

Afterdeployment.org

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Summary

Afterdeployment.org is a Congressionally mandated wellness resource for the military community. Its mission is to help Servicemembers, their Families, and Veterans overcome common adjustment problems following a deployment. The resources and exercises on afterdeployment.org address post-deployment challenges, including: post-traumatic stress and triggers; conflict at work; re-connecting with Family and friends; depression; anger; sleep problems; substance abuse; stress management; kids and deployment; spiritual guidance; living with physical injuries; health and wellness; and much more.

Users who sign up can take full advantage of the interactive workshops, save their work, track their progress, and participate in community forums. Signing up is easy and can be done anonymously. Even though the site requires Soldiers to register, all data is private and not shared with the Soldier's Chain of Command. Afterdeployment.org understands that maintaining privacy is extremely important. When signing up, Soldiers will not be asked for personally identifiable information such as names or social security numbers.

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Links

- [Post Traumatic Stress](#)
Post-traumatic stress is a common response to experiencing traumatic events. This program has been designed to provide a wide range of support for coping with post-traumatic stress. Take an assessment to get feedback on how you are doing or jump into the workshops to learn about how post-traumatic symptoms are triggered and what to do when this happens. Check out the videos of others who are dealing with post-traumatic stress, and explore the e-library for in-depth information.
- [Depression](#)
Depression can take many forms and have many causes. The goal of this program is to learn about Depression, but more importantly, to provide tools and resources needed to change mood and build greater resilience. Take an assessment to get feedback or jump into the workshops to learn about depression. Check out the videos of others who are dealing with depression, and explore the e-library for in-depth information.

- [Anger](#)
Anger is one of the main concerns of Servicemembers returning from deployment. Problems can range from irritability to rage. Most of the time things calm down by themselves, but if some level of anger is interfering with the successful adjustment to work or with relationships, then it is something that needs attention. This program can help. Take an assessment to get feedback or jump into the workshops to learn about how to manage anger. Check out the videos of others who are dealing with anger and explore the e-library for in-depth information.
- [Sleep](#)
One of the difficulties with sleep problems is that many of the common sense solutions tend to make the problem worse, not better. Whether experiencing difficulty falling asleep, awakening too early, having nightmares, or awakening and feeling tired, the tools in this program will help. Take an assessment to get feedback or jump into the workshops to learn about tools to help improve sleep. Check out the videos of others who are dealing with sleep, and explore the e-library for in-depth information.
- [Families and Friendships](#)
The stress of deployment often uncovers problems in relationships that existed before, but had gone un-noticed. For example, after a deployment minor irritations that might have been overlooked can blow up into major conflict. The material here will help with relationship problems. Take an assessment to get feedback on or jump into the workshops to learn about various relationship skills. Check out the videos of others who are dealing with relationship problems and explore the e-library for in-depth information.
- [Anxiety](#)
Individuals living with anxiety exist in a world of "what if?" It's a world of hypervigilance, and worst case scenarios. During deployment, anxiety is most often a healthy response to a dangerous world. After deployment, anxiety can cause significant disruption in life. This program has been developed to help make the adjustment to a post deployment world that doesn't pose a constant threat. Take an assessment to get feedback on or jump into the workshops to learn about how anxiety is affecting your life and how to manage it. Check out the videos of others who are dealing with anxiety, and explore the e-library for in-depth information.
- [Alcohol and Drugs](#)
Alcohol and drug information is available to help figure out if there is a problem and if so, some ways to fix or help the problem. This is a good place to start. Take an assessment to get feedback or jump into the workshops to learn how alcohol and drugs affect your life and how to manage them. Check out the videos of others who are dealing with alcohol and drug related problems, and explore the e-library for in-depth information.

