

**TRANSITION
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My Transition 101

Planning My Well-Being

Participant Workbook



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About this Workshop

This participant workbook has been designed to complement the Planning My Well-Being workshop. It includes the learning outcomes, training pre-work, activities, and a resource list for this session. Your Transition Trainer will refer to this workbook; please have it on hand during the workshop.

The goal of this workshop is to provide you with additional knowledge, tools and resources to assist you in setting your goals and actions for your transition plan in several Domains of Well-Being.

You will engage with a combination of short interactive lectures, group discussions, and activities to further your understanding of how these Domains of Well-Being apply to your transition.

The *My Transition 101* self-paced eLearning is a prerequisite to this workshop. By completing *My Transition 101*, you will be better prepared to get the most from the *Planning My Well-Being* workshop. Other components included in My Transition 101 training suite are:

Psychological Well-Being (Self-paced Online Learning)

Self-paced e-learning unit that focuses on your psychological well-being, factors that can affect it, and strategies that you can use to mitigate challenges you may face as you transition from the military into civilian life.

Planning My Transition (Workshop)

A workshop that is available in class or virtually and delivered by a Transition Trainer from the Transition Centre. It will evaluate your preparedness to transition in the Purpose Domain, ensure you are aware of some common challenges and inform you about the Career Transition Services offered by both CAF and VAC.

Planning My Finances (Workshop)

An instructor led workshop that is available in class or virtually and delivered by a Transition Trainer from the Transition Centre. It ensures you have and are aware of the knowledge, tools and resources available to you to assist in creating your transition plan for the Finance Domain.



Learning Outcomes

By the end of this workshop, you will be able to continue your transition planning process by:

- Identifying challenges you may have – in the domains of Social Integration, Health, Housing and Physical Environment, Life Skills and Culture and Social Environment
- Identifying strategies and resources to help address these challenges.



Tab 1: Pre-Work



Questions to Think About

Instructions: Review the questions for each domain, and indicate whether you have considered it (Y = Yes), haven't considered it (N=No), or whether it doesn't apply to your situation (N/A = Not Applicable).

Y	N	N/A	Some things to consider:
Social Integration			
			Do you have family and friends who are reliable and willing to support you through your military to civilian transition?
			Are you aware of social support and peer programs available for transitioning personnel and Veterans? Have you reached out to any? Do you want to affiliate with your relevant Service Branch, Corps, or Regimental Associations?
			Did you investigate the availability of clubs, sports centre or groups that relate to your extracurricular activities or interests?
Health			
			The CFHS team can help you to prepare for your future which may include doctors, nurses, rehab specialists, physiotherapists, dentists, psychologists, social workers or recovery coordinators. Have you been proactive about involving the team in preparing for your transition?
			Are you engaged in physical activity, choosing healthy foods with adequate nutrition, getting adequate sleep, managing stress, limiting alcohol intake and other unhealthy substance use, not smoking and regularly seeking medical advice?
			Have you made arrangements for a provincial health card?
			Have you confirmed continued enrollment in the Public Service Health Care Plan (PSHCP) and applied for the Pensioners Dental Services Plan (PDSP)?
			Did you plan for continuing medical supports and have already begun arranging for a doctor, dentist and health insurance – including transfer of related military records?
Housing and Physical Environment			
			Are you satisfied that you have access to an appropriate range of housing options and are not being forced into an uncomfortable situation?
			Are you confident that you will be able to find and afford adequate, appropriate and safe housing?
			In your budget, do the costs related to housing seem reasonable and manageable?
			Do you know about and are you applying for support for home modifications, home support services, housekeeping assistance and grounds maintenance assistance (if required)? For additional information on these benefits, call or visit your local TC.
			In considering the cost of civilian housing, have you factored in changing mortgage or interest rates, local government taxes, utility costs and



