

22d MEU Command Element



Return and Reunion Booklet

Welcome Home!!

Return and Reunion Guide For Marines/Sailors and Families

Introduction

Homecoming Considerations

Single Marine/Sailors

Married Marines/Sailors

Children

Single Parents

Parents

Homecoming Tips

Hotel Information

Important Phone Numbers

Conclusion



INTRODUCTION

While we pay a great deal of attention to pre-deployment preparations, returning from deployment can be just as stressful; sometimes more so. Perhaps you've been managing the home-front single-handedly while waiting for your spouse to return from deployment. Maybe you are a mother, father, significant or other family member anxiously awaiting your loved one's return. Have you considered that just as you and those with whom you live and work were required to make adjustments prior to deployment, adjustments will be just as necessary when the deployment is over?

The purpose of this guide is to help you smoothly transition back into your home, work, and social life. To help you have a successful reunion, this guide will look at five major areas: (1) single Marines/ Sailors; (2) married Marines/Sailors (3) children; (4) single parents; (5) parents. Some of the information herein will be relevant to you and perhaps some won't. Take what's useful and apply it to your life and situation.

Throughout this guide you will find a major recurring theme about settling back into your home, work, and social environment. Go slow. Like deployment, reunion is a process, not an event. What does that mean? When your Marine/Sailor deployed, it probably wasn't a notification followed by a same-day departure. Rather, you and your family went through a preparation process over several months during the work-up schedule. This involved the multiple work-ups, ship operations, and trainings that were necessary prior to the MEU deployment. While enduring all these separations prior to the deployment you learned how to temporarily take over some of the deploying Marines/Sailors responsibilities, such as child care, vehicle maintenance, pet care, lawn care, checkbook balancing, etc. This also involved attending Pre-Deployment Briefs, reviewing checklists, packing bags, and so on .

As you were trying to take care of numerous projects and responsibilities prior to the deployment, you may have experienced some tension in your relationships at home as well as work. Perhaps you were at times irritable with your spouse, children, or colleagues. At the same time, you may have noticed some resentment toward the deploying person for leaving, even though the deployment was necessary. Young children may have been unable to understand why mom or dad must go away, no matter how carefully the need is explained. The Marine/Sailor preparing to deploy may have felt guilty about leaving their family with additional responsibilities. In any event, such unpleasant emotions as tension and irritability may have served a purpose as you prepared for the deployment: to create some temporary emotional distance making it easier for you and those you care about to say farewell.

Just as deployment was a process that required time and effort, the process of reunion will also require time and effort.



HOMECOMING CONSIDERATIONS

1. Every deployed person and their family members will experience a feeling of anticipation as the end of the deployment approaches. This may take the form of eagerness for reunion and/or a dread of a return to a problem situation.
2. Due to anticipation, few get much sleep the night before homecoming. These feelings may result in you and your family members being concerned and exhausted when the family is finally reunited.
3. It may take awhile for the Marine/Sailor to get adjusted to the local time zone, home cooking, lack of continual noise, etc. Some difficulty sleeping through the night is typical.
4. After the end of a deployment, it is not unusual to experience a homecoming let down. Reality is seldom equal to how we have fantasized life after a reunion would be. It makes sense to keep expectations reasonable and to be flexible.
5. The Marine/Sailor may want to stay at home and rest while the spouse may be eager to go out and socialize as a couple or get the accumulated "honey do" tasks completed. Skillful compromise and reasonable give and take will be needed if arguments and hurt feelings want to be avoided.
6. The Marine/Sailor should express appreciation for the spouse's efforts in running the household single-handedly. It is unwise to criticize the spouse's efforts or the decisions they had to make on their own during the deployment.
7. The deployed person may feel surprised or threatened the partner did so well on their own during the deployment; or may feel a little jealous at how closely the children bonded with the parent at home. Such feelings are normal, but it is wiser to show the other person love and appreciation for all their efforts during deployment,
8. Keep expectations reasonable and stay flexible. Special welcome efforts for the family and friends, or gifts the deployed members may bring home may not result in the expected reaction.
9. Children in the home may act out more than usual. Children's reactions at homecoming may not be what parents expected or hoped for. Very young children may not remember the deployed person and may be shy. Older children may be resentful of the time the deployed person was away from the family. Children may need time to get reacquainted. Give it time.
10. If there were unresolved marital or family issues before the deployment, the issues are likely to resurface. Realize it will take time and effort to resolve them. Be patient and keep expectations reasonable.
11. The returning Marine/Sailor should remember that he or she has probably not driven a personal motor vehicle in U.S. traffic for some time, and may need to allow degraded skills to refresh slowly.

