

# **WELCOME HOME!**

## **ACS Reintegration Training**

This online version has been created to assist individuals who need to complete Reintegration training, but who do not have a unit training event scheduled.

Once you have reviewed this material, call Army Community Service at 719-526-0458 to make your test appointment. Testing will take place at Army Community Service (6303 Wetzel Avenue, BLDG 1526)

- You may bring any notes you wish
- You will receive a certificate of training once completed

***Plan one hour for your test appointment.***

This study version of ACS Reintegration training consists of four parts:

- 1. Communication***
  - 2. Domestic Violence***
  - 3. Money Matters***
  - 4. ACS Resources***
- 



# ARMY COMMUNITY SERVICE REINTEGRATION & COMMUNICATION



# COMMON THOUGHT PATTERNS AT REUNION

Redeploying Soldiers and their Families can sometimes face communication challenges during the reintegration process. Good communication is critical during this time. Review some of the common thought patterns that could occur:

## Soldier:

- What happened while I was gone?
- Where do I fit in now?
- How have my finances changed?
- When will things feel normal again?

## Spouse/Adult Family Member:

- Will my Soldier be different?
- Will I need to change the way I have been doing things?
- Will I feel like a stranger to my Soldier?
- Will he/she want to spend time with me?

## Children:

- Will there be new or different rules?
- When will Dad or Mom have to leave again?



## RESTARTING - RECONNECTING

As you begin reestablishing Family relationships, both Soldiers and Family members should remember that it is important to be aware of and acknowledge everyone's growth – new skills learned; and the contributions and sacrifices made during the separation.

When reconnecting, take a proactive approach to communication challenges. Some ways you can do this are:

- Share information: new experiences, skills learned
- Listen to one another
- Be proud of your accomplishments and contributions
- Take time to listen and be willing to compromise
- Be proud of your Family's accomplishments
- Spend quality time to get to know one another
- Pace Family activities – its important to not try and make up for lost time all at once
- Build in quiet time



# TALKING IT OUT – HEALTHY COMMUNICATION

The importance of empathetic listening and letting the person know you heard cannot be overstated.

## **Listen:**

- First and foremost: Set aside time to talk without distractions. Agree to take a time out if needed.
- Check in regularly at the first signs of a problem
- Create a receptive frame of mind
- Be Receptive: Listen with eyes and ears

## **Empathize:**

- Clarify the others point of view, paying attention to their feelings – even if it seems minor to you. Be willing to discuss feelings.
- Convey a connectedness, having a willingness to compromise





# SPEAKER LISTENER TECHNIQUE

## Speaker Listener Technique

### Rules for the Speaker

- Speak for yourself, don't mindread!
- Keep statements brief. Don't go on and on.
- Stop to let the listener paraphrase.

### Rules for the Listener

- Paraphrase what you hear.
- Focus on the speaker's message. Don't rebut.

### Rules for Both

- The speaker has the floor.
- Speaker keeps the floor while the listener paraphrases.
- Share the floor.

To order *Fighting for Your Marriage* books, audio, or video tapes:

**Call 1-800-366-0166 ©PREP Educational Products, Inc.**



# RE-ESTABLISHING INTIMACY

Possible concerns:

- Feeling like strangers
- Anxiety and concerns: affection, intimacy, sexual relations
- Fidelity in the relationship – seek professional assistance if this is a relationship concern

Things that will help:

- Commit to communicate – take the time to talk to each other and get to know one another again.
- Court each other - romance
- Set the stage for intimacy
- Take time readjusting to being together again





# RE-ESTABLISHING CONNECTIONS WITH CHILDREN

It's important to remember that....

- Children process and understand life events differently than adults
- Children react differently according to age, personality and individual coping styles
  - Clinginess, regression (i.e. potty training, etc.), acting out, talking non-stop, and indifference can all be normal reactions. Know when to seek help when it becomes abnormal...



