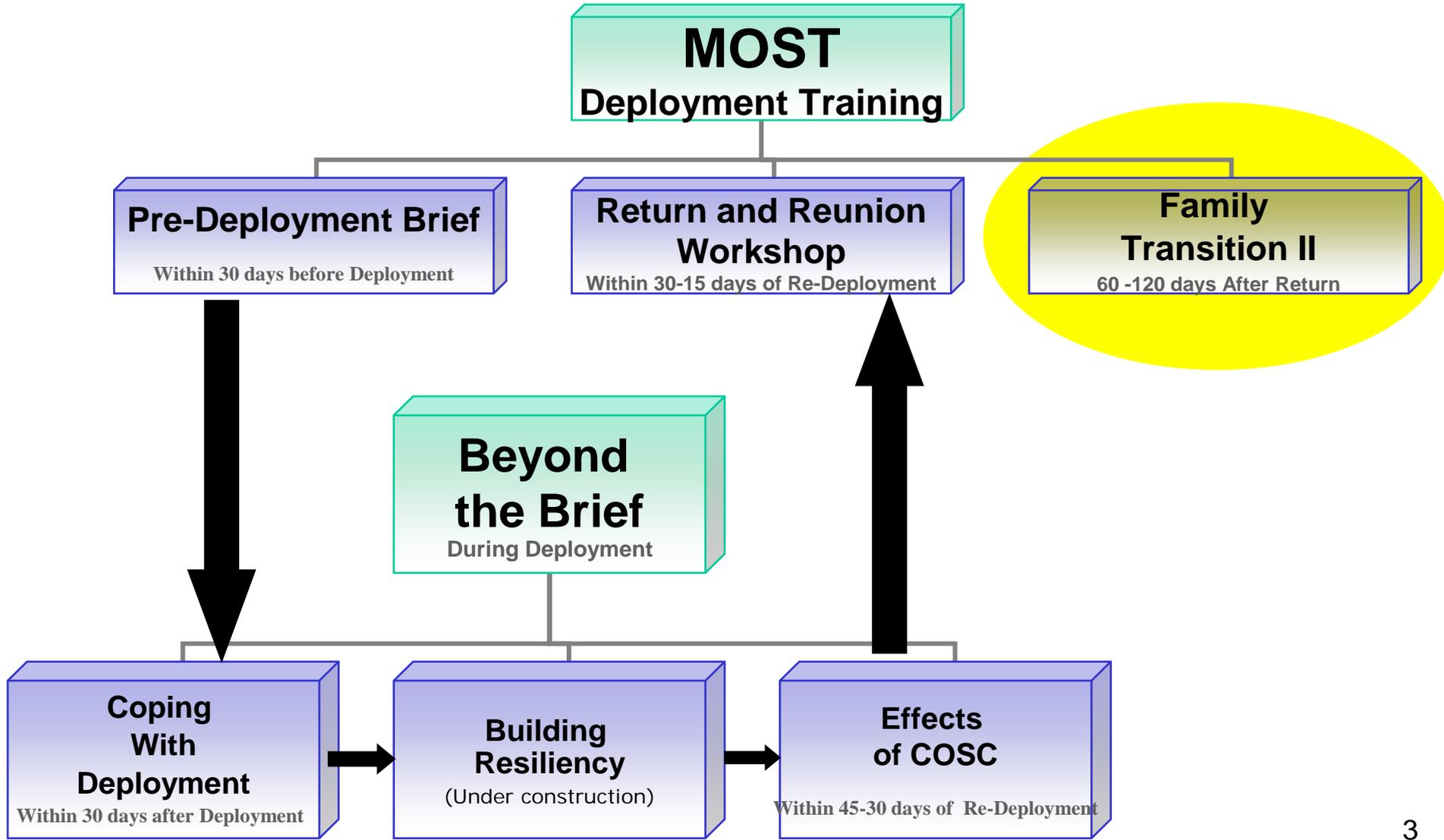
Marine Operational Stress Training (MOST) Cycle





Family COSC Training Programs RDSTs - MCFTB

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL





Goals for This Brief



- Review sources of stress in self and Marine spouse
- Review the Combat Operational Stress Continuum (Ready, Reacting, Injured, or Ill)
- Self-assess eight important areas of life and function
 1. Relationships
 2. Work function
 3. Public behavior
 4. Substance use/abuse
 5. Money and finances
 6. Physical & mental health
 7. Life roles
 8. Spirituality
- Learn how to improve these areas of life and function
- Learn how and where to get help when needed