SINGLE MARINE/SAILORS

As a single person, if you live in the barracks, you may have new roommates when you return. Or you may have someone living in your home or apartment in your absence. Perhaps you moved vacated your residence prior to deploying and will need to find new living arrangements when you return. Regardless of your situation, one of your first tasks will be to “put your house in order.” Once, you’ve done that you will be ready to focus on reestablishing your friends, family, and social ties.

As you anticipate returning home, recognize that you’ve probably changed. You’ve made new friends. You’ve functioned in living and working environments that may be very different from anything you’d experienced previously. As a result, you’ve returned a different person based on these life experiences. If you have a significant other in your life, this person may have also changed in your absence. Change is inevitably creates stress. As you adapt to the changes that may be required in your relationships, you may experience over the short term some worry, frustration, anger, confusion, fatigue, mood swings, or sleep difficulties. Usually such difficulties don’t last longer than two to four weeks, if these experiences continue, consult the chaplain, physician, or counseling for assistance.

Many couples know each other well enough that they ‘just know’ when to reestablish their sex lives—the first hour, the first day, etc. Consider that sex can be compared to dining out. There is fast food and there is a seven-course meal with choices in between. You and your partner may want to take some time to feel comfortable with each other again.

Regardless if whether or not you have a significant other in your life, there will always be people whom you consider family. What does family mean to you? Is family restricted to biological relatives or do you also think of close friends as family? Will you be going home to visit your family? Whether you see your family at the homecoming or will travel home, how do you feel about seeing them again? What will you talk about? How will you respond to changes that may be taking place in your family? Perhaps a sibling is going through a divorce, or a grandparent has become seriously ill. Be prepared for changes.

You may feel that nothing is going the way you expected. It is still vital that you make plans, especially for the first few days after your return. If you do not have friends or family who live in the local area, make plans with other returning members for a homecoming activity that is special for you. And remember to call home.

One goal you may have as a single Marine/Sailor returning from deployment is to meet someone new. Perhaps some of you are recently single again following a divorce or the end of a long-term relationship. Some issues to consider are: What kind of relationship are you looking for? What do you contribute to a relationship? What do you want in a relationship? Now comes the hard part. How do you actually get yourself to go out and meet new people? How you feel about yourself affects whether or not you take the risks to go out and meet new people, male and female. Having a good self-image will enable you to take risks, survive rejections, and at times, overcome the stereotypes associated with being in the military.

Now may be a good time to focus on how you may want to live after you return. Some of you may have a sense of not having been able to do what you wanted during these past months. Often you may try to compensate by doing everything in the first few days or weeks after returning home “making up for lost time.” Be realistic. Take drinking for example. You can get drunk your first day back, wake up and wonder what happened to the excitement of returning. There are more subtle reactions, like spending money. The malls and used car lots may never have looked so good. Budget before you spend. Speaking of cars, driving can be another area in which to exercise caution. You probably haven’t operated a personal motor vehicle or motorcycle in U.S. traffic for some time. Your skills may be a bit rusty, so take it slow, and ease back into traffic.

If you’ve thought about returning to school, now is the ideal time to check out some of the Lifelong Learning Programs, both military and civilian. The key is to focus on what makes your life full and to make plans NOW to integrate those activities into your life. Don’t forget your Single Marine Program as a source of activities and contacts.

Beyond practical issues, have you considered what impact deployment will have on your social relationships and living habits? Many people with whom you’ve become friendly with on the deployment may now be much less accessible, particularly if they’re married and are busy getting re-acquainted with their families. This can promote feelings of loneliness and even mild depression. At the same time, you can keep yourself busy by actively reconnecting with old friends and acquaintances back home. And like everyone else who comes back from deployment, it makes sense to keep expectations reasonable and to be patient. Within a few weeks, your life should be back to a predictable and comfortable pattern again.



