

# Transitioning Successfully: A Qualitative Study

## IN-DEPTH FINDINGS

A two-phased research study on the transition process for medically-released Canadian Veterans

### WHY DID WE DO THIS?

**TO BETTER UNDERSTAND** the factors that contribute to a successful transition from military to civilian life

**SPECIFICALLY:**

- What helps?
- What were the stressors and sources of support?
- What challenges were faced?

## METHODOLOGY

TWO-PHASED RESEARCH PROJECT

15 participants

### PHASE ONE LITERATURE REVIEW

94 relevant studies on transition

18 addressed the determinants of successful transition

2 focused on medically-released Canadian Veterans

### PHASE TWO QUALITATIVE STUDY

Online survey and in-depth telephone interviews

### WHAT WERE THE BIGGEST STRESSORS DURING YOUR TRANSITION?

(ranked as top 3 by participants)

Maintaining Financial Security

Health Issues

Maintaining Family Life

1

Spouse

2

Therapist, Counsellor or Psychologist

3

Friends & Children

### WHAT WERE THE GREATEST SOURCES OF SUPPORT?

(ranked as top 3 by participants)

### WHAT HELPS?

**BEING PROACTIVE** and **"OWNING"** one's transition

Having a **SUPPORTIVE SPOUSE** or **FAMILY MEMBER**

**PLANNING AHEAD** and **PREPARING** – SCAN seminars were mentioned to be useful

### WHAT IS A CHALLENGE?

**FINDING** a **NEW SENSE** of **PURPOSE** outside of the military

**CONCERN** with maintaining **FINANCIAL SECURITY** post-release

**EQUATING** **MILITARY EXPERIENCE** with **CIVILIAN WORK EXPERIENCE**

**STIGMA** towards mental health created **RELUCTANCE** to **SEEK HELP**