

Determinants of SUCCESSFUL TRANSITION

Preliminary Findings

WHO Were The PARTICIPANTS

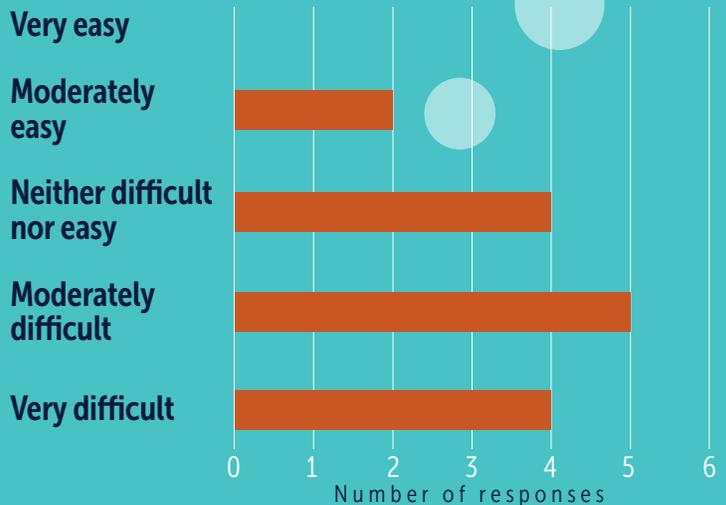
15 participants

AGE:	All respondents were at least 31 years old
GENDER:	13 men, 2 women
RANK:	7 Officers, 8 Non-commissioned members
SERVICE TYPE:	7 Regular, 3 Reserve, 5 Both
BRANCH OF SERVICE:	Army (10), Navy (2), Airforce (2), Multiple (1)



HOW DIFFICULT Was Your TRANSITION EXPERIENCE?

Difficulty of Transition



WHAT Were The BIGGEST STRESSORS

During Your Transition? (ranked as top 3 by participants)

1

Maintaining Financial Security

2

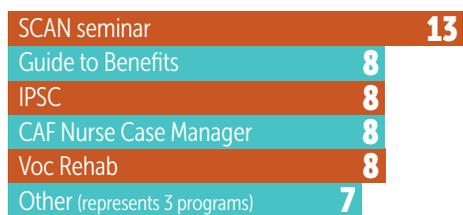
Health Issues

3

Maintaining Family Life

WHAT PROGRAMS DID YOU ACCESS?

CAF Programs (number of responses)



VAC Programs (number of responses)



WHAT PROGRAMS DID YOUR SPOUSE ACCESS?

CAF Programs (number of responses)



VAC Programs (number of responses)



WHAT Were Your Greatest SOURCES OF SUPPORT?

(number of times ranked in top 3 by participants)

Spouse 13

Therapist, Counsellor or Psychologist 8

Friends & Children 6

WHICH COMMUNITY-BASED PROGRAMS Did You Access?

(response indicates list of different programs accessed by participants)

- Veterans Transition Network
- Shaping Purpose
- Soldier On
- Outward Bound
- Couples Overcoming PTSD Everyday (COPE)