

CAREER

PHYSICAL



WTC[®]

U.S. ARMY

WARRIOR TRANSITION COMMAND

COMPREHENSIVE TRANSITION PLAN

A WOUNDED, ILL, OR INJURED SOLDIER'S PERSONAL TRANSITION PLAN DEVELOPED WITH A MULTIDISCIPLINARY TEAM

SPIRITUAL

EMOTIONAL



FAMILY

SOCIAL

COMPREHENSIVE TRANSITION PLAN

To support each Warrior in Transition's (WT) return to the force or transition to Veteran status, the Army developed a systematic framework known as the Comprehensive Transition Plan (CTP).

The CTP is a **seven-part process** for every WT that includes an **individual plan** that the WT creates for him/herself with support of the Warrior Transition Unit (WTU) cadre. Using a standardized framework, this process allows wounded, ill, and injured Soldiers to **customize their recovery** plan—enabling them to set and reach their personal goals.

The CTP is a process that includes a personal, customized plan created for the Soldier by the Soldier.



TRIAD OF CARE

Each Warrior in Transition (WT) will benefit from a Triad of Care. These professionals work together to coordinate all aspects of the WT's **medical** and **non-medical care**.

- ◆ **Primary Care Manager** is usually a physician who serves as an advocate for WTs and their Families and provides clinical ownership, accountability, and continuity of care.
- ◆ **Nurse Case Manager** provides a vital link between Warriors in Transition and every medical specialty at the Military Treatment Facility and serves as the primary liaison between WTs and their medical providers.
- ◆ **Squad Leader** is the first line supervisor for WTs and their link to the chain of command and facilitates any administrative issues that arise. The squad leader serves as the WTs' guide through the WTU process, ensuring that WTs and their Families are informed of all appointments and necessary information throughout their assignment to the WTU.

MULTIDISCIPLINARY TEAM

The Triad of Care is augmented by a multidisciplinary team of health care and transition specialists who **work together to coordinate and optimize** the care and transition of each individual WT. This team includes **social workers, physical therapists, occupational therapists, AW2 Advocates**, and many other professionals.



