

**CAREER**

**PHYSICAL**



## **COMPREHENSIVE TRANSITION PLAN**

**A WOUNDED, ILL, OR INJURED SOLDIER'S PERSONAL TRANSITION PLAN DEVELOPED WITH AN INTERDISCIPLINARY TEAM**

**SPIRITUAL**

**EMOTIONAL**



**FAMILY**

**SOCIAL**

# COMPREHENSIVE TRANSITION PLAN

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

*The CTP is not the Army's plan for the Soldier, but a process that includes a personal plan created for the Soldier by the Soldier.*





## TRIAD OF CARE

Each wounded, ill, or injured Soldier will benefit from a Triad of Care. These professionals work together to coordinate all aspects of the Soldier's **medical** and **non-medical care**.

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

## INTERDISCIPLINARY TEAM

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

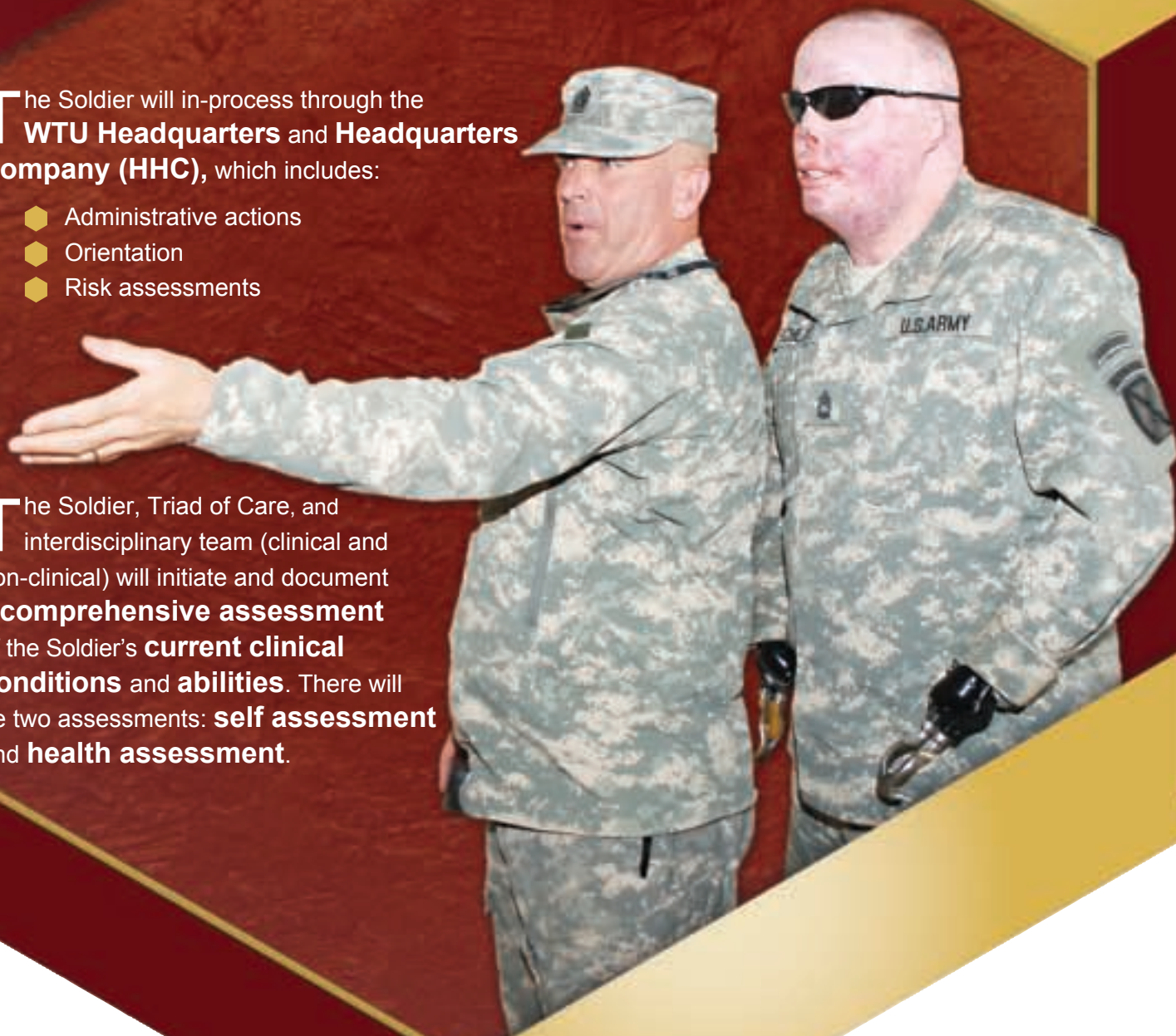


# IN-PROCESSING

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

- ◆ Administrative actions
- ◆ Orientation
- ◆ Risk assessments

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





# GOAL SETTING

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

- ◆ Remain in the Army (in some cases, Soldiers remaining in the Army will receive a new Military Occupational Specialty (MOS) in coordination with the MOS/Administrative Retention Review (MAR2))
- ◆ Transition from the Army (both medical and non-medical separation)

## CTP SCRIMMAGE

The Triad of Care facilitates a CTP Scrimmage with the interdisciplinary team to help the Soldier build a **personalized transition plan** that supports the Soldier's career goals and individual aspirations. Scrimmage participants include **Soldiers, Family members,** and **medical/non-medical** professionals, such as the **AW2 Advocate**, social worker, squad leader, and nurse case manager. During the CTP Scrimmage, the Soldier establishes **long and short term goals** for a successful transition.