Y	N	N/A	Some things to consider:																																																																				
			maintenance costs (including capital replacement such as furnaces, roofing, etc.)?																																																																				
			Have you developed criteria to help you select a location to live after release?																																																																				
			<table border="1"> <thead> <tr> <th>Y</th> <th>N</th> <th>N/A</th> <th>If you are relocating as part of your transition:</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>Do you know which area you would like to spend your next years?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Would you be comfortable living in that neighborhood?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Do you know anybody (acquaintances, friends, family) in that community?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Are the services that your family and you need available, and are they offered in your preferred language?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Do you have the support network that would provide us with assistance in the event of an emergency? If so, create a list</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Have you discussed these considerations with your spouse/partner?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>To rent or to buy, which would be most advantageous for you? And why?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Would the new place of residence meet your medical care needs?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Moving to a city or to the country: what are the pros? Make a list.</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Would you and your spouse/partner be able to find work?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Have you checked the credentials of your real estate agent?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Are you buying, only to sell after few years? If yes, what are the reasons? Is the reason worth the purchase?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Have you discussed what features you want in your next home? If yes, list them.</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Based on your financial situation, could you afford to live comfortably in this new home?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Would this home meet your children's needs? If so, how?</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Are there good reasons to want to live in this community? If yes, list them.</td> </tr> </tbody> </table>	Y	N	N/A	If you are relocating as part of your transition:				Do you know which area you would like to spend your next years?				Would you be comfortable living in that neighborhood?				Do you know anybody (acquaintances, friends, family) in that community?				Are the services that your family and you need available, and are they offered in your preferred language?				Do you have the support network that would provide us with assistance in the event of an emergency? If so, create a list				Have you discussed these considerations with your spouse/partner?				To rent or to buy, which would be most advantageous for you? And why?				Would the new place of residence meet your medical care needs?				Moving to a city or to the country: what are the pros? Make a list.				Would you and your spouse/partner be able to find work?				Have you checked the credentials of your real estate agent?				Are you buying, only to sell after few years? If yes, what are the reasons? Is the reason worth the purchase?				Have you discussed what features you want in your next home? If yes, list them.				Based on your financial situation, could you afford to live comfortably in this new home?				Would this home meet your children's needs? If so, how?				Are there good reasons to want to live in this community? If yes, list them.
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Life Skills																																																																							
			Do you have any problem taking care of chores at home (housework, exterior maintenance, shopping, cooking, and cleaning)?																																																																				
			Do you have friends and family who can help you make decisions and deal with problems during your transition from the military to civilian life?																																																																				
			Do you have the personal health practices, coping skills and support that you could need to address any physical, mental or emotional health challenges?																																																																				



Y	N	N/A	Some things to consider:
			Did you develop techniques to increase your resilience and ability to cope with stressful situations?



Action Plan

This Action Plan will help you to be better prepared to meet the challenges you identified in the 'Questions to think about' activity.

Instructions: Conduct research on the questions you marked as 'No' in the 'Questions to think about' exercise. What resources and supports can you find that may offer support and information to assist you in addressing these 'No's'? Identify and star 2-3 resources that you feel are, or would be the most helpful. Think about and be prepared to discuss why you have selected these resources.

Items Marked as 'No' in Questions to Consider Worksheet	Resources to Help
Social Integration Domain:	
Health Domain:	



Items Marked as ‘No’ in Questions to Consider Worksheet	Resources to Help
Housing and Physical Environment Domain:	
Life Skills Domain:	



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Tab 2: Scenarios



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Participation Strategies


- Participation required
- Peer-to-peer sharing
- Group exercises
- Discussions

- Remain on mute
- Raise hand
- Chat function only for relevant training input



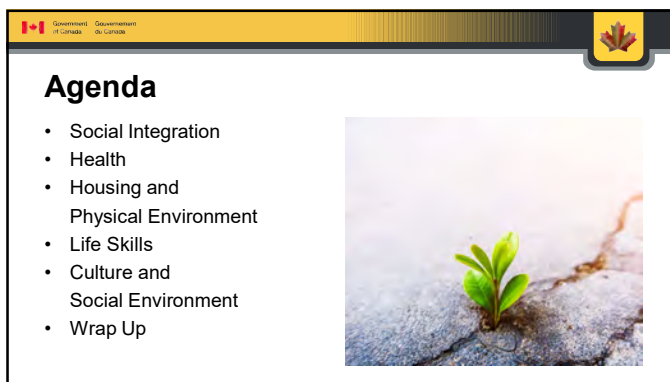
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Session Objectives



You will be able to:

- Identify challenges you may have – in the domains of Social Integration, Health, Housing and Physical Environment, Life Skills and Culture and Social Environment
- Identify strategies and resources to help address these issues





Small Group Activity



- You will each be going into a break-out room where you will be asked to brainstorm types of challenges you think members may face in the Social Integration domain
- List the challenges on the whiteboard
- **Tip:** Think of the challenges of people you have known who have transitioned
- You have 10 minutes to discuss
- Choose a spokesperson for your group



Activity Debrief




Scenario




Ivan, an Armoured Officer with 31 years of service (Reg Force), has just received his DOR. He has a master's degree in business administration and is now interested in obtaining a master's in disaster relief management planning, and then working for a provincial government.


