

Assessing the Health of those Returning from Iraq/Afghanistan and their Families

1. Has the family been able to resume routines or develop new, equally satisfying ones?
2. Did the returning partner/child/parent miss any significant family events?
3. Were there any major family/life changes during the military member's absence?
4. Did the family put anything on hold that now needs attention?
5. Have partners/parents eased back into making decisions together?
6. Have there been times since returning that the military member has given the impression he/she wants to be "left alone"?
7. Does it feel to either partner like the returning member is still a bit of an "outsider" to the family?
8. As a couple, do the partners feel closer or more distant than before?
9. Are there unresolved areas of disagreement from before the deployment?
10. Has the couple experienced more disagreements than usual since the return?
11. Has the couple experienced more tension in the relationship than was usual before the deployment?
12. Do either or both partners have concerns about the level of tension/conflict in the relationship?
13. Does anyone who helped out during the absence still feel more a "part of the family" than the couple would ordinarily want them to be?
14. Is the returning parent feeling more protective toward the children, or needing to resist the urge to be more protective?
15. Has the family (including the children) had a chance to talk about what their worries and fears had been while the member was away?
16. Has the returning member been able to talk with his/her partner about their deployment experience?
17. Is the returning parent able to answer his/her children's questions about his/her deployment?
18. Has the returning member been able to talk with his/her extended family about his/her deployment?
19. How will the family know the returning member is "really home"?