# WHEN CHILDREN MAY NEED HELP

Watch for and seek help if:

- Lingering stress reactions and unusual behaviors interfere with day to day living
- There are significant changes in:
  - Appetite or sleep
  - Participation in favorite activities
  - Mood: Unhappy, sad or depressed
  - Acting out behaviors (getting into fights)
  - Withdrawal from friends
  - Academic performance
  - Controlling his/her temper



# COPING STRATEGIES

- Focus on health and well-being
- Manage your time
- Relax using many strategies: Meditation, deep breathing, yoga, reading inspirational books, listen to quiet music
- Have healthy conversations with family/friends
- Use spirituality to provide courage and hope



# RESOURCES AVAILABLE

**Resources are available**

**If the threat is imminent call 911**

Army Community Service: 526-4590

Behavioral Health: 503-7070 (duty hours)

Evans Army Community Hospital: 526-7000

Fort Carson Chaplain after hours: 238-2218

Military Family Life Counselors: 338-7216

Military Police desk: 526-2333

National Suicide Prevention Hotline: 1-800-273-8255

American Red Cross: 1-877-272-7337





# DOMESTIC VIOLENCE PREVENTION



# DOMESTIC VIOLENCE DEFINED

- An offense under the United States Code, the Uniform Code of Military Justice, or state law that involves the use, attempted use, or threatened use of force or violence against a person or a violation of a lawful order issued for the protection of a person who is :
  - A current or former spouse/Intimate Partner
  - A person with whom the abuser shares a child in common
  - A current or former intimate partner with whom the abuser shares or has shared a common domicile
- Soldier's are NOT exempt from the Lautenberg Amendment to the Gun Control Act of 1968.



# STATISTICS

- Fort Carson's DV Rate is one and a half times the rate of the rest of the Army. **There were over 3,000 reports taken on Fort Carson this past year alone**
- Among victims of intimate partner violence, about 1 in 4 women (24.3%) and 1 in 7 men (13.8%) have experienced severe physical violence by an intimate partner (e.g., hit with a fist or something hard, beaten, slammed against something) at some point in their lifetime.



# TYPES OF DOMESTIC VIOLENCE

- **Physical:** Slapping, hitting, pushing , burning and sexual abuse, hair-pulling, applying force to throat
- **Verbal:** Threats, insults, name calling, frequent yelling, demeaning talk to spouse/children, humiliating, interrogating, restricting ability to come and go freely or restricting access to use of economic resources, taking away military ID, etc.
- **Emotional/Psychological:** Threats of harming self, spouse/children, manipulates with lies, frequent affairs etc.





# POWER AND CONTROL

Abusers goal is to be in control and will do what they can to keep the relationship going ,no matter how unhealthy it is.

Abusers:

## -Threaten, intimidate or shame victim

- “I’ll hurt or kill you (family member).”
- “I’ll kill myself if you leave.”
- “I’ll report you for child abuse.”
- “If you report me, we’ll lose our house (or income or other benefits).”
- “Go ahead and leave. No one else wants you.”

## -Make excuses

- “it’s not a big deal”
- “this is just how I was raised”

## -Isolates victim

## -Makes victim feel guilty



# SITUATIONAL DOMESTIC VIOLENCE

Most cases are situational, they escalate when the number of stresses far exceeds the number of resources.

## Stresses

- Children
- Drugs/alcohol
- Deployments
- Financial

## Resources

- NPSP
- Counseling/MFLC
- ASAP
- Financial Readiness
- ACS Classes

Can you think of some other stresses upon redeployment which could lead to situational Domestic Violence situations?



# DOMESTIC VIOLENCE REPORTING

- **Unrestricted:** Provides a full investigation, medical treatment, advocacy, counseling and victim protections. Victims who wish to pursue an official investigation should report to the current reporting channels:
  - Chain of Command
  - Family Advocacy Program (FAP)
  - Law Enforcement
  - Fort Carson Victim Advocacy Hotline
    - **719-243-7907**



# DOMESTIC VIOLENCE REPORTING

- **Restricted:** Can confidentially receive medical treatment, advocacy services and counseling. There is no investigation, command is NOT notified. Victims must report to the following individuals only:
  - Victim Advocate
  - Victim Advocate Supervisor
  - Military Health Care Professional
  - Fort Carson Victim Advocacy Hotline
    - **719-243-7907**





# VICTIM ADVOCATES

Advocates can assist in:

- Finding Shelter
- Referrals: legal; child care, community resources
- Accompany: legal, medical, court
- Command Liaison
- Obtaining: Military Protective Order MPO)/  
Civilian Protection Order
- Create: Safety Plan



# CHILD ABUSE AND NEGLECT

Injury, maltreatment or neglect of a child that harms or threatens the child's welfare.

