

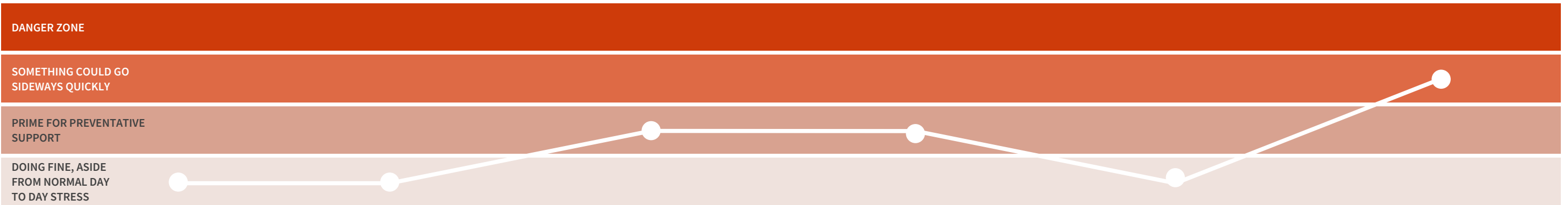


Military Adjacent Veterans’ “transition” often comes many years if not decades after exiting the military; upon retirement from my military-like civilian job, such as law enforcement, military contractor, or pilot. Fond of the military culture, hierarchy and camaraderie, they opted to maintain these elements post-service and got a job almost immediately and stayed in it throughout life.

The identity crisis this person feels is tied to lack of development of cross-cultural competence, due to lack of interaction with the “outside world”. It can often feel like starting from scratch and be painful.



ANXIETY LEVELS (I.E. OPPORTUNITIES TO SUPPORT)



COMMON NEEDS & BEHAVIORS

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|---|--|--|---|--|---|
| <ul style="list-style-type: none">• A way to pay for school• A bit of discipline | <ul style="list-style-type: none">• A steady schedule and paycheck• A clear path between now and my next goal• UNDERSTAND HOW TO TRANSLATE MY MILITARY SKILLSET TO A PRIVATE SECTOR JOB | <ul style="list-style-type: none">• To maintain the hierarchy and order that I grew accustomed to in the military (whether at a police station, government job, etc)• A slight readjustment period• A checklist• A plan B, in case plan A doesn’t pan out as I expect it to.• To maintain the hierarchy and order that I grew accustomed to in the military (whether at a police station, government job, etc) | <ul style="list-style-type: none">• A steady schedule and paycheck• To not feel destitute and like a failure to myself and my family• To not receive handouts• Healthcare coverage to fill the gaps, but nothing long term | <ul style="list-style-type: none">• Start workout routine to help withstand contracting lifestyle• A hobby or side business to pass the time when I’m home• To draw a hard line between work and personal life; not take the stress home with me | <ul style="list-style-type: none">• Continue prospering at my job• Maintain my routine and minimal social interaction• TO EXPECT AND PREPARE FOR THE IDENTITY CRISIS THAT COMES FROM TRULY EXITING MILITARY CULTURE FOR THE FIRST TIME UPON RETIREMENT• To maintain homeostasis even when the pillars of my identity (job & partner) go away• To figure out ways to occupy my mind upon retirement |
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PLAYBOOK FOR REACHING OUT

TONE/LANGUAGE

- Frame asking for help as practical and precautionary
- Sensible, non-sensational language
- Military cultural references are comforting and relatable, not alienating

COMMON SOURCES OF SUPPORT

- Military contracting buddies who I spend most of my time with overseas
- Adrenaline releases such as power lifting
- My immediate family, especially for those who live in the middle of nowhere
- Long periods of time spent in the garage working on hobbies and side projects
- Myself

RISK FACTORS

- Retirement
- Losing my partner
- Not knowing how to ask for help when I need it later in life
- The loss of hierarchy that I’ve grown accustomed to
- The loss of built-in social networks, as I’ve not have to work hard at developing them

DO I IDENTIFY AS A VETERAN?

No, but only because I don’t need to. It makes me swell with pride and feel lucky as hell to have been able to serve alongside the people I did. But Veteran? Nah.

WHAT’S MY VIEW OF VA?

My service was a job, just like any other job. I don’t need special treatment. I’m more likely to engage on the serving side of things at VA than to ever be a patient. It’s for people who have medical and psychological needs based on combat exposures.

"Nothing has changed except you're not wearing a boots. Not super different from being in uniform. Life stayed pretty simple

- Jason | Ft Leavenworth, KS

“The army takes care of you. A lot of structure and balance and diet and exercise and a positive approach to getting a job done. Many people leave and maintain that mindset. I was lucky enough to.

Carsen | Burbank, CA

“I don’t want to put myself above anyone. I think I was meant to be on the serving side. It feels like a conflict of interest to also be a patient”

Quinn | Salt Lake City, UT

“Life too a dip when I left the military — because I’m not invited to play anymore. Comes down even further when I had to retire out [as a policeman].”

Carsen | Burbank, CA