Goals are set in each of the following six domains:

CAREER | PHYSICAL | EMOTIONAL  
SOCIAL | FAMILY | SPIRITUAL

# TRANSITION REVIEW

# REHABILITATION

At the WTU, the Soldier's schedule centers around **medical rehabilitation, employment, physical fitness, and adaptive reconditioning.**

Additionally, Soldiers actively work to accomplish the self-identified transition goals in their CTP. During this phase, the Soldier will complete periodic self assessments to address **17 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

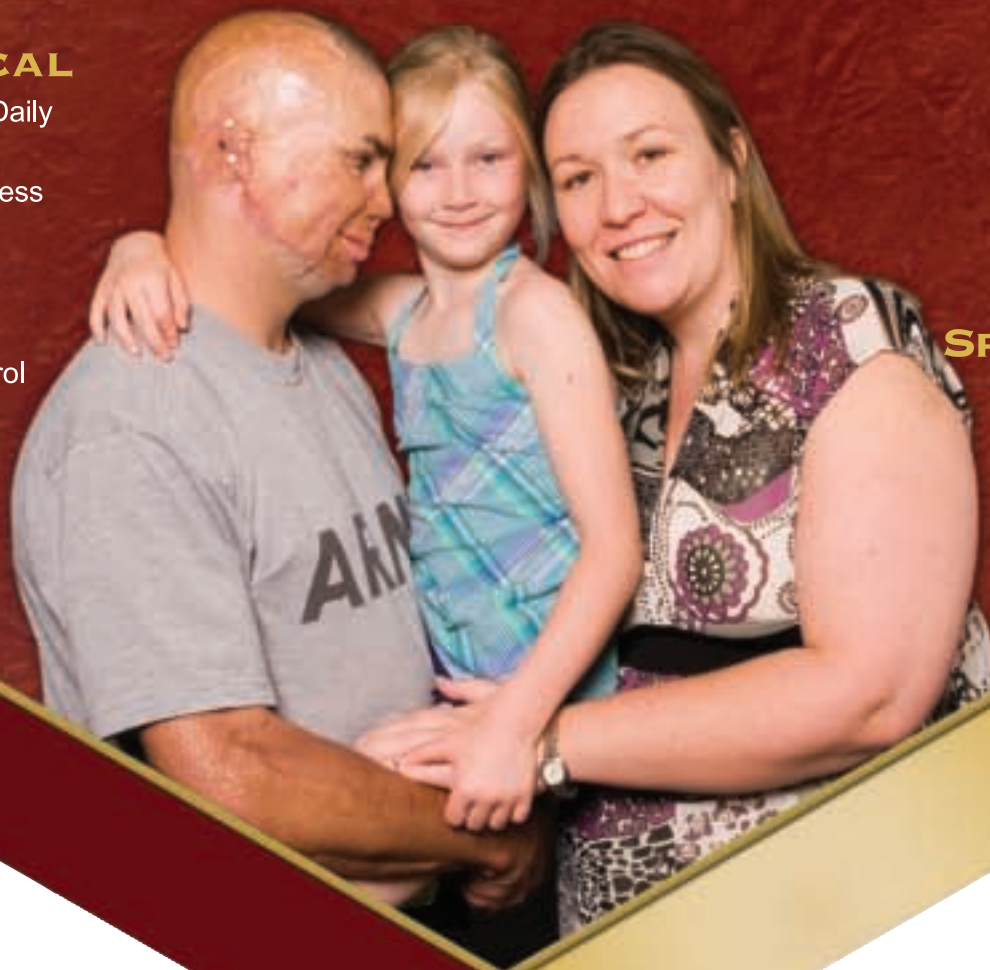
- Financial
- Housing
- Family

## SOCIAL

- Social

## SPIRITUAL

- Beliefs
- Principles
- Values





# REINTEGRATION

Each week, the Triad of Care reviews progress against each transition plan with the Soldier. This progress is formally **measured periodically** by the company commander through **Focused Transition Reviews**. The Soldier's interdisciplinary team also participates in the Focused Transition Reviews.

During these reviews, the Soldier's **transition date is identified** and agreed upon by the Triad of Care and Soldier. Once the transition date is established, the Soldier begins following the transition milestones outlined on the **Reintegration Checklist**.

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



IN-PROCESSING

GOAL SETTING

TRANSITION REVIEW

REHABILITATION

POST-TRANSITION



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REINTEGRATION