- [Tobacco](#)
It's no secret that tobacco kills. It also makes people sick. This program provides a set of tools to help you realistically evaluate tobacco use and make a detailed plan for quitting. Take an assessment to get feedback or jump into the workshops to learn about the use of tobacco and tools to eliminate it. Check out the videos of others who are evaluating their or their loved ones use of tobacco, and explore the e-library for in-depth information.
- [Physical Injuries](#)
Injuries challenge almost everything we thought we knew about ourselves. There are almost as many reactions to injuries as there are injured service members. What makes the difference between someone who survives, grows, and ultimately thrives in the presence of a serious injury and someone who doesn't? Our material on Physical Injury is designed to help you begin to answer that question. Information on adapting to physical injury and taking care of someone with a physical injury is provided in this section. Check out the videos of others who are dealing with physical injuries, and explore the e-library for in-depth information.
- [Mild Traumatic Brain Injury](#)
The effects of a concussion are usually temporary and disappear after a few weeks. When symptoms do not go away naturally, it is important to seek help. There are often other difficulties involved, including depression, post-traumatic stress, or other physical injuries. While it is not a substitute for professional help, this program has many tools to learn more about mTBI, strategies for handling the frustrations that go with this kind of injury, and opportunities to hear from others who have struggled with this challenge. Take an assessment to get feedback on or jump into the workshops to learn more about mTBI. Check out the videos of others who are dealing with mTBI, and explore the e-library for in-depth information.
- [Life Stress](#)
The Life Stress program is designed to help evaluate a Soldier's or Family member's stress and how it may be affecting their lives and to provide information and specific exercises to help. Even positive events like returning from deployment can cause stress. Check out the videos of others who are dealing with stress and explore the e-library for in-depth information.
- [Stigma](#)
Institutional and personal stigma can interfere with getting needed help by creating an atmosphere of fear and intimidation. Learn how to stop focusing on worse case scenarios when it comes to help-seeking. Watch videos of those who have overcome their fear of negative consequences for using health resources they needed to cope with PTSD, depression and other challenges.

- [Resilience](#)
Resilience is the ability to respond successfully to the challenges of life. No one is immune to setbacks when faced with these challenges, but those who feel like they are prepared to manage life's difficulties have the greatest chance of overcoming them. This program provides a number of tools to help anticipate and manage the challenges associated with the deployment cycle. Take an assessment to get feedback on how you are doing or jump into the workshops to learn more about resilience. Check out the videos of others talking about how resilience has played a role in their lives, and explore the e-library for in-depth information.
- [Military Sexual Trauma](#)
This program has been designed to provide support to Servicemembers who are healing after having experienced sexual trauma. Hear from others who have experienced sexual trauma, learn coping skills that can be helpful in the healing process, and develop a plan for moving forward. Take an assessment or jump into the workshops to learn more about coping skills and the healing process. Check out the videos of others who are dealing with similar experiences, and explore the e-library for in-depth information.
- [Health and Wellness](#)
The wisdom of keeping life in balance may not be obvious until under unusual stress, feeling overwhelmed with life's demands, or coming down with an illness. This health and wellness program is designed to provide the tools to help balance the competing demands of work, family and leisure. Take an assessment to get feedback or jump into the workshops. Check out the videos of others who are dealing with conflicting demands, and explore the e-library for in-depth information.
- [Families With Kids](#)
Children are not little adults. They have their own unique view of the world which is very different from the world adults see. While reassurance and guidance with words is important to children, watching their parents successfully cope with the deployment experience will help them develop confidence. Take an assessment or jump into the workshops to learn more about successfully coping with the deployment experience. Check out the videos of others who are dealing with deployment, and explore the e-library for in-depth information.
- [Spirituality](#)
Deployment can challenge long held beliefs. For some people it is the first time they have thought seriously about spiritual concerns. Still others find their deployment experience strengthens their belief system, whether it has a spiritual component or not. Take an assessment to get feedback or jump into the workshops to learn more about the role of spirituality in life. Check out the videos of others discussing spirituality, and explore the e-library for in-depth information.

- [Work Adjustment](#)

The work environment and work requirements after deployment are usually significantly different than those experienced while deployed. The successful deployment skills may not work as well or may actually be counterproductive back at home. This program provides a number of tools to help with this adjustment. Take an assessment and get feedback or jump into the workshops on how to succeed at work. Check out the videos of others who are dealing with work adjustment problems and explore the e-library for in-depth information.

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