MARRIED MARINES AND SAILORS

We've discussed in other parts of the guide how during the deployment you've changed, as have your family and friends. If you are the deployed Marine/Sailor, you've functioned in living and working environments that may be very different than anything that you've previously experienced. If you are the spouse, you have also probably grown during the deployment while at home. You have taken on new responsibilities and developed confidence in your spouse's absence. Out of necessity, you have learned to cope. You may like some of your new responsibilities and you may have developed skills and new ideas as to how things should be done, your spouses' only frame of reference is "how it used to be." At the same time, you are probably looking forward once again to the familiar pattern of sharing family and household responsibilities with your spouse.

Overall you're both probably very excited about once again spending time together as a family and sharing private time with your spouse. Both you and your spouse are probably thinking a lot about what it will be like to get home. Maybe you're finding it more difficult to concentrate on work as your thoughts continue to drift to reuniting. While you're excited about reuniting, perhaps you're also a bit worried about some "unfinished business" in your relationship. Maybe there are other lingering doubts and fears. Sometimes, for example, as partners prepare to reunite they both wonder about the possibility of infidelity.

How would you characterize the trust level in your relationship when the deployment occurred? What was your trust level in terms of your partner maintaining sexual fidelity? What do you think his/her trust level in you was? Worries about a partner's unfaithfulness are much more common than the occurrence of infidelity. It is wise to assume you've both been faithful to one another. After all, accusations of infidelity are very serious and strike at the very core of a relationship.

If your marriage was satisfactory before deployment, it's unlikely that any infidelity has taken place. When infidelity does occur, it is almost always a sign of much deeper relationship problems. These underlying issues must be addressed, perhaps with the help of a professional counselor, for the marriage to become healthier. If problems are left unresolved, acts of infidelity may become a devastating pattern in the relationship.

Although you'll be excited about reuniting as will the entire family, everyone may experience a range of thoughts and feelings. Perhaps the deployed person will be a bit worried about how well he or she will fit back in. At the same time, family members may also be concerned about how the deployed person will treat them. They may wonder if their accomplishments will be appreciated or resented. They may be concerned that the deployed person will violate the "go slow" principle and attempt to immediately "take over" everything. These concerns are normal and typically require little more than some time and patience to sort out.

The spouse at home probably had to change some procedures while the Marine/Sailor was deployed. If it was the Marine/Sailor's job to mow the lawn, take out the trash, vacuum the carpet, or pay the bills,

someone else in the family had to temporarily assume those responsibilities. Other changes in family procedures may have taken place in response to evolving family needs; in any event, the deployed person should remember to go slow when adjusting and reuniting with their family. Integrating back into the family is a process, not an event that can simply happen at the front door of your home by announcing, in essence, "I'm home and I'm in charge." To take that approach is to invite arguments and hurt feelings.

One of the first changes that the newly returned Marine/Sailor is likely to notice is that their partner has become more confident in his/her ability to cope with whatever hand life deals. How does this make you the servicemember feel? Are you proud of him/her? Hopefully so, but be sure to express your appreciation for his/her valiant efforts to independently cope with the complexities of family life in your absence. Do you feel a little threatened? Not sure exactly where and how you fit into the family now? These are all very normal concerns.

If you are the Marine/Sailor, how will you respond to the way your partner has handled things in your absence? Will you second guess your partner, or will you recognize that he/she was operating in a stressful environment and made the best decision he/she was capable of making at the time? It is helpful to remember that you were not there and you do not know all the factors that went into decision-making. As an example, if you usually managed the finances before, but your partner has been doing so in your absence you'll need to get a thorough understanding of what transpired. As finances can be an emotionally laden area, communication may shut down if you become critical, judgmental, or angry.