Child Abuse can happen in four ways:

- Neglect
- Physical Abuse
- Sexual Abuse
- Emotional Abuse

\*Note: if acts of violence are committed in the presence of a child (even if the child is in another room) it is considered child abuse in the state of Colorado



# THE FAMILY ADVOCACY PROGRAM

- Works to prevent abuse by providing education and awareness programs for military community
- Family Advocacy Program/Social Work Service professionals meet with suspected victims, offenders, family members
- Victim Advocates



# ACS PARENT PROGRAMS

New Parent Support

Nurturing Parenting Program

Basic Training for New Moms

Boot Camp for New Dads

Infant Massage

Playgroups

Home Visitor

**\*719-526-4590**





# RESOURCES AVAILABLE

**Resources are available**

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Evans Army Community Hospital: 526-7000

Fort Carson Chaplain after hours: 238-2218

Military Family Life Counselors: 338-7216

Military Police desk: 526-2333

National Suicide Prevention Hotline: 1-800-273-8255

American Red Cross: 1-877-272-7337



# ACS MONEY MATTERS



ARMY COMMUNITY SERVICE  
Financial Readiness

Bldg. 1526

TEL: (719) 526-4605

Leave A Message We Will  
Return Your Call !



# ACS Financial Readiness

## Services Offered

- **Army Emergency Relief** 719-526-4783
- **Debt Management** 719-526-4605
- **Budget Counseling** 719-526-4605/ 0448
- **Consumer Affairs** 719-526-4601
  - (Car Buying)
  - (Scams)
- **Investment Advice** 719-526-4605
  - (Home buying)
  - (Retirement)
- **Credit Counseling** 719-526-4601/ 0448





# ARMY EMERGENCY RELIEF (AER)

## Authorized

- Rent, Utilities or Food
- Medical or Funeral expenses
- Emergency Travel
- Essential POV
- And More

## Unauthorized

- Legal Fees / Fines
- Liquidation or Consolidation of Debts
- Items of Convenience
- Standard of Living Maintenance
- And More





# REDEPLOYMENT CHECK LIST

## PERSONAL FINANCES

- Check with creditor to insure bills are paid.
- Monitor your LES for the next two months for errors.
- If overpayment by military DO NOT SPEND – they'll take it back.
- Be careful not to over-spend.
- Review your budget and adjust if needed.
- Use service's and programs offered by ACS.
- *If You Need Assistance with any of these topics,  
Please Call for Appointment (719)526-4605*



# \$MART O N E Y A L K \$

Classes are offered monthly by Army Community Service on a variety of popular financial topics. To view and sign up for these free classes, visit [carson.army.mil/acs](http://carson.army.mil/acs) and type “money trouble” into the search box.

Free Book at class



Truth-In-Lending Disclosure				
<b>Annual Percentage Rate</b> The cost of your credit as a yearly rate.	<b>Finance Charge</b> The dollar amount the credit will cost you.	<b>Amount Financed</b> The amount of credit provided to you or on your behalf.	<b>Total of Payments</b> The amount you will have paid when you have made all scheduled payments.	<b>Total Sale Price</b> The total cost of your purchase on credit, including your down payment of
15.99%	\$ 13,994.63	\$ 24,473.53	\$ 38,468.16	\$ 2,000.00 40,468.16
<b>Payment Schedule.</b> Your payment schedule is:				
No. of Payments	Amount of Payments	When Payments are Due		
72	\$ 534.28	MONTHLY BEGINNING ON 05/05/2016		
N/A	\$ N/A	N/A		
N/A	\$ N/A	N/A		
<b>Security.</b> You are giving us a security interest in the Property purchased.				
<b>Late Charge.</b> If all or any portion of a payment is not paid within 10 days of its due date, you will be charged a late charge of \$15.00.				
<b>Prepayment.</b> If you pay off this Contract early, you <input type="checkbox"/> may <input checked="" type="checkbox"/> will not have to pay a Minimum Finance Charge.				
<b>Contract Provisions.</b> You can see the terms of this Contract for any additional information about nonpayment, default, any required repayment before the scheduled date, and prepayment refunds and penalties.				