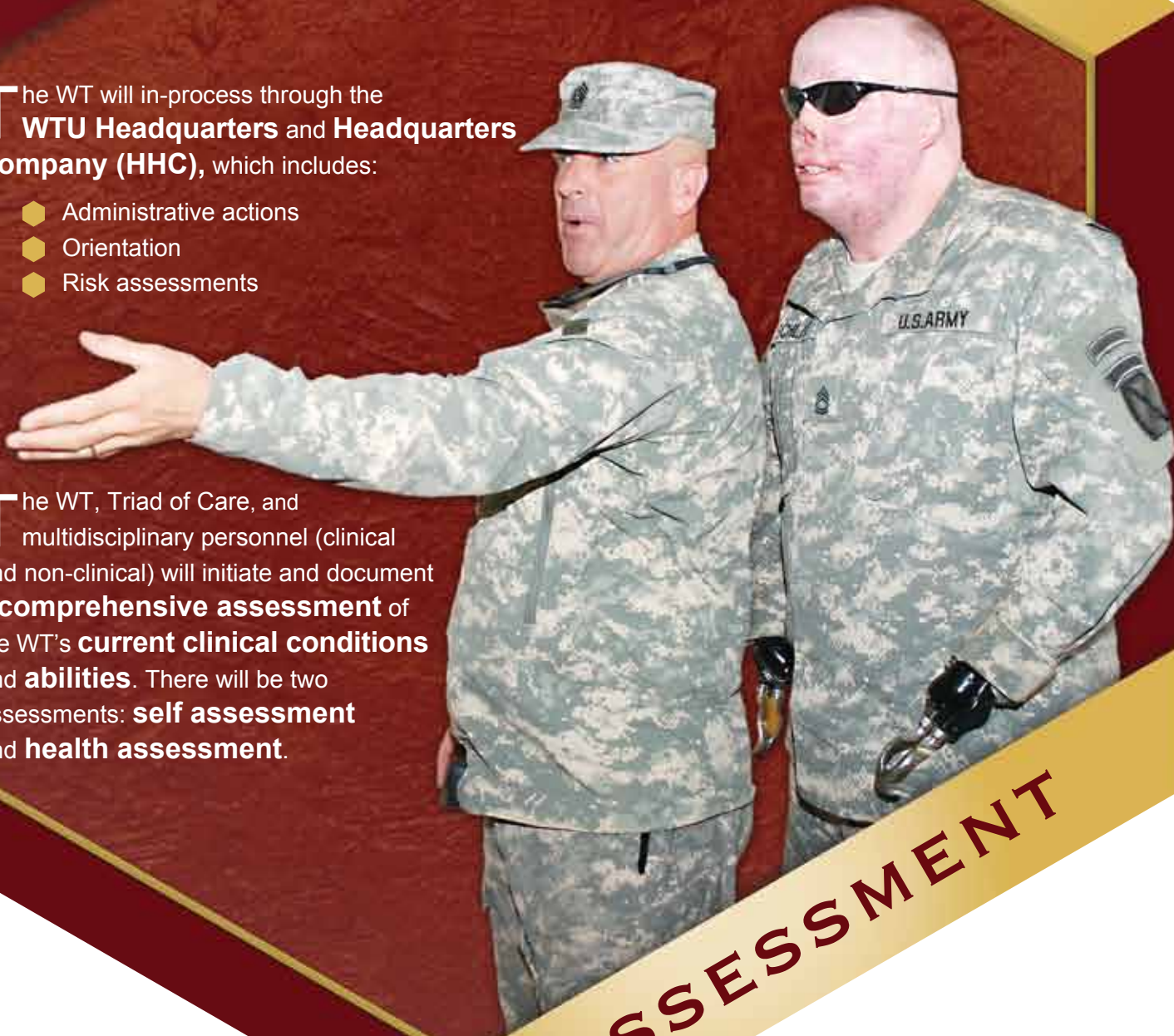
INTAKE

The WT will in-process through the **WTU Headquarters** and **Headquarters Company (HHC)**, which includes:

- ◆ Administrative actions
- ◆ Orientation
- ◆ Risk assessments

The WT, Triad of Care, and multidisciplinary personnel (clinical and non-clinical) will initiate and document a **comprehensive assessment** of the WT's **current clinical conditions** and **abilities**. There will be two assessments: **self assessment** and **health assessment**.

ASSESSMENT



GOAL SETTING

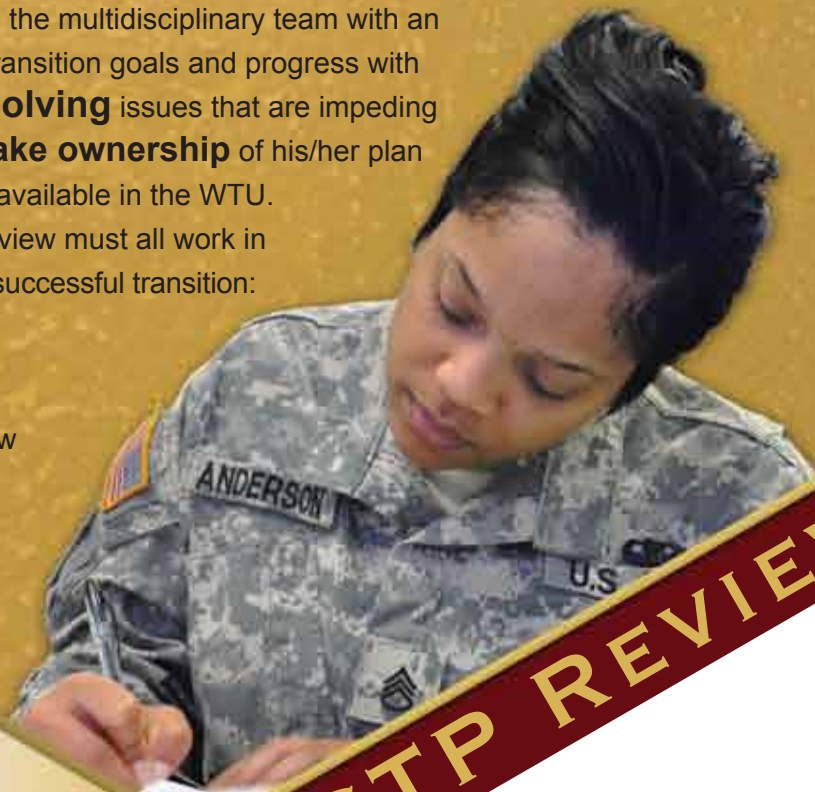
After goal setting, training, and consultation with the WTU's occupational therapist, each Warrior in Transition (WT) will select a **transition track**. The track selection is validated by the chain of command, Triad of Care, and multidisciplinary team. Transition tracks are:

- ◆ Remain in the Army
 - Returning to current Military Occupational Specialty
 - Returning with an alternate Military Occupational Specialty
- ◆ Transition from the Army

The CTP review process provides the multidisciplinary team with an opportunity to review Warrior in Transition goals and progress with a focus on **identifying** and **resolving** issues that are impeding goal attainment. Each WT must **take ownership** of his/her plan to **maximize the resources** available in the WTU.

The different elements of CTP Review must all work in concert to best facilitate the WT's successful transition:

- ◆ WT self assessment
- ◆ CTP Scrimmage
- ◆ Focused Transition Review



CTP REVIEW

REHABILITATION

At the WTU, the Warrior in Transition's schedule centers around **medical rehabilitation, employment, and physical fitness**. Additionally, WTs actively work to accomplish the self-identified transition goals in their CTP. During this phase, the WT will complete periodic self assessments to address **areas for a holistic recovery**.