If you chose to criticize your spouse, what do you hope to accomplish? If you chose to criticize your partner's judgment, you'll be doing damage to your spouse's self-esteem and ultimately to your relationship. So it's in everyone's best interest for you to accept the decisions your spouse made. Acknowledge that he/she made these decisions under difficult circumstances and move on. You as the Marine/Sailor have received ribbons, medals, and awards for doing a good job in the military. The only appreciation that your spouse receives for supporting your decision to be in the military is the appreciation she or he receives from you!! Many military spouses feel that without the emotional payoff, going through deployments and other military-related disruptions of family life is just not worth it.

Avoid getting in the "who had it worse" game. The truth of the matter is that the separation was difficult for both of you.

Homecoming is the time we resume communicating "face to face" again. What will you and your spouse talk about? Are you open to talking about changes that have occurred in each of your lives as positive experiences that can promote growth in your relationship? Are you willing to really listen? Your partner may want to tell you many things that happened while you were away. Even though you may have been fortunate to have frequent phone contact, letters, and emails, your partner still needs your undivided attention face to face.

Intimacy and sex is not the same thing. Hopefully, you and your partner have maintained a solid sense of intimacy, or “emotional connection,” during deployment through communication. What have you not been able to maintain, as you and your partner are no doubt acutely aware, it is the sexual component of your relationship. Since sex tends to be prominent in thinking of both spouses during the deployment, it tends to become the key focus of reuniting. Given sexuality is highly personal; you need to deal with this area with patience. Although sexual intimacy can resume instantly, and this may well be your mutual desire, the level of overall emotional intimacy and comfort with one another that you experienced before the deployment may take awhile to regain. Keep in mind that for several months you’ve only been able to communicate with each other, at best, a few minutes a day, and you’ve had no face to face contact. Again, go slow. Consider that you’ve both experienced personal growth while separated, it make sense to get some time to get to know each other again, not unlike two friends who haven’t seen each other for awhile. Build upon the intimacy that you shared. Recognize you and your partner are “out of practice” in terms of sexual contact. As a result, it’s not unusual after lengthy separations for temporary awkwardness to arise. Also, you may feel a bit uncomfortable together initially. If you have such experiences, do not make too much of them as doing so only heightens anxiety which in turn can set you up for a negative cycle of sexual problems. Simply, take your time, and let your sexual relationship resume in a way that is gratifying for both of you.



CHILDREN

The homecoming of the Marine/Sailor is a major change for the children in the household. They have grown physically, emotionally, socially, and spiritually during the deployment. Children are not skilled at coping with their stress because they have little life experience. As a result, they may become firmly attached to the returning parent, wanting their undivided attention or they may seem distant, withdrawn, or seem that they just don't care. There will be a readjustment period—typically four to six weeks for the entire family.

You can greatly enhance your family's reunion by developing realistic expectations of how your child will respond to the Marine/Sailor's return based upon the child's age. What you can generally expect of different ages, and how you can facilitate the reunion process with your children is discussed below. Children are developing individuals who change rapidly in their thoughts and behavior.

Infants (Birth to 1 year): An infant has not yet developed much of an ability to remember people and events. As painful as this may be for you to consider, do not expect an infant to recognize the parent that has returned from a long deployment. Instead, expect him/her to initially react as if the Marine/Sailor were a stranger. The infant will likely cry when held by the Marine/Sailor, pull away, fuss and cling to the person who was his/her primary parent during deployment. Once again, "go slow." The baby will "warm up" to the Marine/Sailor parent at his/her own pace. The newly returned parent should gently get involved in holding, hugging, bathing, feeding, playing with, and otherwise caring for the baby. The key is to be patient and let your baby's reactions be your guide in terms of what pace to proceed in getting acquainted.

Toddlers (1-3 years): A typical toddler response would be to hide from the newly returned parent, to cling to his/her primary parent, cry, and perhaps even regress in potty training. Give your child space and time to warm up to the returning parent. It helps for the Marine/Sailor to sit at eye level with your child and talk with him/her. A gentle offer by the Marine/Sailor to play with the toddler may be helpful, but do not force the issue. Doing so will only intensify your child's discomfort and resistance. Also, the child may have a clearer memory of the deployed parent if the stay behind parent showed them pictures or videos of the military member and said "Daddy" or "Mommy," as the case may be. This is where the United Through Reading could have been beneficial to your toddler. This is true because with children at this age, the adage; "out of sight out of mind" aptly applies.