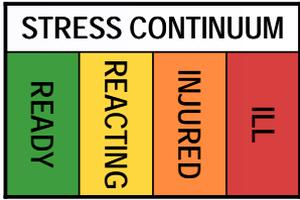
Common Sources of Stress After Deployment



ENVIRONMENT	<ul style="list-style-type: none"> • Money problems • Vehicles and traffic • Not carrying a weapon any more • Alcohol
THINKING	<ul style="list-style-type: none"> • Boredom, lack of excitement • Back to the routines • Disillusionment
FEELING	<ul style="list-style-type: none"> • Anger over mistakes • Guilt over surviving • Shame over perceived failures • Hatred
RELATIONSHIPS	<ul style="list-style-type: none"> • Family conflicts • Crowds and rude people • Being separated from buddies and leaders
SPIRITUALITY	<ul style="list-style-type: none"> • Not understanding why sacrifices were made • Loss of trust in others • Mistrust in self



COSC Continuum for Families



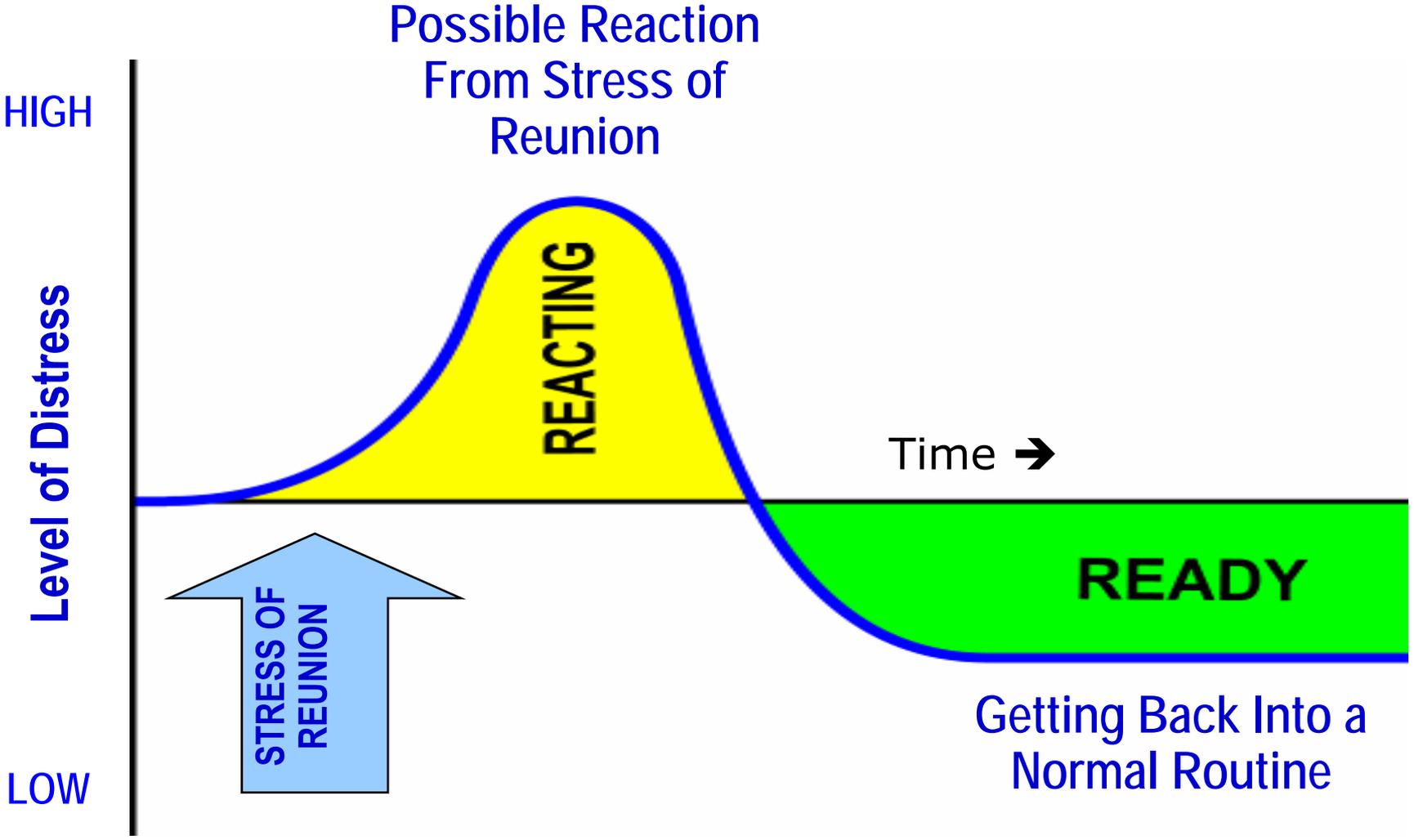
READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Good to go • Prepared for deployment • Functioning OK socially, emotionally, vocationally, academically 	<ul style="list-style-type: none"> • Mild or transient distress or impairment • Anxious or irritable • Behavior change 	<ul style="list-style-type: none"> • More serious distress or impairment that can change personality • Can't sleep, disruptive nightmares • Panic attacks, rage • Addictive behaviors 	<ul style="list-style-type: none"> • Severe stress symptoms that impact your job or relationships (Depression, Anxiety, Addictive Disorders, PTSD) • Requires professional help to heal • May get worse without early intervention





