

Life After DOS

I attended a very remarkable event this morning. The “Got Your 6 Summit” was put together by the United Way of San Antonio and the Bob Woodruff Foundation at the Grand Hyatt downtown. This sold out crowd of 300 got together to discuss the various concerns impacting military families both in uniform and post. There were remarkable and very frank discussions about the concerns that military families face and the efforts that the community is doing to address those concerns.

As always, some of the sidebar conversations were deeper dives into issues. Once such conversation that I participated in was about the often-traumatic shock that comes regarding issues and details that are not necessarily related to finding a job. In the military, you have the health care and other services provided to you, pretty much in toto. Once you are no longer on the government dime, you now have to navigate finding doctors, dentists, and setting up so many of the basics to living that were taken care of before you walked out that gate.

Programs like TAP for the active duty and TAP TOO for the spouses are designed to assist with details. Some hit the mark and some don't. I talked to one transitioning military member. After a discussion about employment expectations and my pointed, pragmatic, reality-based responses, his reply was “Why didn't they tell me this in TAP?”.

My recommendation to y'all is to do your homework. Start at least a year out. Dr. Chaunte Hall, CEO of Centurion Military Alliance, refers to this as “positionality.” Her first question is whether you are ready to get out. Make sure that you can financially afford the transition. Explore the expenses required. Provide a cushion for unexpected expenses because they will pop up. If you have the opportunity to attend one of her CMA events, I highly recommend that you take advantage. You will get a wealth of information that will assist you. Check out www.cmawarrior.org for more information.

The wonderful thing about the San Antonio community is the collaboration that goes on daily to assist transitioning. Whether spouse, active-duty, veteran, retired, Guard, reserve ..., there are resources out there to assist you. Don't be shy about asking.

Best wishes on your next journey.



Kathryn “Kitty” Meyers Lt Col USAF (Ret)
SPHR, SHRM-SCP
Chapter Transition Liaison Officer