Preschool (3-5 years): Children in this age range tend to think that the world revolves around them. Keeping that in mind, it's not surprising that your preschooler may think he/she somehow made their parent go away, or that the Marine/Sailor left because he or she no longer cared about the child. If this is the case with your preschooler, he/she may feel guilty or abandoned. Your child may express intense anger as a way of keeping the returning parent at a distance, thereby "protecting himself/herself from further disappointment. Your preschooler is also likely to do some limit testing (see if familiar rules apply). To promote the reunion process, parents should accept the child's feelings, not act overly concerned, and focus on rewarding positive behaviors. It is good for the returning parent to talk with the child about his or her areas of interest, be it storybooks, toys, or whatever and give the preschooler

some undivided attention. Meanwhile, the Marine/Sailor should support the other parent's enforcement of family rules but be careful about too quickly stepping into authoritative role. The child needs time to adjust to the Marine/Sailor once again being an active participant in his/her life.

School age (5-12 years): Children in this age range are likely to give the returning parent a very warm reception if the parent-child relationship was strong before separation. The school age child may excitedly run to the Marine/Sailor upon arrival. He/she will try to monopolize the returning parent's attention and want to show off scrapbooks, hobby items, or school projects when the Marine/Sailor gets home. If, on the other hand, the returning parent's relationship with the school age child was strained, the child may fear the Marine/Sailor will punish him/her for their misbehavior during the deployment. Such a thought process may lead the child to at first be shy or withdrawn around the newly returned parent. At any rate, it is best for the Marine/Sailor to have friendly interest in what the child has done during deployment and praise him/her for their efforts and accomplishments.

Adolescent (13-18): Adolescents can have mood swings that go up and down like a roller coaster. One moment they are solving problems in a reasonable and logical way and the next they are reacting in a purely emotional fashion. So your adolescent's reaction to your return may be characterized as mixed emotions. Like the school age child, your adolescent will likely be very excited to see the Marine/Sailor again, if the relationship was good-natured prior to deployment. Sometimes, however, they are reserved to publicly express emotions and may be concerned with acting "cool" in front of their peers. Adolescents tend to be very sensitive about being favorable and judged or criticized. With this in mind, be sure to make time to discuss with your adolescent what is going on in his/her life as well as what you experienced. As with sons and daughters of any age, it is critical to give your adolescent some of each parent's undivided pleasant attention.



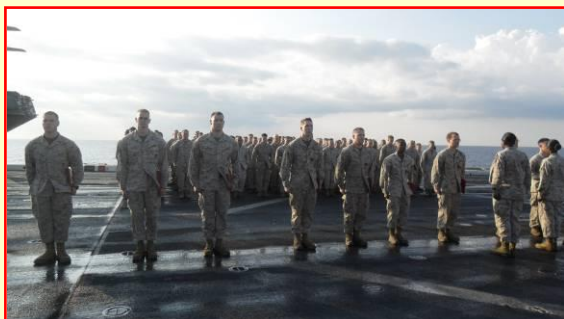
SINGLE PARENT

If you are a single parent in the military, you may experience some unique concerns about reuniting with your child/children. If you are a custodial parent, you need to consider how your children have bonded with their caregiver in your absence. How will the bond impact your relationship with your children, as well as the caregiver? If, on the other hand, someone else has primary custody of your child, you may wonder how your child will respond since you have likely missed “regular” visits with him/her.

Strategies for coping with these situations are very similar to those described in the “Children’s” section. There are, however, a few additional issues to consider. If you are a custodial parent, then your children probably have been living with someone else for several months, accordingly, to the extent this has been a fulfilling relationship, the bond between this caregiver and your child has strengthened. Your children’s increased loyalty to their caregiver may be painful for you in that you may initially feel unneeded or even jealous. Again, “Go, slow.”

Focus on communicating both with the caregiver and your children, and recognize that you and your children will need to adapt to living with each other again. Your children have been living with someone else who probably had different rules and procedures compared to your own household. Give yourself and your children adequate time to “shift gears.” The adjustment period, which may take several weeks, can at times be awkward. You can smooth the transition process by first of all actively involving the caregiver with the transition. To force the young children to suddenly separate from the caregiver can be emotionally traumatic.