Time Course of Normal Transition

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL





Recognizing Stress Problems:

Green (Ready) Yellow (Reacting)



READY	REACTING
<ul style="list-style-type: none"> • Calm and steady • Confident and competent • Getting the job done • In control • Sense of humor • Sleeping enough • Eating the right amount • Working out, staying fit • Playing well and often • Active socially, spiritually 	<ul style="list-style-type: none"> • Feeling anxious, irritable • Worrying • Cutting corners on the job • Short tempered or mean • Irritable or grouchy • Trouble sleeping • Eating too much or too little • Apathy, loss of interest • Keeping to oneself • Negative, pessimistic



Stress Outcome

Spectrum: Reactions Versus Injuries

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL



Stress Reactions

- Common
- Always temporary
- Mild distress or loss of function
- Self-correcting



Stress Injuries

- Less common
- May leave a scar
- More severe distress or loss of function
- May heal faster with help



What Are "Stress Injuries" and "Stress Illnesses"?



"STRESS INJURIES"

Wounds to the mind or brain caused by intense or prolonged stress

- Trauma
- Fatigue
- Grief
- Moral injury

"STRESS ILLNESSES"

Disorders that may arise if stress injuries don't heal

- Posttraumatic stress disorder (PTSD)
- Depression
- Anxiety
- Substance abuse or dependence



Recognizing Stress Problems: Orange (Injured) & Red (Ill)



INJURED	ILL
<ul style="list-style-type: none">• Loss of control of your body, emotions, or thinking• Can't fall or stay asleep• Recurrent vivid nightmares• Intense guilt or shame• Attacks of panic or rage• Inability to enjoy activities• Disruption of moral values• Serious suicidal or homicidal thoughts	<ul style="list-style-type: none">• Stress injury symptoms that last for <u>more than several weeks</u>• Symptoms that get <u>worse</u> over time instead of better• Symptoms that get better for awhile but then come back worse

Four Sources of Stress Injury

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

Intense or Prolonged Combat or Operational Stress

LIFE THREAT

- A trauma injury
- Due to events provoking terror, helplessness, horror, shock

LOSS

- A grief injury
- Due to loss of people who are cared about

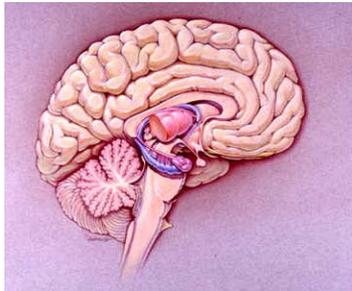
INNER CONFLICT

- A beliefs injury
- Due to conflict between moral/ethical beliefs and current experiences

WEAR AND TEAR

- A fatigue injury
- Due to the accumulation of stress over time

Mechanisms of Stress Injury



Biological

Memory problems: Damage to memory center (hippocampus)
 Overreaction: Lowered threshold for fear response (amygdala)
 Hypervigilance: Neurotransmitters on overdrive (norepinephrine)
 Depression/anxiety: Neurotransmitters get used up (serotonin)
 Personality change: Diminished control of emotion and impulses



Psychological

Trouble making sense of fragmented memories
 Lost sense of safety in the world
 Severe self-blame or guilt
 Grief over lost friends and acquaintances
 Feeling out of control



Social

No answers to the big questions anymore

- ✓ What is important anymore?
- ✓ How do I forgive myself and others?
- ✓ Who can I trust?