CAREER

- Work Plan
- Education
- Employment

PHYSICAL

- Activities of Daily Living
- Physical Fitness
- Health Care
- Medication
- Pain
- Weight Control

EMOTIONAL

- Behavioral Health
- Well-Being

FAMILY

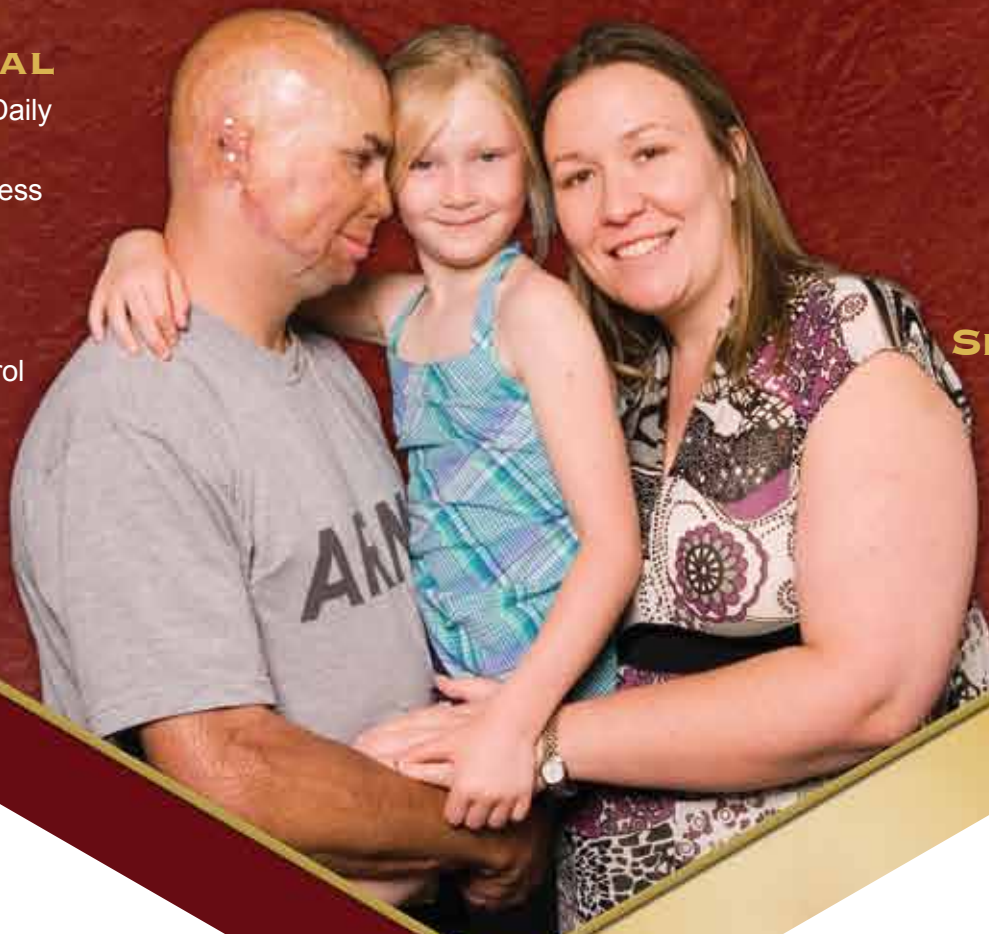
- Financial
- Housing
- Family

SOCIAL

- Relationships

SPIRITUAL

- Beliefs
- Principles
- Values



PRE-TRANSITION

Warrior in Transition's (WT) progress on their CTP will be reviewed weekly by the Triad of Care. The CTP Scrimmage and Focused Transition Review will be more **in depth reviews** attended by the WT, his/her Family, the chain of command, and the multidisciplinary team. The Focused Transition Review will determine when the decision will be made of whether a WT will remain in the Army or go to a Medical Evaluation Board. Based on this determination the WTU will initiate the Pre-Transition activities to set up the WT for **success in their future track.**

The Warrior in Transition will **out-process** through the WTU HHC, and the squad leader and nurse case manager will ensure that the WT and Family have the **pertinent information for referrals to appropriate resources.** The WT's **quality of life issues are addressed**, a Department of Veterans Affairs handoff is completed for those separating from the Army, the WT's transition leave is prepared, and finally, the WT is out-processed from the WTU.



POST-TRANSITION

INTAKE

ASSESSMENT

GOAL SETTING



**SOLDIER SUCCESS
THROUGH FOCUSED
COMMITMENT**

Warrior Transition Command
200 Stovall Street, MCWT-STR
Alexandria, VA 22332-5000

www.WTC.army.mil

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PRE-TRANSITION

REHABILITATION

POST-TRANSITION