



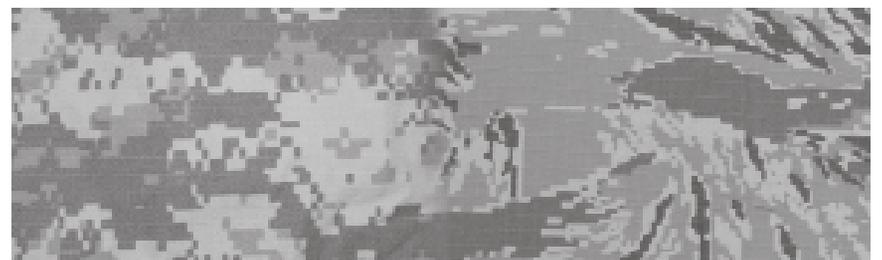
Your Yellow Ribbon

The National Guard Yellow Ribbon Reintegration Program



Yellow Ribbon Reintegration Program
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Your Yellow Ribbon



No one should embark on a deployment or see a loved one deploy without first knowing about the benefits, resources, and contacts to navigate the deployment cycle. This is the philosophy of the Yellow Ribbon Reintegration Program, a legislatively mandated program that helps Service Members and their Families in the National Guard connect with their local support community before, during, and after deployments.

Your Readiness is Our Mission

The National Guard Yellow Ribbon Reintegration Program is a legislatively mandated program designed to provide information, services, referrals, and proactive outreach programs to Service Members and Families of the National Guard and Reserves throughout all phases of the deployment cycle. We accomplish this through Yellow Ribbon Reintegration Program events, held in every state so you can attend as close to home as possible.

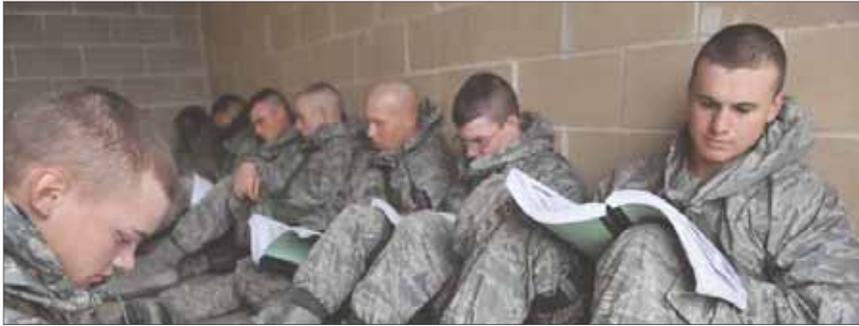
If you're a member of the National Guard, attendance at Yellow Ribbon Reintegration Program event is mandatory to ensure you and your Family benefit from the resources available to you. It's not just about getting through deployment – it's about reducing the stress of transitioning into and out of each deployment phase, supporting your reintegration, and meeting the unique challenges that National Guard Service Members and Families face by connecting you with your local support community.

Medical Benefits Financial Counseling Child & Youth Counseling Veterans Affairs Benefits Substance Abuse Awareness Counterdrug Programs Safety Awareness Domestic Violence & Sexual Assault Awareness **How We Help** Emotional Psychological & Behavioral Employment Issues Marriage & Singles Enrichment

We work with our Federal partners (including Departments of Labor and Veterans Affairs and the Small Business Administration) and local service providers (such as Veteran Service organizations and the American Red Cross), to help Service Members and their Families navigate through the numerous Department of Defense, Veterans Affairs and State systems. We provide assistance with a variety of entitlement subjects and issues including:

- TRICARE benefits and dental plans
- Referrals to counseling services such as Financial Counseling and Child & Youth Counseling services
- Veterans Affairs (VA) Benefits and VA enrollment
- Substance Abuse Awareness and Counterdrug Programs
- Safety Awareness
- Domestic Violence and Sexual Assault Awareness
- Emotional, Psychological and Behavioral Services
- Marriage and Singles enrichment
- Employment Issues





What's in it for me?

For Service Members, Yellow Ribbon Reintegration Program events provide a unique opportunity to commune with your unit and find support among peers who will also share the deployment experience. Most events involve group sessions and offer the chance to speak one-on-one with service providers, giving you immediate access to professionals who can help answer some big questions like:

- What will happen to my job while I'm gone?
- How can my Family and I manage our finances while I'm away?
- What benefits am I entitled to when I return?
- Who will help my spouse look after our children?
- What about health care?

Attending a Yellow Ribbon Reintegration Program event can be the best way to equip your Family for the changes ahead and prepare you for the future.

