

About the Returning Warrior Workshops (RWW)

Sailors who have recently returned from a mobilization or deployment as an Individual Augmentee (IA) are invited to attend a Returning Warrior Workshop (RWW) with the guest of their choice.



The goal of the workshops is to give loved ones a chance to reconnect. The guest may include a spouse, significant other, or family member. The definition of family member has been expanded to include: girlfriends, boyfriends, parents, brothers or sisters. The IA Sailor will attend the RWW on ADT or DTS travel orders.

The events are held at a 4-star hotel away from military bases and every day distractions. Civilian business attire is required. All lodging, meals, conference fees, and miscellaneous expenses are covered at the RWW and include: dinner Friday night, three meals on Saturday, and breakfast and lunch on Sunday. Travel by personal vehicle is encouraged and mileage will be paid at the current government rate. Ideally, attendees should be within 350 miles of the workshop.

What is RWW and why is it needed?



The RWW is a weekend for the Navy to take care of military personnel who have been deployed in support of combat or combat support operations. Taking care of our people is one of the Chief of Navy Operation's top three priorities.

Goals:

The RWW focuses on three major goals:

- 1. Honor the Warrior and the Warrior's guest for their service to our country.**
- 2. Provide information about the many resources available for the family that will assist with reintegration into civilian life.**
- 3. Raise awareness with the Service Member and the family about the symptoms associated with combat stress and provide the Active Duty Member with resources for assessment and referrals.**

Trained Facilitators lead Warriors and their guest through a series of presentations and table top discussions that address post combat stress and transition back to civilian life. Participants are afforded the opportunity to share their experiences in a safe environment with their peers. Symptoms such as sleep and appetite disturbances, decreased intimacy, job loss, financial difficulties, increased anger and/or frustration, alcohol or drug use, and other behaviors that were not present prior to deployment are safely discussed. Service Members learn that they are NOT alone and they learn how to move forward.

Value of Reserve Forces to the Fleet

The Navy wants to help you with your adjustment when you return from a stressful deployment. The RWW is the tool that assists the Navy in achieving our vision: “*Anywhere, Anytime...Ready Now*” and helps us to maintain combat readiness. The Reserve Sailor brings both civilian and Navy skill sets to the active duty command, increasing their value to the fleet.

Objectives of RWW

- ❖ Validate the contributions of the Sailor and the Sailor’s family.
- ❖ Motivate the Sailor and the family members to use their experience to achieve transformational growth.
- ❖ Open a dialogue to discuss combat stress and lay the groundwork for crisis intervention.
- ❖ Reward the Sailor and the family member for their sacrifice to our country.



Topics at the RWW include:



- *Warrior Transitions*
- *Spiritual Balance and Well Being*
- *Telling Your Story/Improving the Process*
- *Transformational Growth*
- *Military Families*
- *Combat Operational Stress*
- *Break out sessions:*
- *Financial Management*
- *Couples Communication*
- *Why I Want to Go Back*
- *Stress Management*

How can my family be a part of these workshops?

Please note that Sailors and Family members don’t choose which event they attend, but are invited to the event nearest their residence to minimize the travel costs.

Families Serve Too!

RWW is funded by the Navy and the Yellow Ribbon Reintegration Program.

FY 2012 Returning Warrior Workshop Schedule

<u>RWW Date</u>	<u>Location</u>	<u>Host Region/Command & Point of Contact</u>
7-9 Oct 2011	Omaha, NE	MidWest: Mr. David Rice david.l.rice2@navy.mil , (847) 688-4916 x205
14-16 Oct 2011	Oklahoma City, OK	MidWest: Mr. David Rice david.l.rice2@navy.mil , (847) 688-4916 x205
14-16 Oct 2011	Phoenix, AZ	SouthWest: Ms. Susan Hare susan.hare@navy.mil , (619) 532-4274
21-23 Oct 2011	Baltimore, MD	MidAtlantic: Mr. Eric Harris eric.t.harris@navy.mil , (757) 444-7295 x2009
2-4 Dec 2011	W. Palm Beach, FL	SouthEast: Mr. Matthew Davis matthew.davis2@navy.mil , (904) 542-2486 x168
2-4 Dec 2011	Portland, OR	NorthWest: Ms. Cynthia Miller cynthia.d.miller@navy.mil , (425) 304-4820
27-29 Jan 2012	Little Rock, AR	MidWest: Mr. David Rice david.l.rice2@navy.mil , (847) 688-4916 x205
27-29 Jan 2012	Greensboro, NC	MidAtlantic: Mr. Eric Harris eric.t.harris@navy.mil , (757) 444-7295 x2009
27-29 Jan 2012	San Diego, CA	SouthWest: Ms. Susan Hare susan.hare@navy.mil , (619) 532-4274
24-26 Feb 2012	Augusta, GA	SouthEast: Mr. Matthew Davis matthew.davis2@navy.mil , (904) 542-2486 x168
9-11 Mar 2012	Spokane, WA	NorthWest: Ms. Cynthia Miller cynthia.d.miller@navy.mil , (425) 304-4820
20-22 Apr 2012	Burlington, VT	MidAtlantic: Mr. Eric Harris eric.t.harris@navy.mil , (757) 444-7295 x2009
27-29 Apr 2012	Louisville, KY	MidWest: Mr. David Rice david.l.rice2@navy.mil , (847) 688-4916 x205
4-6 May 2012	Denver, CO	SouthWest: Ms. Susan Hare susan.hare@navy.mil , (619) 532-4274
18-20 May 2012	New Orleans, LA	SouthEast: Mr. Matthew Davis matthew.davis2@navy.mil , (904) 542-2486 x168
22-24 Jun 2012	Seattle, WA	NorthWest: Ms. Cynthia Miller cynthia.d.miller@navy.mil , (425) 304-4820
6-8 Jul 2012	Ft. Worth, TX	SouthEast: Mr. Matthew Davis matthew.davis2@navy.mil , (904) 542-2486 x168
13-15 Jul 2012	Chicago, IL	MidWest: Mr. David Rice david.l.rice2@navy.mil , (847) 688-4916 x205
27-29 Jul 2012	Boston, MA	MidAtlantic: Mr. Eric Harris eric.t.harris@navy.mil , (757) 444-7295 x2009
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