

Returning Warrior Workshops

Sailors who have recently returned from a mobilization or deployment are invited to attend a Returning Warrior Workshop (RWW) with a designated representative.

The RWW program provides deployment support and reintegration programs for Reserve Component (RC) Sailors upon return from overseas deployments and mobilizations as units or individual augmentations (IAs). The RWW helps address personal stress that may be generated by deployment activities and supports and facilitates the reintegration of the deployed Sailor. The workshop also provides a safe, relaxed atmosphere in which to identify and address potential issues that may arise during post-deployment reintegration.



Designated representatives are those persons identified by a deployed service member as having supported them throughout the deployment. They are usually spouses, parents, grandparents, siblings or significant others. However, that does not limit the service member from selecting a person of their choice from attending an RWW.

Workshops are normally held at a Four-Star hotel away from military bases and every day distractions and attendees wear civilian business attire rather than uniforms. All lodging, meals, and conference fees 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 Returning Warrior Workshop is a weekend for the Navy to take care of service members who have been deployed in support of combat or combat support operations. Taking care of our people is one of the Chief of Naval Operations' top three priorities.

The RWW focuses on three major goals:

1. **Honoring** the Warrior and the Warrior's guest for their service to our country.
2. **Providing information** about the many resources available for the family to assist them with reintegration into civilian life.
3. **Raising awareness** with the Service Member and the family about the symptoms associated with combat stress and provide them with resources for assessment and referrals.

Trained facilitators lead Warriors and their designated representative through a series of presentations and table top discussions addressing 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 they are NOT alone and also 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 a tool that assists in achieving our vision: *“Ready Now. Anytime, Anywhere,”* and helps 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 designated representative;
- * Motivate the Sailor and designated representative to use their experience to achieve transformational growth;
- * Open a dialogue to discuss combat stress and lay the groundwork for crisis intervention and;
- * Reward the Sailor and the designated representative for their sacrifice to our country.

Topics at an RWW may 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



Can my family be a part of these workshops?

The workshops are intended to be stress free and relaxing for the service member and the designated representative. Unfortunately, children and other family members cannot attend.

2012-2014 RWW Contract

Host Command	Jul-Dec 2012	Jan-Mar 2013	Apr-Jun 2013	Jul-Sep 2013
MidAtlantic			Pittsburgh (26-28 April)	
MidAtlantic		Raleigh (25-27 Jan)	Baltimore (14-16 Jun)	
SouthWest		Palm Springs (25-27 Jan)		
SouthWest		Phoenix (15-17- Mar)	Sacramento (17-19 May)	Palm Springs (23-25 Aug)
SouthEast		Atlanta (8-10 Feb)	San Antonio (17-19 May)	New Orleans (12-14 Jul)
MidWest		Nashville (8-10 Feb)	Kansas City (17-19 May)	Milwaukee (9-11 Aug)
Northwest		Portland (22-24 Feb)	Seattle (21-23 June)	

Host Command	Sep-Dec 2013	Jan-Mar 2014	Apr-Jun 2014	Jul-Sep 2014
MidAtlantic	Baltimore (25-27 Oct)	Charlotte (24-26 Jan)	Pittsburgh (25-27 April)	
SouthWest	San Jose (1-3 Nov)	San Diego (21-23 Feb)	Albuquerque (3-5 May)	Santa Barbara (1-3 Aug)
SouthEast	Jacksonville (6-8 Dec)	Austin (7-9 Feb)	New Orleans (16-18 May)	
MidWest		Louisville (17-19 Jan)	Kansas City (25-27 April)	Minneapolis (15-17 Aug)
Northwest	Seattle (22-24 Nov)		Portland (27-29 June)	