Learn what the Truth-In-Lending Disclosure means before you ever purchase a car. ACS Financial Readiness can help you plan your next car purchase so that you get the best deal for you. Additionally, three websites that you may find very helpful: [www.kbb.com](http://www.kbb.com), [Carfax.com](http://Carfax.com), [www.Edmunds.com](http://www.Edmunds.com). All these sites will provide you will the blue value of the car that you plan on buying. **KNOW BEFORE YOU BUY**





Starting early with a small amount is a great way to start your retirement planning. Do you know the difference between Roth and Traditional and which you should use? Financial Readiness can help you make plans for your future!

## ROTH

VS.

## TRADITIONAL

### Not Tax Deductible

\$6,000 Max (\$7,000 Max if over 50) IRA 2019  
 \$19,000 Max (\$25,000 Max if over 50) TSP 2019  
 \$ 56,000 Max (DC Limit) Deployed 2019

Tax Free Withdrawals

Principal Withdrawals

Penalty free withdrawals may be allowed for education, “first-time” home purchase, and medical expenses.

May Be Tax Deductible  
 Tax Deferred Growth  
 Taxable Withdrawals



\*Used with Blended Retirement System



# DISPUTING YOUR CREDIT HISTORY

Upon redeployment, you should be checking your credit report! If anything is not correct you can dispute it and it will be expunged. Your good credit is essential for getting the best in interest rates, and a negative credit report can affect your security clearance.

You Have the Right to Dispute Anything!

- Know what your report says (look annually)  
[Experian.com/freestate](http://Experian.com/freestate)
- Dispute on-line through the Credit Bureau @  
[Annualcreditreport.com](http://Annualcreditreport.com)



# Suicide prevention is everyones business



## National Suicide Prevention Lifeline

If you are experiencing a crisis, or have a friend or family member in crisis

Call 1-800-273-TALK (8255) and press '1' for the Military Crisis Line

Text 838255

# Suicide warning signs

Some people who die by suicide **do not** show any warning signs, but about 75 percent of those who die by suicide do exhibit some suicide warning signs, so we need to **be aware** of them. If we see someone exhibiting suicide warning signs, we must **do everything that we can** to help them.

- Appearing depressed or sad most of the time; untreated depression is the number one cause for suicide
- Talking or writing about death or suicide
- Feeling trapped, like there is no way out of a situation
- History of family violence, regardless of age, gender, offender or victim; greatest risk to Soldiers with <5 years of service
- Experiencing dramatic mood changes
- Exhibiting a change in personality
- Losing interest in most activities
- Experiencing a change in sleeping habits
- Experiencing a change in eating habits
- Losing interest in most activities
- Performing poorly at work or in school
- Giving away prized possessions
- Withdrawing from family and friends

# Suicide prevention-how you can help

## IN PERSON

- Ask** if a person appears at risk for self-harm (or harming others), ask them if they are considering suicide/homicide. If they are, proceed to the next step.
- Care** for them first and foremost by staying with and supporting them. Determine the Soldier or Sponsor's unit or call 911. See if there is anyone close that can assist. Calmly control the situation through active listening.

**Do not leave the person alone under any circumstances.**

- Escort** the individual to Behavioral Health or the Emergency Room (or via 911). In every case, the patient must feel comfortable and not intimidated by the escort.

## ON THE PHONE

- If you get a call from an individual who seems severely depressed or suicidal/homicidal, follow the ACE procedures above.
- Ask** if they are considering suicide/homicide; ask for location and phone number.
- Care** for them by staying on the phone with them; be an active listener.
- Escort** You may have to go to where they are or alert someone else to call emergency services to their location. It is vital that the person not be left alone.

## CALL TO ACTION

Report suspicions of family violence to Family Advocacy Program Manager early to ensure families get help and prevent situations from escalating to serious offenses.