He is single with no dependents. He had a strong social network within CAF, but never really developed one outside of CAF. He has a few hobbies, such as amateur radio and chess.



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Loss of Identity






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Health Domain Challenges




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Scenario



Reggie is medically releasing from CAF in the next four months due to a non-service-related cardiac condition. He has been informed by his cardiologist that he will not be able to work full-time due to this condition.

Reggie is divorced, and he is concerned he will not have much purpose in life after he releases. He wants to remain a productive member of society.





Planning Considerations



Finding a primary healthcare provider before I leave the military


Make sure to schedule my release examinations


Maintain health care after release – get regular checkups

Get medical records so I can transfer them


- CAF medical records
- Dental records
- Vaccination records


Prescriptions






Housing and Physical Environment Domain








Scenario




Florence will be retiring from CAF within the next three months. She has been thinking of starting her own business. She thinks she is financially secure; and she has a business plan.

Florence is considering opening an online store that ships locally-made artwork all over the world.


Retiring also means she will have to move out of her Residential Housing Unit. She has lived in RHUs for her entire career.







Life Skills Domain


- Personal health practices,
- Healthy lifestyle choices,
- Risk-taking behaviour,
- Financial management,
- Household management,
- Job seeking,
- Career management, as well as
- Coping with stress and adapting to change







Culture and Social Environment Domain









Small Group Activity

- Discuss resources you found that can help you become better prepared to meet the challenges in this domain.
- Add/update your Action Plan with resources others found useful.
- You have 10 minutes to discuss.

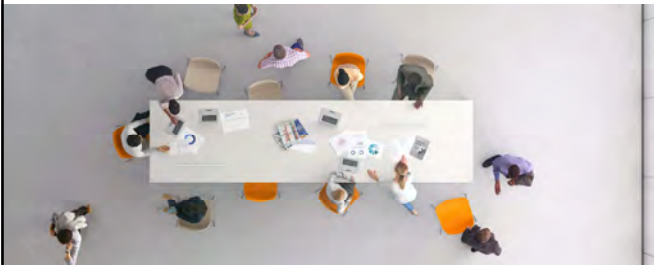





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Activity Debrief







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Take Aways






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Feedback

Self-Assessment


<https://forms.office.com/r/dXEMtmS2bY>

Workshop Evaluation


<https://forms.office.com/r/ABLyXrj80y>



Session Conclusion



- Talk to your TA about your action plan
- Access the resources you have found
- Research the new resources your peers have shared



Scenario 1: Ivan's Situation

Ivan, an Armoured Officer with 31 years of service (Reg Force), has just received his Date of Release (DOR). He has a master's degree in business administration, and is now interested in obtaining a master's in disaster relief management planning and then working for a provincial government.

He is single with no dependents. He has a strong social network within CAF but never really developed one outside of CAF. He has a few hobbies, such as amateur radio and chess.

Question:

What will be one of Ivan's key challenges in the Social Integration domain?



Scenario 2: Reggie's Situation

Reggie is medically releasing from CAF in the next four months due to a non-service-related cardiac condition. He has been informed by his cardiologist that he will not be able to work full time due to this condition.

Reggie is divorced and he is concerned he will not have much purpose in life after he releases. He wants to remain a productive member of society.

Question:

What will be Reggie's key challenges in the Health domain?



Scenario 3: Florence's Situation

Florence will be retiring from CAF within the next three months. She has been thinking of starting her own business. She thinks she is financially secure; and she has a business plan.

Florence is considering opening an online e-commerce store that ships locally made artwork all over the world.

Retiring also means she will have to move out of her Residential Housing Unit. She has lived in RHUs for her entire career.

Question:

What will be Florence's key challenges in the Housing domain?



Tab 3: Workshop Notes



Tab 4: Resources



Resource List

Key Transition Resource List

[MyTransition Guide – Transitioning from Military to Civilian Life](#), available from CAF in hard copy, online, and in downloadable PDF version, and in both official languages.

[Military Career Transition](#) online portal for centralized access to CAF and VAC information, including links to supporting mechanisms for transition/release and available benefits.

[VAC Career Transition Services](#): Links from the main page will lead you to the current information for serving CAF members, transitioning members and veterans.