Loss of social support



Post-Reunion Self-Assessment

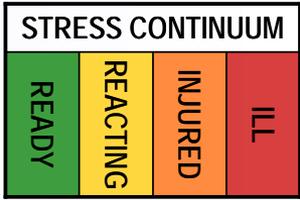


- 1. Relationships**
- 2. Work Function**
- 3. Public Behavior**
- 4. Substance Use and Abuse**
- 5. Money and Finances**
- 6. Physical and Mental Health**
- 7. Roles in Life**
- 8. Spirituality**



1. Relationships

Spouse, significant other, family, friends



Okay	Needs Work	Needs Help



1. Relationships

Spouse, significant other, family, friends



Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Good communication <input type="checkbox"/> Feeling close <input type="checkbox"/> Looking forward to seeing each other <input type="checkbox"/> Cooperating well <input type="checkbox"/> Good sex <input type="checkbox"/> Good conversation <input type="checkbox"/> Affection <input type="checkbox"/> Openness <input type="checkbox"/> Responsiveness 	<ul style="list-style-type: none"> <input type="checkbox"/> Trouble communicating <input type="checkbox"/> Occasional fights and disagreements <input type="checkbox"/> Uncomfortable being together <input type="checkbox"/> Somewhat uncooperative <input type="checkbox"/> Difficult or rare sex <input type="checkbox"/> Complaints from partner <input type="checkbox"/> Ambivalence <input type="checkbox"/> Guardedness 	<ul style="list-style-type: none"> <input type="checkbox"/> Poor communication <input type="checkbox"/> Frequent fighting <input type="checkbox"/> Dreading contact <input type="checkbox"/> Emotional coldness <input type="checkbox"/> No sex <input type="checkbox"/> Criticism <input type="checkbox"/> Contempt <input type="checkbox"/> Defensiveness



2. Work Function

Shop, supervisors, goals, promotion, rewards



Okay	Needs Work	Needs Help



2. Work Function

Shop, supervisors, goals, promotion, rewards



Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Achieving <input type="checkbox"/> Feeling like a team <input type="checkbox"/> Mentoring subordinates <input type="checkbox"/> Career goals progressing <input type="checkbox"/> Job satisfaction <input type="checkbox"/> Enjoying going to work <input type="checkbox"/> Respected by subordinates 	<ul style="list-style-type: none"> <input type="checkbox"/> Cutting corners <input type="checkbox"/> Needing a lot of supervision <input type="checkbox"/> Animosity toward peers or leaders <input type="checkbox"/> Being apathetic or unmotivated <input type="checkbox"/> Unrewarding <input type="checkbox"/> Stagnating <input type="checkbox"/> Indifferent 	<ul style="list-style-type: none"> <input type="checkbox"/> Not doing the job <input type="checkbox"/> Defying authority <input type="checkbox"/> Being a tyrant to subordinates <input type="checkbox"/> Don't care about job <input type="checkbox"/> Totally dissatisfied with job <input type="checkbox"/> Don't want to go to work <input type="checkbox"/> Feel abandoned



3. Public Behavior

Driving, waiting, dealing with public, patience



Okay	Needs Work	Needs Help



3. Public Behavior

Driving, waiting, dealing with public, patience

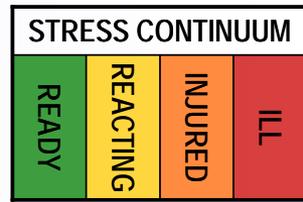


Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Comfortable in public <input type="checkbox"/> Appropriate in public <input type="checkbox"/> Good and careful driver <input type="checkbox"/> Patient in frustrating situations <input type="checkbox"/> Calm, even with rude people <input type="checkbox"/> Friendly <input type="checkbox"/> No police involvement 	<ul style="list-style-type: none"> <input type="checkbox"/> Avoiding going out in public <input type="checkbox"/> Suspicious of strangers <input type="checkbox"/> Driving too fast <input type="checkbox"/> Getting frustrated easily <input type="checkbox"/> Impatient with people <input type="checkbox"/> Occasionally angry or irritable <input type="checkbox"/> Been stopped or approached by police 	<ul style="list-style-type: none"> <input type="checkbox"/> Paranoid in public <input type="checkbox"/> Picking fights <input type="checkbox"/> Road-rage driver <input type="checkbox"/> Easily angered in many situations <input type="checkbox"/> Often rude with people <input type="checkbox"/> Anger outbursts occur for little reason <input type="checkbox"/> Been arrested by police



