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Signs A Veteran May Be Struggling With Reintegration

Reintegration? What is it? Most of us have heard of Veterans with PTSD, depression, or physical injuries... but, we aren't all aware of the concept of "poor reintegration". Reintegration is the ability to resume social roles, connect and participate in the community, have purpose and meaning in civilian life and engage in leisure activities. Struggles with reintegration can increase the risk for divorce, suicide, and substance abuse. Someone may be struggling with reintegration if you notice a number of the following symptoms or behaviors:

- Increased arguments with family members
- Difficulty resuming priors role within the family or new roles (marriage, children)
- Frequent job changes (by choice or by termination)
- Low frustration tolerance
- Attempts to create an excessive level of structure within the household
- Unexplained anger
- Coming across "bossy" or "giving orders" when involved in group activities
- Isolation from family and social groups
- Dis-engagement from activities which previously brought enjoyment
- Preoccupation with the lack of structure in society
- Expectations of military culture functioning on civilians
- Excessive drinking or substance use
- Difficulty navigating social situations or interactions
- Avoidance of daily activities outside the home
- Limiting socialization to other Veterans
- Questioning their purpose in life
- Feeling of inadequacy or alienation

The purpose of this checklist is for awareness. It is not meant as a diagnostic tool. For more information on Veteran Reintegration, see a full article on our blog page at