[My VAC Account: A simple and secure way to do business online with VAC](#)

[Employment and Social Development Canada \(ESDC\)](#): Links from main page will lead you to the current information for the Canadian public





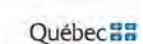








[Welcome to Veterans Affairs Canada](#): Links from main page will lead you to the current information for CAF members, family, and Veterans.

[Second Career Assistance Network \(SCAN\) Online](#): Material, accessible anytime/anywhere for members and their families, through the Transition on the CAF online portal.

Social Integration Domain Resource List

My Needs	Available Resources
Finding social support networks	
What peer support programs are available?	<ul style="list-style-type: none">• Soldier On• Operational Stress Injury Support Service (OSISS)• Invictus Games
What national associations are available?	<ul style="list-style-type: none">• National Association of Federal Retirees• National Council of Veterans Associations (NCVA)
What community support services are available for the CAF member and the family?	<ul style="list-style-type: none">• Military Family Services Program (MFSP)• Canadian Forces Morale and Welfare Services (CFMWS)• Canadian Forces Morale and Welfare Services – CAF Connection programs and services• Military Family Resource Centre (MFRC) – CAF Connection: Search Your Community• Family Liaison Officer (FLO): Please visit or call your local CAF TC or MFRC• Royal Canadian Legion-Adjusting to Civilian Life• Veteran Family Program – for medically releasing CAF members, medically released Veterans and their families



<p>How can I access support as a caregiver to a family member? Am I eligible for a Caregiver Benefit?</p>	<ul style="list-style-type: none"> • CAF Family Information Line (FIL) • Canadian Forces Member Assistance Program (CFMAP) • VAC - Talk to a Professional • OSISS - Family Peer Support • CAF Caregiver Assistance Benefit • VAC Caregiver Recognition Benefit
<p>Finding community resources</p>	
<p>What community resources are available in my province / territory?</p>	<ul style="list-style-type: none"> • CFMWS - Connect to your local CAF community • Provinces and Territories have many resources and important information related to all aspects of your well-being. Click your current or future location of residence and determine which resources you will need to access and those you need more information about. <div style="display: flex; align-items: center;">  https://www.gov.nl.ca/ </div> <div style="display: flex; align-items: center;">  https://novascotia.ca/ </div> <div style="display: flex; align-items: center;">  https://www2.gnb.ca/ </div> <div style="display: flex; align-items: center;">  https://www.princeedwardisland.ca/ </div> <div style="display: flex; align-items: center;">  https://www.quebec.ca/en/ </div> <div style="display: flex; align-items: center;">  https://www.ontario.ca/ </div> <div style="display: flex; align-items: center;">  https://www.gov.mb.ca/ </div> <div style="display: flex; align-items: center;">  https://www.saskatchewan.ca/ </div> <div style="display: flex; align-items: center;">  https://www.alberta.ca/ </div> <div style="display: flex; align-items: center;">  https://www2.gov.bc.ca/ </div> <div style="display: flex; align-items: center;">  https://www.gov.nu.ca/ </div> <div style="display: flex; align-items: center;">  https://www.gov.nt.ca/ </div> <div style="display: flex; align-items: center;">  http://www.gov.yk.ca/ </div>
<p>What tools are available to help me identify the community resources I need?</p>	<ul style="list-style-type: none"> • My Transition Guide: Community Integration – Contact Form (pg 98 Jun version)

Housing and Physical Environment Domain Resource List



My Needs	Available Resources
Finding a home	
What tools are available to help me organize my search for a new home?	<ul style="list-style-type: none">• My Transition Guide: Securing Housing & Household – Contact Form (MTG p97, May 20 version)
What do I need to know about buying a home in Canada?	<ul style="list-style-type: none">• CMHC Homebuying Step by Step
Where can I find help in searching for a home to buy?	<ul style="list-style-type: none">• Realtor®• CMHC Find the Right Home
How can I locate a real estate agent?	<ul style="list-style-type: none">• The Canadian Real Estate Association (CREA)
How can I locate a home inspector? What do home inspectors do?	<ul style="list-style-type: none">• Canadian Association of Home and Property Inspectors• Hiring a Home inspector
How can I learn more about renting?	<ul style="list-style-type: none">• CMHC - I Want to Rent
Finding housing support	
Where can I find help if my current housing situation is unstable?	<ul style="list-style-type: none">• VAC At-Risk Housing Situation
Where can I find support in finding and paying for temporary housing?	<ul style="list-style-type: none">• Royal Canadian Legion
Reimbursement of moving expenses	
Am I eligible for reimbursement of relocation expenses? When can I elect my Intended Place of Residence (IPR)? Can I receive the Intended Place of Residence (IPR) benefit?	<ul style="list-style-type: none">• Intended Place of Residence (IPR) Relocation Directive (you will learn more at the classroom workshop)• Second Career Assistance Network (SCAN) Online – Your Last CAF Move