4. Substance Use/Abuse

Tobacco, alcohol, drugs, sugars, fats



Okay	Needs Work	Needs Help



4. Substance Use/Abuse

Tobacco, alcohol, drugs, sugars, fats



Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Good control over intake of alcohol <input type="checkbox"/> Not tempted to use drugs <input type="checkbox"/> Not smoking chewing more <input type="checkbox"/> Nobody who knows you thinks you are abusing <input type="checkbox"/> Good control over sugar and fat intake 	<ul style="list-style-type: none"> <input type="checkbox"/> Get drunk when didn't intend to <input type="checkbox"/> Been in the company of those using drugs <input type="checkbox"/> Smoking or chewing more <input type="checkbox"/> People have expressed some concern <input type="checkbox"/> Occasionally over-indulge in sugar or greasy food 	<ul style="list-style-type: none"> <input type="checkbox"/> Frequent drinking to intoxication <input type="checkbox"/> Using illegal drugs <input type="checkbox"/> Need to smoke or chew all through the day <input type="checkbox"/> Angry when others complain about drinking <input type="checkbox"/> Totally binge eat



5. Money and Finances

Budget, purchases, credit, bills, savings



Okay	Needs Work	Needs Help



5. Money and Finances

Budget, purchases, credit, bills, savings



Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Saving money <input type="checkbox"/> Bills paid up to date <input type="checkbox"/> Keeping to budget <input type="checkbox"/> Debt under control <input type="checkbox"/> Working a financial plan <input type="checkbox"/> Spending in sync with spouse <input type="checkbox"/> Finances doing fine 	<ul style="list-style-type: none"> <input type="checkbox"/> Minimal savings <input type="checkbox"/> Bills past due <input type="checkbox"/> Financial worries <input type="checkbox"/> Uncomfortable debt <input type="checkbox"/> Vague financial plan <input type="checkbox"/> Conflict with spouse over spending <input type="checkbox"/> Monthly concern over finances 	<ul style="list-style-type: none"> <input type="checkbox"/> No savings <input type="checkbox"/> Collection notices <input type="checkbox"/> Major financial stress <input type="checkbox"/> Large debt load <input type="checkbox"/> Creditors contacting command <input type="checkbox"/> Total disagreement over spending <input type="checkbox"/> Financial trouble



6. Physical/ Mental Health

Fitness, wellness, self-esteem, control



Okay	Needs Work	Needs Help



6. Physical/ Mental Health

Fitness, wellness, self-esteem, control



Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Sleeping well <input type="checkbox"/> No bad nightmares <input type="checkbox"/> Working out regularly <input type="checkbox"/> Good nutrition <input type="checkbox"/> Good energy level <input type="checkbox"/> Good emotional control <input type="checkbox"/> Able to enjoy life <input type="checkbox"/> Not troubled by memories <input type="checkbox"/> Feeling good about self 	<ul style="list-style-type: none"> <input type="checkbox"/> Trouble getting to sleep <input type="checkbox"/> Keep waking up <input type="checkbox"/> Work out infrequently <input type="checkbox"/> Sometimes eat too much or too little <input type="checkbox"/> Loss of interest in life <input type="checkbox"/> Feeling anxious or worried <input type="checkbox"/> Feeling irritable <input type="checkbox"/> Painful memories <input type="checkbox"/> Feeling guilty 	<ul style="list-style-type: none"> <input type="checkbox"/> Can't sleep enough <input type="checkbox"/> Repeated disturbing thoughts <input type="checkbox"/> Totally out of shape <input type="checkbox"/> Very bad eating habits <input type="checkbox"/> Feel lethargic alot <input type="checkbox"/> Rage outbursts <input type="checkbox"/> Depressed mood <input type="checkbox"/> Keep blaming self <input type="checkbox"/> Thoughts of suicide or homicide



7. Roles in Life

Leader, coach, parishioner, citizen, provider



Okay	Needs Work	Needs Help



7. Roles in Life

Leader, coach, parishioner, citizen, provider



Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Comfortable in roles <input type="checkbox"/> Meeting your own expectations in roles <input type="checkbox"/> Able to balance competing demands <input type="checkbox"/> Fulfilled <input type="checkbox"/> Energized 	<ul style="list-style-type: none"> <input type="checkbox"/> Some strain in roles <input type="checkbox"/> Not meeting own expectations in roles <input type="checkbox"/> Not able to fit the pieces together <input type="checkbox"/> Out of balance <input type="checkbox"/> Drained 	<ul style="list-style-type: none"> <input type="checkbox"/> Pulled apart <input type="checkbox"/> Too many demands <input type="checkbox"/> Tension between roles <input type="checkbox"/> Serious conflict with others over roles <input type="checkbox"/> Exhausted



