



THE VETERAN'S JOURNEY HOME

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LET'S SALUTE

Soldiers, Marines, Sailors, Airmen,
Coast Guard, and Merchant Marines
And especially our Combat Veterans
and Wounded Warriors

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WE DID WHAT OUR COUNTRY ASKED US TO DO!



This is a story about veterans returning home today, combat vets, wounded vets and support vets. To all veterans, every branch, every war, we say:

**“Thank You For
Your Service!”**

THE MILITARY JOURNEY BEGINS WITH JOINING



Joining
Serving
Returning





“Serving”
Teenagers with
multimillion dollar
equipment. We did
our job!

RETURNING

“Life takes you unexpected places.
Love brings you home.”

~ Unknown author

Let's talk about the problems faced
by some veterans returning home.



IS RETURNING HOME DIFFICULT?

Why do some veterans have a hard time readjusting to civilian life while others make the transition with little or no difficulty?

Pew Research Center
Study on returning vets:
43% - very easy
29% - somewhat easy
21% - somewhat difficult
6% - very difficult

ADJUSTMENT IS EASY FOR SOME

According to a study by the Pew Research Center, four groups of veterans found transitioning easy:

5% - Veterans who were college graduates

10% - Veterans who were commissioned officers

10% - Veterans with clear understanding of their mission

24% - Post 9/11 veterans with religious convictions

ADJUSTMENT IS DIFFICULT FOR OTHERS

26% - Experienced a traumatic event

19% - Experienced a traumatic injury

15% - Post 9/11 veteran married while serving

15% - Post 9/11 veteran

7% - Served in combat

6% - Knew someone who was killed or injured

PRIOR TO 9/11 “THE SOUND OF SILENCE”

Hiding in my room,
safe within my womb,
I touch no one and no one touches me.
I am a rock, I am an island.
And a rock feels no pain; and an island never cries.



LEAVE NO VETERAN BEHIND

The greatest healing therapy is
friendship and love.

~ Hubert Humphrey



WE WANT TO COME HOME!

Veterans want a safe place where they can go to relax, regroup, and receive love and encouragement.



“WE CAN’T GO BACK HOME”

The veteran and the family back home have changed over the years they lived apart from each other.



EVERYTHING CHANGED

Vets may have experienced traumatic events or injuries. Vets lived in a culture completely different. Family and friends got by without them.

Help them learn what changed!



COMING HOME TAKES TIME

Readjusting to
homelife takes an
adjustment period.

Be patient!



SPIRITUAL COPING IS POWERFUL!

Anger, rage, and a desire for revenge following trauma may be tempered by forgiveness, spiritual beliefs, or spiritual practices.

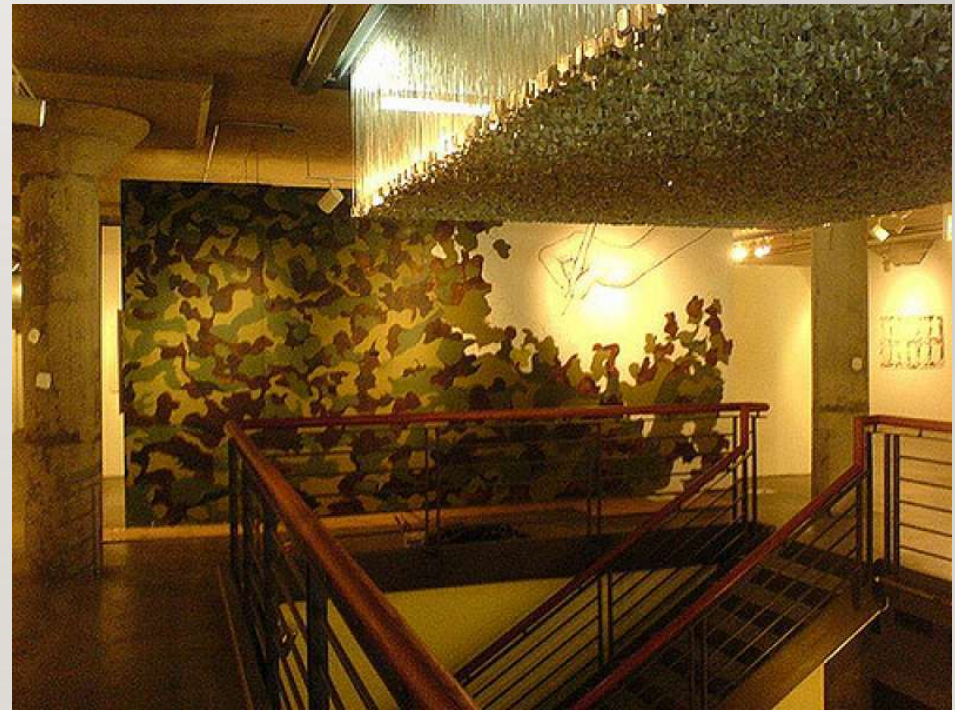
If they have spiritual beliefs encourage them to practice it!



