

Visit the In-Transition Program at:

<http://intransition.dcoe.mil/>

1-800-424-7877

Outside the US toll free: 800-424-4685

Outside the US collect: 314-387-4700

What is the *inTransition* program?

inTransition is a voluntary program to support you as you move between health care systems or providers if you are currently receiving mental health care. A personal coach, along with resources and tools, will help you during this transition period. You'll have what it takes to make your transition a success.

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Who is eligible for the *inTransition* program?

- Service members who recently received or are receiving behavioral health care scheduled for a permanent change of station (PCS) or an extended temporary duty station.
- Wounded Ill and Injured service members who recently received or are receiving behavioral health care and are returning to home station following rehabilitative care at a Military Treatment Facility (MTF), Warrior Transition Unit (WTU) or Department of Veterans Affairs (DVA) facility.
- Service members who recently received or are receiving behavioral health care and are separating from active duty or otherwise are transitioning care to the DVA or TRICARE network.
- Reserve component service members being activated who recently received or are receiving behavioral health care and must transition DVA care to an MTF or TRICARE network.
- Service members making transitions from one location to another, including a deployed setting, who are or have been receiving behavioral health care, and who do not fall into one of the categories above.

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What is the range of services the *inTransition* program provides?

The program's coaching staff provides:

- Telephonic coaching sessions that empower you to determine your own path to continuing in care and improving your well being.
- Answers to your questions about mental health care, such as treatment types, provider types, and outcomes.
- Information on the use of military support services, community resources and support groups.

- Should you encounter a crisis situation, the ***inTransition*** coach is available to provide support and locate resources to assist.

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Can I contact *inTransition* myself or should my provider call?

You can call ***inTransition*** for a confidential consultation about whether the program is right for you, or if you prefer, you can call with your treatment provider present.

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How can family members be involved?

Often it is a family member who notices that something is wrong or that their service member could benefit from the services provided by a program like ***inTransition***. Family members are encouraged to call the program to find out how their service member can get started with ***inTransition***.

inTransition coaches can also assist with issues related to family such as:

- Counseling family members bearing the stress of war
- Stabilizing families after long periods of separation
- Assisting with relocation needs
- Supporting military children
- Recovery systems for wounded service members and their families
- Overcoming obstacles to military spouse education and employment

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What are the hours of operation of the *inTransition* program?

The program is accessible via toll-free phone number 24 hours a day, 7 days a week, 365 days a year.

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How do I contact the program and where can I go for additional information?

You can reach the ***inTransition*** program at the following phone numbers:

1-800-424-7877 Inside the United States;
1-800-424-4685 (DSN) Outside the United States toll-free; or
1-314-387-4700 Outside the United States collect.

Also, you can navigate to the ***inTransition*** [homepage](#) to find quick reference information and materials.

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What things can I discuss with my coach?

While coaches don't provide psychological health care services themselves, they will talk with you to understand your specific needs so they can find you the resources or

help that's right for you. Some common concerns service members discuss with their coaches include relocations, family separation, deployment readiness, transitioning to civilian life, posttraumatic stress, traumatic brain injury, depression, anxiety, substance abuse and domestic violence.

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