The Yellow Ribbon Reintegration Program focuses on several issues to help Soldiers and their Families cope with the aftermath of deployments including:

injuries, isolation, drug and alcohol abuse, depression, anger, estrangement and uneasiness in crowds.

Family Members

When a Loved One Deploys

As a spouse or Family member of a Service Member, you make tremendous sacrifices, too. Seeing a loved one embark on a long separation isn't easy, and you shouldn't try to go it alone. That's why the Yellow Ribbon Reintegration Program isn't just for Service Members – it's for Families too, providing services, resources, and information to help you handle deployment and weather the challenges that arise when there is one less parent, spouse or provider in your household due to deployment. In fact, During Deployment Events are made just for you.



Who qualifies as "Family"?

For purposes of attending a Yellow Ribbon Reintegration Program event, Family includes the Service Member's spouse, children, parents, grandparents, and/or significant others. Funding may not be available for all types of Family members, so it's important to check with your Yellow Ribbon Reintegration Program Event Coordinator to:

- a) See if you may attend as a Family member, and
- b) Find out if your attendance will be funded.



Some things you can expect from attending a Yellow Ribbon Reintegration Program event are:

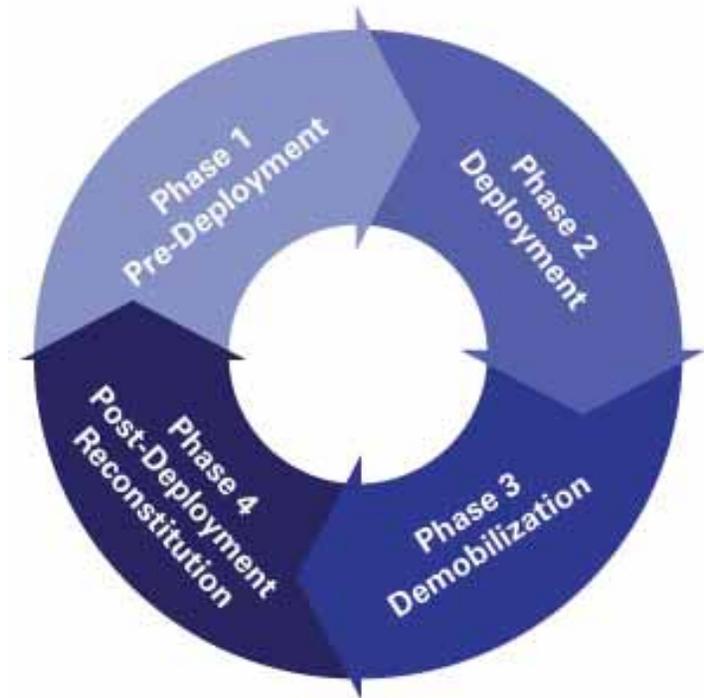
- Points of contact to valuable resources in your community
- Coping strategies and tips for dealing with your loved one's separation
- Information about benefits and entitlements you may have earned through your loved one's service
- Connecting with other Families who share the same experiences
- Awareness and information you can use as you help your loved one reintegrate into civilian life after deployment

In a special initiative for National Guard children, the Yellow Ribbon Reintegration Program has partnered with Sesame Street to bring "Listen, Talk, Connect" to local Yellow Ribbon Reintegration Program events! Attending a Yellow Ribbon Reintegration Program event can strengthen your Family for the changes that occur while your loved one is deployed and after they return.

Deployment Cycle

Identifying the Phases of Deployment

Knowing what to expect is the first step to ensuring readiness and resiliency! Whether you've been through multiple deployments or you're about to deploy for the first time, understanding the deployment cycle and attending its corresponding events is an easy way to guarantee you're in the loop on all the services...





Phase 1

Pre-Deployment

Timeframe: From first notification of deployment until deployment occurs

From the moment you are alerted of your imminent deployment, this time should be used to prepare for your departure. If you are a Family member, this marks the period during which you will prepare for the separation of your loved one. It's important for military Families to use this phase as an opportunity to connect emotionally, to line up your local support resources, and ensure all financial and household tasks are assigned and ready to be accomplished while you or your loved one is away. If you are a Service Member, you can also expect to receive important information to help you stay safe during your deployment, one of many topics that attending a Pre-Deployment event with your Family will address.

Phase 2

During Deployment

Timeframe: From departure until demobilization

During this phase, units or individuals deploy from their respective installations into their designated assignment. As a deployed Service Member, you are performing your mission, but in the meantime, Families will be adjusting to the separation. Wherever possible, the during deployment phase is a good time to keep in touch through letters, phone calls, emails and social networking sites like Facebook and MySpace. Family members will benefit from attending a During Deployment event to receive coping tips, discuss reunion issues, and more.

