“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