8. Spirituality

Creativity, order, connection



Okay	Needs Work	Needs Help



8. Spirituality

Creativity, order, connection



Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Enjoy worship <input type="checkbox"/> Happy with fellowship <input type="checkbox"/> Happy with spiritual expression <input type="checkbox"/> Able to give and receive love <input type="checkbox"/> Appreciating beauty <input type="checkbox"/> Comfortable with your place in world <input type="checkbox"/> Connected, peaceful 	<ul style="list-style-type: none"> <input type="checkbox"/> Less tolerant of different beliefs <input type="checkbox"/> Feeling distant from God; want to get closer <input type="checkbox"/> Neutral on spiritual expression <input type="checkbox"/> Feeling distant from others <input type="checkbox"/> Not seeing much beauty in life <input type="checkbox"/> Not sure where you fit in <input type="checkbox"/> Something's missing 	<ul style="list-style-type: none"> <input type="checkbox"/> No reverence for anything outside self <input type="checkbox"/> Alone and wandering aimlessly <input type="checkbox"/> Spiritually empty <input type="checkbox"/> Don't care about others <input type="checkbox"/> Nothing seems important <input type="checkbox"/> Feel out of touch <input type="checkbox"/> Loss of purpose



Self-Assessment Summary



	Okay	Needs Work	Needs Help
Relationships	Open Communication	Tension	Coldness or Fighting
Work function	Effective	Indifferent	Hostile environment
Public behavior	Patient, calm	Aggressive, irritable	Risky, hostile
Substance abuse	Not an issue	Could be an issue	Is an issue
Money and finances	Under control	Financial worries	Financial trouble
Physical and mental health	Healthy and fit	Indifferent	Disturbing thoughts, feelings
Roles in life	Balanced, comfortable	Out of balance	Pulled apart
Spirituality	Connected, peaceful	Something's missing	Empty, loss of purpose



Relationships: Resources and Tools



- Marriage Enrichment Retreats
 - CREDO
 - Marriage Encounter
- Personal Growth Retreats – CREDO
- Relationship Seminars
- Time Away Together
- Date Nights
- Family Trips
- Marriage and Family Therapist for Marital “checkup”, or Family “checkup”



Work Function: Resources and Tools



- Talk to your supervisor
- Seek training or self-improvement courses
- Stress management seminar
- Anger management seminar
- Time management
 - Drop off children on time
 - Plan for morning routine



Public Behavior: Resources and Tools



- Anger Management
- Driver improvement course
- Get involved in sports or clubs or hobbies
- Volunteer your time – get involved
- Courteous and mindful of others



Substance Use and Abuse: Resources and Tools



- Get honest with yourself
 - Ask others how they perceive your drinking
 - Trial of sobriety
- Alcoholics Anonymous
- Al Anon
- Stop taking substances that may harm you



Money and Finances: Resources and Tools



- Navy Marine Corps Relief Society budget counseling (also Credit Unions)
- Financial Management seminar
- Begin disciplined savings – even small
 - First for emergency fund, then savings
- Couples Communication seminar
- Career and financial planning for future goals



Physical and Mental Health: Resources and Tools



- Personal Growth Retreat – CREDO
- Get a physical check-up
- Begin exercise program
 - Get a personal trainer, or join a class or group
- Improve sleep schedule
- Eat healthier
- Keep a journal
- Talk to a friend



Roles in Life: Resources and Tools



- Re-evaluate your priorities for optional roles
- Go with your strengths, or growing edges
- Take a break from your primary role
- Do what you enjoy
- Take a parenting course or seminar
- Military OneSource:
www.militaryonesource.com
- Visit a Marine and Family Services counselor



Spirituality: Resources and Tools



- Look for a church or fellowship that fits you
- Read your sacred texts
- Pray, meditate
- Get involved in caring for others
- Find a spiritual director, talk to a chaplain
- Go on a spiritual retreat
- Get involved in music, arts



Where To Get Help



- **Chaplains and Local Clergy**
- **Primary Care Providers**
- **Medical Treatment Facility**
- **Marine and Family Services or Marine Corps Community Services (MCCS) Counselors**
- **Military OneSource**
(www.militaryonesource.com)
- **Vet Centers** (www.va.gov/rccs)
- **Mental Health Services available through TRICARE**
- **DoD Deployment Health Support Directorate**

Questions?



USMC Combat Operational
Stress Control (COSC)

www.manpower.usmc.mil/cosc