

Readjustment Challenges faced by returning servicemembers

Christopher Morse, BA

Department of Veterans Affairs

2038 Warwick Ave

Warwick, RI 02889

(401) 739-0167



Readjustment

The transition of the veteran from the combat zone to the home zone.

Readjustment

Common experiences of readjusting servicemembers

- Anxiety, anxiousness, general “nervousness”
- Increased Anger/Irritability/Rage
- Hyperalert/ Increased startle response (jumpy)
- Concerns for safety
- Lethargy, disinterest in life, unmotivated, emotionally flat

Readjustment

- Guilt/ Shame about acts committed (or not), events witnessed, or survival (why me and not him/her?)
- Adrenaline-seeking behaviors
- Intrusive thoughts (v. voluntary recall)
- Short fuse, intolerant of others
- Desire to return to combat theater

Readjustment

- Overall sense of no longer feeling understood by those that matter to him/her (“They don’t get it”)
- Employment difficulty (with co-workers/supervisors; problems finding work; underemployed)
- Sleep difficulty

Readjustment

- Substance abuse issues
- Medical problems
- Suicidal thoughts, with or without a plan
- PTSD
- Marital/family issues
- Adrenaline seeking behaviors (fast driving, fast bikes)

More information

VA website

-<http://www.va.gov>

National Center for PTSD

-<http://www.ncptsd.va.gov/>

Vet Center website

-<http://www.vetcenter.va.gov>



Connecticut Vet Centers

New Haven Vet Center
141 Captain Thomas Blvd.
West Haven, CT 06516
(203) 932-9899

Norwich Vet Center
2 Cliff St.
Norwich, CT 06360
(860) 887-1755

Hartford Vet Center
30 Jordan Lane
Wethersfield, CT 06109
(860) 563-2320