VETERAN'S STORIES HELP

Healing is found in the power of telling our stories honestly in a trusted circle of compatriots.

These dog tags were created by Sal Agnello and other vets who served in the Tet offensive.



LOOKING FOR OPPORTUNITIES

Many veterans find it is difficult to connect with supportive people and find new opportunities.



FINDING OBSTACLES

Veterans who report that readjustment is difficult find:

Addictions

Homelessness

Unemployment

Disabilities



RELATIONSHIP PROBLEMS

Veterans may have problems with trust, closeness, communication, and problem solving, feeling irritable, on guard, jumpy, worried, or nervous.



DIVORCE

The Defense Department reports divorce among soldiers on active duty has greatly increased and that 38 percent of marriages fail within six months.



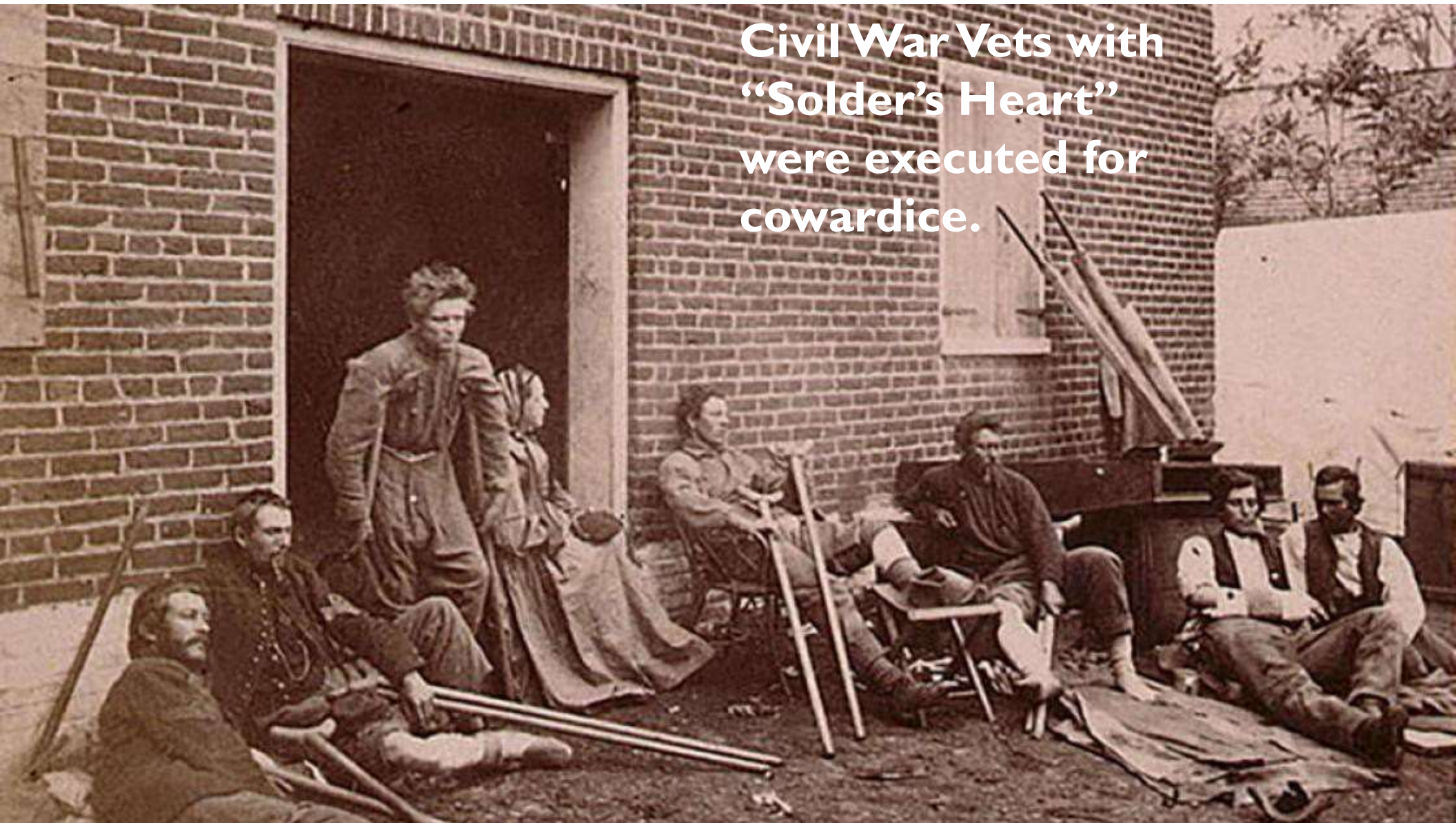
POST-TRAUMATIC STRESS AKA SOUL INJURY

Almost 10% of combat veterans have PTSD. More veterans committed suicide in 2012 than the number killed in combat!!!

Call 988!



Civil War Vets with
“Soldier’s Heart”
were executed for
cowardice.



CLINICAL DEPRESSION

Clinical depression involves disturbances in mood, concentration, sleep, activity level, interests, appetite, and social behavior but it is highly treatable. Just ask for help!



SURVIVOR'S GUILT

1. Accidentally killing other American soldiers,
2. Seeing close friends and comrades killed,
3. Seeing Americans killed,
4. Placing bodies in body bags,
5. Seeing atrocities committed against Americans,
6. Holding a friend as he or she was dying.