Phase 3

Demobilization

Timeframe: From the unit's arrival at the demobilization station to departure for its home station

You (or your loved one) are finally coming home. Redeployment/demobilization marks the period during which Service Members returning from theater arrive at the demobilization station or wing and receive briefings, medical assessments, and materials to begin their healthy, successful reintegration into their Families, civilian employment, and communities. As a returning Service Member, you may be extremely eager to get home, and Family members will be just as anxious for your arrival, but it's important to be patient throughout this process, as it will ensure a smoother transition.

Phase 4

Post-Deployment

Timeframe: From arrival at home station to 180 days after arrival

Welcome home! You've served your Nation and are reunited with the world you left behind. Now what? Reintegration into civilian life may pose a new set of challenges for you and your Family as you strive towards regaining normalcy after deployment. Post-Deployment usually occur 30, 60, and 90 days out to gradually help you and your Family adjust to life after separation. You'll receive information about services and entitlements you've earned, as well as points of contact to help you cope with any challenges you may experience as a result of being deployed.

Yellow Ribbon Reintegration Program Events

Attend a local Yellow Ribbon Reintegration Program event to head off deployment stress and uncertainty. All National Guard and Reserve Components hold events and activities to give you and your loved ones valuable information on benefits, services, and resources that are available before, during and after the deployment.



Pre-Deployment Events

During Deployment Events

30-Day Post-Deployment Events

60-Day Post-Deployment Events

90-Day Post-Deployment Events

Did you know...

- National Guard mandates its members to attend, and Family members are strongly encouraged to attend as well. Even children can participate in events where child-care and Child & Youth programs are provided.
- If your chain of command approves, you may attend another Unit or Service Component's Yellow Ribbon Reintegration Program event if your unit's event is too far away. Yellow Ribbon Reintegration Program events provide the same information regardless of the Service Component or unit affiliation. To attend another unit's event, ask your chain of command for permission and register for the event near you.
- Your Yellow Ribbon Reintegration Program event Coordinator and unit Command has the most up-to-date and accurate information about the program and its benefits. You can find your local Event Coordinator on the JSS Resource Finder.

Pre-deployment Events

Attendees receive useful information to assist with the challenges of extended separation and deployment.

Who may attend: Service Members and Families.

What to expect: Training, resources and services to help Service members and their Families plan ahead for deployment and/or mobilization. Subject matter areas may include financial preparation, emotional health, household support, deployment safety, and other strategies to help you and your Family transition into the deployment phase.

During Deployment Events

During the deployment of the Service member, these events provide information, resources, and services specifically to Families, and/or employers of deployed/mobilized Service Members.

Who may attend: Family members as determined by your branch of service.

What to expect: During Deployment Events focus on addressing challenges and stressors associated with separation that National Guard Families may experience, while providing an opportunity for Families to connect with one another.

30-Day Post-Deployment Event

The intent of this event is to help Service members and their Families reconnect after deployment, provide information about resources that can help reduce the stressors associated with a long separation, and educate the Service member and his or her Family about the benefits they have earned as a result of their deployment and how to access those benefits. This is also your opportunity to welcome Service Members home!

Who may attend: Service Members and Families.

What to expect: Attendees can look forward to receiving marriage assessment and counseling information, Veterans Affairs information and enrollment assistance, education and training benefits, domestic violence awareness and prevention, suicide awareness and prevention, as well as vital health information on TBI and PTSD. Service Providers will be on hand to help you, representing such organizations as the Veterans Affairs Vet Center, TRICARE, Military OneSource, NGB Employer Support, Sexual Assault Prevention and Response Program, and others.

60-Day Post-Deployment Event

This event is typically a continuance of the 30-day event, and brings attendees back into an environment that encourages further discussion about a variety of reintegration topics.

Who may attend: Service Members and Families

What to expect: The 60-Day Post-Deployment event usually involves discussion about communication issues, mental health awareness and referral, emotional fitness issues, and more. Additional services are available to assist with child and youth issues, single Service Member issues, domestic violence awareness, substance abuse awareness, financial management, driver safety, and legal matters.

90-Day Post-Deployment Event

This event centers on the completion of the Post-Deployment Health Re-Assessment (PDHRA)

Who may attend: Normally, only Service Members attend

What to expect: Programs focus on the Service Member and

their adjustment and reintegration process. Service Members will also have the opportunity to reconnect with other members of their unit.

Want to know more?

For more information about the Yellow Ribbon Reintegration Program and its benefits, please contact the Yellow Ribbon Office at the address or phone number listed on the back of this pamphlet.

You can also visit the website: www.jointservicesupport.org/WS