# ARMY COMMUNITY SERVICE

ARMY COMMUNITY SERVICE  
**ACS**  
Real-Life Solutions for Successful Army Living

"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"

**6303 Wetzel Ave., Bldg. 1526, Fort Carson, CO 80913**



**[www.carson.army.mil/acs](http://www.carson.army.mil/acs)**

Telephone: (719) 526-4590  
Toll Free: 1-866-804-8763

EDUCATION. OPPORTUNITY. DISCOVERY.

# Community Information & Referral Program

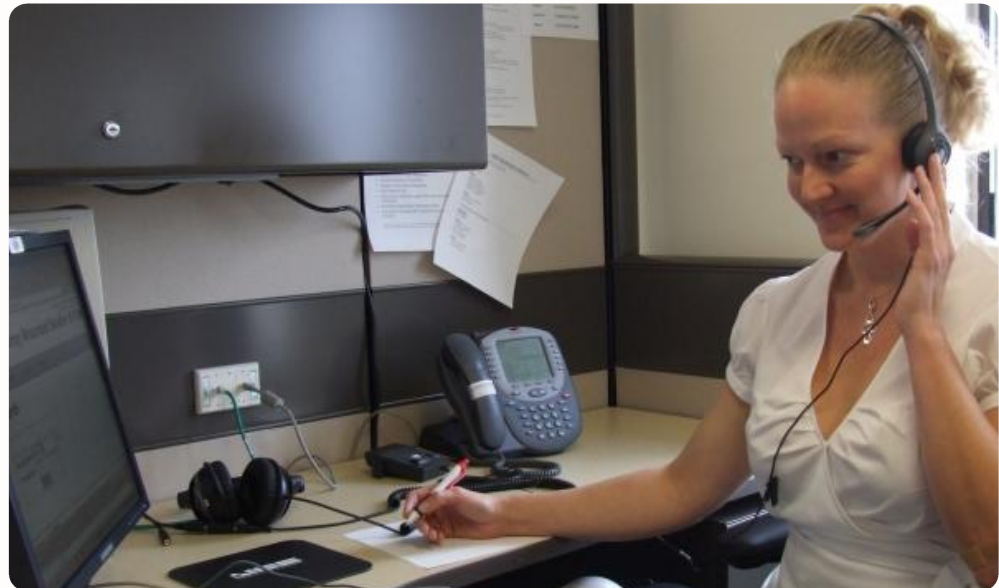


"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"

- Links together local, state and federal resources
- Installation & Community resources
- TEL: (719) 526-4590
- TTY: (719) 526-1949
- TOLL FREE: 1-866-804-8763



**“Your connection  
to everything!”**



EDUCATION. OPPORTUNITY. DISCOVERY.



# Army Volunteer Corps (AVC)



"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"



## Benefits of Volunteering

- Develop new skills
- Broaden resume
- Self satisfaction
- Sense of accomplishment
- Recognition

VOLUNTEERS  
NEEDED



EDUCATION. OPPORTUNITY. DISCOVERY.



# Employment Readiness Program

"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"



- Individual Career Counseling
- Workshops/ Job Fairs
- Resume Assistance
- Listing of Job Vacancies
- Computer Resource Room
- Scholarship Information



EDUCATION. OPPORTUNITY. DISCOVERY.





# Financial Readiness Program

"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"



- Debt Management
- Budget Counseling
  - First Term Financial Training
- Financial Education
  - Money Solutions monthly classes
  - Car/Home Buying
  - Investing
- Community Assistance Programs
- Consumer Affairs assistance
- Army Emergency Relief
- Blended Retirement System/TSP



EDUCATION. OPPORTUNITY. DISCOVERY.