SUICIDE AND ADDICTION

Veterans struggling with depression are 50% more likely to commit suicide or battle addiction than nonveterans.

We can hand him a gun or a phone!



VETS BELIEVE RECOVERY PROGRAMS DON'T WORK!

- Vets do not like to admit they have a problem.
- They often have trouble in speaking to others, communicating with grunts, swear words, and sarcasm.
- This is how they cover-up feeling confused or scared.



Welcome Home!

More than 3/4 of US adults say members of the armed services contribute “a lot” to society’s well-being. Let’s look at how it changes.



WWII VICTORY PARADE



KOREAN WAR VICTORY PARADE



VIETNAM WAR VICTORY PARADE



DESERT STORM VICTORY PARADE





Give Veterans Recognition like this little guy!

WE CAN HELP VETERANS GET STABLE

First, help us accept life's disappointments without becoming unduly upset.

Second, encourage us to ask for help when problems exceed our abilities so we can see ourselves with pride.



A NEW BEGINNING!

Veterans on a retreat (warriorconnection.com)

Listen to us, don't fix us!

Love all of us!

If there is a crisis, call 911 or

988 - The Suicide and Crisis Lifeline

A soldier in a camouflage uniform and cap is shown from the back, saluting with his right hand. He is positioned in front of a large American flag. The flag's stars and stripes are clearly visible. A dark, semi-transparent rectangular box is overlaid on the lower half of the image, containing white text.

**THANK YOU FOR
THANKING VETERANS!**

Transitions Hospice is a member of “WE HONOR VETERANS”