Secondly, since your children have lives with different family rules and procedures, take time to compare with them the rules of your home. As you’re doing this, seek your children’s inputs regarding how they would prefer life at home. They need to feel included in the process of re-establishing the structure and the “flavor” of your home environment. If you are a non-custodial parent, your children’s living conditions were probably impacted by deployment. Your visits with your children have been curtailed. As you reestablish these visits, remember you and your children have grown and you will need to take time to get reacquainted.



Parents

When your service member comes home, it is cause for celebration, however, try to keep your expectations in check. Your son or daughter has had many different experiences since you were last together and may seem changed. Hopefully you kept up a steady flow of communication during the deployment so both of you will be prepared for any changes. Give your son or daughter plenty of time and space to reacquaint him or herself with home. If your service member is married, discuss homecoming plans with his or her spouse.

Let your service member set his or her own schedule. If your service member is due home on leave, you'll probably want to celebrate with family and friends. Step back and let your service member do the planning. He or she may want only to catch up on sleep or spend time with friends.

Take your cues from your service member. You may be full of questions, but your son or daughter may not be ready to talk about his or her deployment. Try not to press for information. Rather, be available when he or she is ready to talk.

If you are concerned about your service member's behavior, encourage him or her to seek help. Your son or daughter may have seen combat or had other upsetting experiences while deployed. Some behavior changes to look out for include mood swings, sleep disturbances, rage, fear, trouble concentrating, and frequent disturbing thoughts. This may be normal in the beginning but cause for concern if the changes are severe or continue over time. If you have concerns, ask your service member to speak with a military chaplain, his or her base Family Service Center (MCFTB), or a Military One Source program counselor.

HOMECOMING TIPS

- ◇ Accept things may be different.
- ◇ Talk about your experiences.
- ◇ Go slowly, don't try to make up for "lost time, especially behind the wheel.
- ◇ Spend quality time with your children.
- ◇ Reassure your children. Change often frightens them.
- ◇ Curb your desire to take control or to spend money.
- ◇ Accept that your partner may be different.
- ◇ Remember that intimate relationships maybe awkward at first.
- ◇ Take time to get reacquainted.
- ◇ Forget your fantasies. Reality may be different.
- ◇ Take time to readjust.
- ◇ Communicate with your partner and family,
- ◇ Plan on spending some time with the entire family doing family things, but be flexible. Plan for extended family member visits.

CAMP LEJEUNE AREA HOTELS AND LODGING

PLACE (BASE)	PHONE	WEBSITE
Camp LeJeune Inn	910-451-3041	http://www.mccslejeune.com/lejeuneinn/index.html
Onslow Beach Rentals	910-440-7502	http://www.mccslejeune.com/beach/index.html

In Jacksonville: (Disclaimer – The below list of hotels does not constitute endorsement by the Marine Corps nor the CLB 22 Family Readiness Officer)

PLACE	PHONE	WEBSITE
Baymount Inn	910-347-6500	http://baymontjacksonvillenc.com/
Best-Rest Inn	910-455-2063	http://www.bestrest-inn.com/
Candlewood Suites	800- 881- 9725	http://www.ichotelsgroup.com/candlewood
Comfort Suites	910-346-8900	http://www.comfortsuites.com
Days Inn	910-347-5131	http://www.daysinn.com/hotels/north-carolina/jacksonville/days-inn-jacksonville-nc/hotel-overview?hotel_id=09475&campaign_code=IP_Local
Econo Lodge	910-347-6111	http://www.econolodge.com/hotel-jacksonville-north_carolina-NC003
Extended Stay America	800-804-3724	http://www.extendedstayamerica.com/property/Extended-Stay-America-Jacksonville-Camp-Lejeune-hotel.html
Fairfield Inn and Suites	910-938-4499	http://www.discoverourtown.com/hotel/14977.html
Holiday Inn Express	910-347-1900	http://www.hiexpress.com/hotels/us/en/jacksonville/jkvll/hoteldetail

Liberty Inn	910-353-3336	http://libertyinnlejeune.com/
-------------	--------------	---

