

# The Six Phases of Relocation

**Re-entry Phase.** The re-entry phase is associated with over-seas-to-continental-U.S. moves. Most people do not expect any problems in returning home, but there are often unanticipated emotions that arise during this period. If a service member or family member does not want to move back to the states, they may feel guilt, discomfort or resentment upon their return.

**Stabilization Phase.** The stabilization phase is a productive phase when service members and their family members are functioning within their community and their workplace. The needs of Navy personnel and family members now relate to deployment readiness, how to find free community resources and how to develop a sense of self-reliance.

**Pre-Departure Phase.** The pre-departure phase is a period of planning the logistics of the move. Service members and family members are researching information about the new duty station, housing, health care, shipment of household goods, medical suitability, schools and finances.

**Transition Phase.** The transition phase is the shortest of the phases and is an energy-intensive period that includes the departure, travel and arrival at the new installation. This period is focused on house-hunting, temporary lodging, shipment of household goods, advance benefits and entitlements.

**Arrival and Orientation Phase.** The arrival and orientation phase requires specific information and support due to the recent transition into the community. The needs of service members and family members relate to basic physical necessities while searching for a home, health care access, school enrollment and delivery of household goods.

**Reconnection Phase.** The reconnection phase usually occurs between two and six months post-arrival and involves adjusting to the new community. There can be a sense of "reality" that sets in. The needs of service members and family members focus on cultural adaptation (if applicable), settling into a new environment (e.g., work, school and home), relocation entitlements, benefits claims and job searches.

