



**For Yourself,
For Your Loved Ones**



HUMANA MILITARY[®]
HEALTHCARE SERVICES



Homecoming



Once deployment is over, activated Guard and Reserve members are faced with the additional challenge of coming home. Homecomings can be a time of celebration, as well as change. Families can experience

a variety of feelings before and after being reunited. It's important to:

- Reestablish communication
- Renegotiate relationships
- Redefine roles
- Reestablish intimacy
- Remember to discuss your children's feelings

The amount of time it takes for families to readjust to the service member's return varies. Be patient and seek help if needed.

Post Traumatic Stress Disorder

As a result of increased deployment over the past several years, the incidence of Post Traumatic Stress Disorder (PTSD) has increased. PTSD can result after experiencing significant trauma. Symptoms can occur right away or can be delayed six months or more.

The likelihood of getting PTSD increases with the severity of the trauma. However, not all trauma related to deployment is combat related. Events such as accidents or being exposed to natural disasters can also lead to PTSD.

Some Symptoms of PTSD:

- Nightmares or flashbacks
- Recurrent memories of the trauma
- Feelings of emotional numbness
- Irritability
- Sleep problems
- Anxiety or anger
- Difficulty concentrating, remembering, and/or making decisions

There are a number of medications and therapies that can be effectively utilized in the treatment of PTSD.

Depression

Everyone gets the blues now and then. Sadness and grief are normal and temporary reactions to stress and emotionally painful experiences. Symptoms lasting for more than a couple of weeks could indicate a clinical depression. One in ten adults experience depression each year and treatment can alleviate the symptoms in over 80 percent of the cases.

Some Symptoms of Depression:

- Feeling sad or empty
- Feeling hopeless
- Feeling guilty or worthless
- Loss of interest or pleasure
- Decreased sexual drive
- Sleep problems (too little or too much)
- Poor appetite or overeating
- Loss of energy
- Thoughts of death or self harm
- Restlessness or irritability
- Poor concentration and memory
- Physical symptoms such as headaches

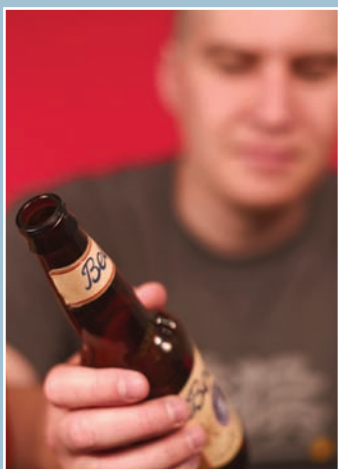


Family physicians, psychiatrists or mental health therapists are usually the best contact for evaluation and treatment. A variety of antidepressant medications and psychotherapies can be used. Most people can be successfully treated for depression on an outpatient basis. Remember to be patient and follow your doctor's advice.

Substance Use and Dependence

Substance use and dependence can affect people of all ages and social situations. It isn't limited to illegal drugs. It can also include excessive alcohol intake and prescription medication overuse. The following may suggest a problem exists:

- Using to “self medicate” for depression or anxiety
- Problems functioning at work or home
- Negative comments from family or friends
- Using more and more
- Feeling shaky or jittery in the morning



Alcohol and substance abuse can actually make mental health symptoms worse. If you or your family see there may be a problem, it is very important to seek help.

Your primary care physician can provide assistance. Also, there are a number of programs available, including 12-step programs like Alcoholics or Narcotics Anonymous.

For help with any substance abuse or mental health problems, call ValueOptions at 1-800-700-8646.

Contact Info/Helpful Websites



1-800-700-8646

Humana Military Healthcare Services
www.humana-military.com/south/bene/HealthandWellness/behavioralhealth.htm

Alcoholics Anonymous
www.alcoholics-anonymous.org

Anxiety Disorders Association
www.adaa.org

Narcotics Anonymous
www.na.org

National MH Information Center
www.mentalhealth.samhsa.gov/

National Alliance for the Mentally Ill
1-800-950-NAMI(6264)
www.nami.org

National Center for PTSD
www.ncptsd.org

National Institute of Mental Health
www.nimh.nih.gov/

National Mental Health Association.
www.nmha.org

TRICARE Military Health System
www.tricare.osd.mil

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