Health Domain Resource List

My Needs	Available Resources
Planning continuation of healthcare	



<ul style="list-style-type: none"> How can I prepare for my continuing healthcare needs (i.e. medical, dental, or physiotherapy)? 	<ul style="list-style-type: none"> CF Health Services (CFHS): Contact CAF Health Service Team
<ul style="list-style-type: none"> How can I enroll in the provincial/territorial health care health and obtain a health card? 	<ul style="list-style-type: none"> Apply in the province/territory in which you will reside
<ul style="list-style-type: none"> How can I get coverage of services and supplies not covered by my other plans? 	<ul style="list-style-type: none"> Public Service Health Care Plan (PSHCP) Pensioners' Dental Services Plan (PDSP)
<ul style="list-style-type: none"> How can I find a family physician? Any other required specialists? 	<ul style="list-style-type: none"> Investigate local availability in the province/territory you will reside in at time of release
Emotional and psychological support	
<ul style="list-style-type: none"> What community resources are available for emotional and psychological support? 	<ul style="list-style-type: none"> Canadian Armed Forces Mental Health Services Military Mental health. You're not alone Military Family Resource Centre (MFRC) The Family Information Line (FIL) Canadian Forces Morale and Welfare Services (CFMWS) Legion Mental Health and PTSD Talk to a professional now (VAC Assistance Service) Mental Health First Aid Canada: Veteran Community Centre of Excellence on PTSD and Related Mental Health Conditions
<ul style="list-style-type: none"> What special help is available for addiction issues? 	<ul style="list-style-type: none"> Addictions Treatment Program
<ul style="list-style-type: none"> What services are available to support CAF members and their families through illness, injury or death? 	<ul style="list-style-type: none"> Director Casualty Support and Management Contact your local Transition Centre
If I am releasing for medical reasons and/or am disabled...	
<ul style="list-style-type: none"> How can I find out which of my current treatment benefits will be covered by VAC? 	<ul style="list-style-type: none"> Veterans Affairs Canada
<ul style="list-style-type: none"> What resources are available for improving my quality of life through physical activity and sport? 	<ul style="list-style-type: none"> CAF Fitness and Wellness Centre Soldier On
<ul style="list-style-type: none"> What social support is available if I have an 	<ul style="list-style-type: none"> Operational Stress Injury Social Support (OSISS) Operational Trauma and Stress Support Centre (OTSSC)



Operational Stress Injury (OSI)?	<ul style="list-style-type: none">• VAC Peer Support• Veterans Affairs Canada Operational Stress Injury (OSI) Clinics
<ul style="list-style-type: none">• Where can I find help for casualty administration, benefits and programs?	<ul style="list-style-type: none">• Contact your local CAF Transition Centre (TC)
<ul style="list-style-type: none">• Where can I find help for vocational transition? How can I find out if I am eligible?	<ul style="list-style-type: none">• Contact your local CAF Transition Centre (TC)• CAF Vocational Rehabilitation Program for Serving Members (CAF VRPSM)• SCAN Online – CAF VRPSM• VAC Rehabilitation services• Canadian Armed Forces Vocational Rehabilitation Program (CAF VRP) - Manulife
<ul style="list-style-type: none">• How can I obtain nurse case management services? Develop a Continuity of care Plan?	<ul style="list-style-type: none">• Stay connected and engaged with your Nurse Case Manager
<ul style="list-style-type: none">• How can I find out about VAC Guided Support, if I don't need case management services?	<ul style="list-style-type: none">• VAC Programs & Services
<ul style="list-style-type: none">• How can I find out what income support is available?	<ul style="list-style-type: none">• Canadian Armed Forces Long Term Disability (CAF LTD) - Manulife• Income Replacement Benefit Tool

Life Skills Domain Resource List

My Needs	Available Resources
<ul style="list-style-type: none">• Where can I go for help in transitioning into civilian life?	<ul style="list-style-type: none">• CAF Transition Centre Services Section• CAF Transition Interviews• VAC Transition Interviews