

“Desert to Desk” AF Seminar Outline

27 FEB 06 – Day 1 (Desert Experience)

0900 - (Solid Rock Café, Bldg. 450) Coffee and muffins available

Participants complete brief (anonymous) survey

Welcome Home

Purpose of meeting

“Rules of Engagement” (confidentiality parameters)

Introduction of Participants: Name/Rank

Where deployed/How long

Job when deployed

1000 – Break

1030 – Life Skills representatives review surveys (“Desert” portion of seminar)

(“X” number of you are reporting sleep trouble. Does anyone care to elaborate on this? Use surveys as a segue to describe “normal” experiences or symptoms people experience both during deployment and post-deployment.)

1200 – Lunch (Provided by HC)

1300 – Stretching and/or meditative activity

1320 – The Spiritual Dimension of wellness (HC)

1340 – Time with the SARC

1400 – Break

1415 – Services available at FSC

1500 – Assign Homework (Discuss today’s seminar with family and/or friends. Bring family/friends’ concerns tomorrow. Bring PT gear)

End of Duty Day

28 FEB 06 – Day 2 (Return to Desktop)

- 0900 – Coffee, juice and muffins are made available
 - Stretching and/or meditative exercise
 - Thoughts from yesterday? (Hold family concerns for now)
 - Life Skills leads “Desktop” Discussion
 - Common challenges for returnees
 - Changes in work status
 - Changes at home

- 0950 – Break

- 1000 – Life Skills “Desktop” Discussion continues (Social Work)
 - Positive changes (Lessons learned) from deployment experience

- 1100 – Family Advocacy addresses common Family challenges for deployment
 - Explanation of services available at FA

- 1200 – Lunch

- 1300 – Life Skills recap
 - PTSD discussion (signs and symptoms)
 - Services available at Life Skills and MH flight
 - How to access Life Skills

- 1340 - Break

- 1350 – Public Affairs, Home Town News Release

- 1410 – Legal Office Briefing
 - What to do with those Powers of Attorney?
 - Theft, material damage while deployed

- 1440 – Walk to HAWC
 - Briefing on Services available

- 1510 – Fitness time at Pitsenbarger Fitness Center

- 1550 – Seminar Critique

- 1600 – End of Duty Day