Quality Inn	910-938-0800	http://www.qualityinn.com
Ramada	910-455-4100	http://www.ramada.com
Sleep Inn & Suites	910-478-0099	http://www.sleepinn.com
Suburban Extended Stay Hotel	910-346-7759	http://www.suburbanhotels.com/hotel-jacksonville-north_carolina-NC616
Super 8	910-455-6888	http://www.americasbestvalueinn.com/search_map.cfm
Triangle Motor Inn	910-455-4923	
Sunset Inn	910-347-3311	http://www.sunsetinnnc.com/

Swansboro		
------------------	--	--

Best Western Silver Creek Inn	877-459-1448	http://www.hotels.com/hotel_best-western-silver-creek-inn_205195.html
Hampton Inn Swansboro	910- 325-9000	http://hamptoninn1.hilton.com/en_US/hp/index.do

CAMPGROUNDS		
--------------------	--	--

Blackbeard's Campground	910-328-1206	http://blackbeardstreasurecampground.com/
Cabin Creek Campground	910-346-4808	http://www.campingfriend.com/CabinCreekCampground/
Fulcher's Landing Campground	910-327-1300	http://fulcherslandingcampground.com/
Lanier's Campground	910-328-9431	http://www.lanierscampground.com/

--	--	--

PineWood Campground	910-329-1618	http://camprate.com/c/campground/3922/PinewoodCampground.html
Stump Sound Campground	910-329-1414	
Topsail Sound RV Park	910-329-0500	http://www.topsailsoundrvpark.com/
White Oak River Campground	910-743-3051	http://whiteoakrivercampground.com/

IMPORTANT WEBSITES AND NUMBERS

CREDO	910-450-1668	http://www.mccslejeune.com/mcftb/credo.html
FOCUS	910-450-0178	http://www.mccslejeune.com/mcftb/focus.html
MILITARY & FAMILY LIFE CONSULTANTS	910-450-9538	http://www.mccslejeune.com/mflc.html
FINANCIAL MANAGEMENT	910-451-2865	http://www.mccslejeune.com/health/healthfinance.html
NEW PARENT SUPPORT	910-449-9501	http://www.mccslejeune.com/mcftb/npsp.html
MILITARY HOUSING OFFICE	910-450- 1627/1628	http://www.lejeune.usmc.mil/family_housing/
MILITARY ONE SOURCE	1-800-342- 9647	http://www.militaryonesource.com/skins/MOS/home.aspx

RELOCATION ASSISTANCE PROGRAM	910-449-9704	http://www.mccslejeune.com/relo/index.html
LIFE LONG LEARNING	910-451-3091	http://www.mccslejeune.com/LLL/index.html
SINGLE MARINE PROGRAM	910-451-4485	http://www.mccslejeune.com/smp/index.html

VISITORS PASS INFORMATION

Main Gate Camp Lejeune Visitor Center Bldg 812

Temporary Passes

- Valid State Driver License
- Valid State Vehicle Registration (Original Registration ONLY NO COPIES)
- Proof of valid insurance

Rental Car Passes

- Military/Civilian/Contractor ID
- Valid State Driver License
- Current Rental Agreement



CONCLUSION

Experience has shown that virtually all Marines/Sailors returning from deployment and their loved ones experience at least a little uneasiness as they readjust to their normal environment. Changes have taken place during the deployment for the Marine/Sailor, family, friends, and colleagues. To reintegrate, adjustments in attitude, thought, and behavior may be needed.

As you transition from deployment, whenever you begin to feel angry or frustrated, ask yourself, "How realistic are my expectations in this situation?" "Am I giving myself and others enough time and space to adjust?" Am I trying to force readjustment to happen rather than being patient and allowing it to happen at a comfortable pace?

Remember that readjusting to home life and work life is a process, not an event. As the Marine/Sailor reconnects with the family, work, and social environments, it makes sense to allow time and space. You will probably find that in a few weeks everything is back to a comfortable pattern again. If after two to four weeks you are consistently feeling sad, having marital difficulties, problems sleeping, loss of appetite, concentration lapses, or using alcohol excessively, please seek assistance.