# Military & Family Life Counselors (MFLC)

"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"



## Non-Medical Counseling Services

- Parenting
- Anger Management
- Conflict Resolution
- Communication
- Relationship Issues
- Decision Making Skills
- Productivity at Work
- Deployment Stress
- Reintegration
- Relocation Adjustment
- Separation
- Coping Skills
- Grief and loss
- Building Resiliency



**Call (719) 338-7216**

**"Supporting Service Members & Their Families"**

# Family Enrichment Program (FEP)



"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"



*Connecting Families to the Army...One Class at a Time!*

**Army Family Team Building (AFTB) Training** provides spouses with the knowledge to become self-reliant and resilient.



## Other Trainings

ACS Instructor Training  
Family OPSEC  
FRG Courses (Leader, Key Caller, Treasurer, CARE Team)

## 3 Levels

Level K: 10 modules on Military Knowledge

Level G: 12 modules on Personal Growth

Level L: 8 modules on Leadership Development

**Also offered online at [ArmyOneSource.com](http://ArmyOneSource.com)**

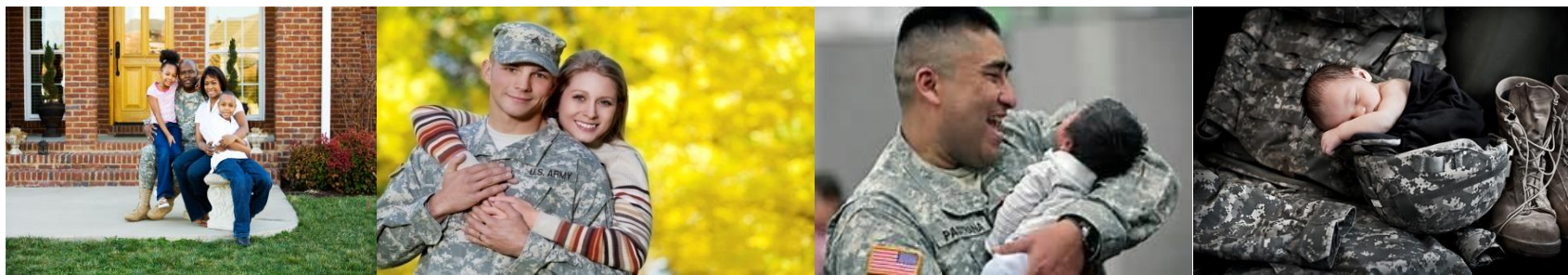


# Soldier & Family Readiness Program (SFRP)

"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"



- Marriage Enrichment Programs
- Victim Advocacy Programs
- New Parent Support Programs (NPSP)
- Nurturing Parenting Programs
- Boot Camp for New Dads
- Basic Training for New Moms
- Cooperative Parenting & Divorce
- Kids Chat
- Smart Steps for Blended Families
- Scream Free Parenting
- Play Groups
- Toddler Time
- Leadership Response to DV
- Family Resilience Training
- Sexual Harassment/ Assault Response & Prevention (SHARP)





# Exceptional Family Member Program (EFMP)



"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"

- Assignment Coordination & Family Support
- EFM = Child OR Adult
- Mandatory Enrollment & Triennial Updates
- Assistance with Advocacy, Linkage to Resources/Support Groups, Relocation Assistance, Information & Referral, and Respite Care





# Relocation Readiness Program

"THE BEST HOMETOWN IN THE ARMY – HOME OF AMERICA'S BEST"



- Moving Consultations & Resources
- Waiting Families Program
- Sponsorship Training
- "Plan My Move" Assistance
- [Militaryinstallations.dod.mil](http://Militaryinstallations.dod.mil)
- Multi-Cultural Assistance
- Immigration & Naturalization Services
- English as a Second Language (ESL)
- Ethnic and Multicultural Meet-Up Groups
- Newcomer Assistance & Orientation
- Computer Lab for Newcomers
- Home Buyer's Workshop

"Making your move a bit smoother...coming or going."





# STAY CONNECTED WITH ARMY COMMUNITY SERVICE

## Army Community Service Hours of Operation:

Monday: 0800 to 1700  
Tuesday: 0800 to 1700  
Wednesday: 0900 to 1700  
Thursday: 0800 to 1700  
Friday: 0800 to 1700  
Saturday: Closed  
Sunday: Closed



[www.carson.army.mil/acs](http://www.carson.army.mil/acs)

**Facebook: Fort Carson Army Community Service**

**Twitter: FortCarsonACS**

Get ACS updates on your  
phone!

Text:

FollowFortCarsonACS

to 40404 to receive  
updates and information  
from your Fort Carson ACS