

## **Post Deployment Health Reassessment (PDHRA)**

**What is it?** The Post Deployment Health Reassessment (PDHRA), a Commander's Program, is a force health protection process designed to enhance the deployment-related continuum of care. The program was mandated in March 2005 by the Assistant Secretary of Defense for Health Affairs and is designed to identify health concerns and facilitate access to health care. The PDHRA is mandatory for all Soldiers who have returned from an OCONUS deployment for 30 days or more where there is none-fixed MTFs since 10 March 2005 and is highly recommended for all Soldiers who qualified prior to 10 March 2005.

Research shows that our Soldiers may experience unrecognized and undiagnosed medical conditions that surface after release from Active Duty. The PDHRA helps leaders identify and resolve deployment-related medical issues, especially those related to the behavioral health of Soldiers as they readjust back to life in their community. The PDHRA is completed 90 to 180 days after returning from deployment, but individuals beyond this window are still eligible.

The PDHRA uses the DD Form 2900, Post Deployment Health Reassessment, to facilitate a standardized assessment. Key elements of the PDHRA include outreach, education, training, screening, and assessment by specially trained health care providers.

In addition to screening for deployment-related health concerns, the PDHRA brings needed healthcare resources to our Soldiers in geographically dispersed locations to include outreach specialists from the Department of Veterans Affairs. The Resilience Training program, part of the educational portion of the PDHRA, was developed for Soldiers and their Families by the Walter Reed Army Institute of Research to alert them about potential pitfalls of reintegration and to de-stigmatize behavioral health issues.

**What has the ARNG done?** More than 174,213 assessments have been completed as of December 2010 and many additional Soldiers are scheduled to participate in PDHRA during Fiscal Year 2010. The ARNG has over 133,808 Soldiers eligible for the assessment. To facilitate the education process and to increase awareness, the ARNG has developed a comprehensive site for publicly accessible resources such as a Commander's Toolkit, Resilience Training, and other available references and resources for Soldiers and Families.

### **What continued efforts does the ARNG have planned for the future?**

The Director, ARNG provided re-prioritized funds to continue the program in Fiscal Year 2010. The funds provide manpower infrastructure to manage the PDHRA program and also pay and allowances for Soldiers referred for medical care. The funding helps alleviate lost income from civilian employment, which can create additional hardships during the reconstitution phase of deployment.

**Why is this important to the ARNG?** The ARNG is committed to the long-term success of the PDHRA program and the long-term health and well being of our Soldiers. The PDHRA program directly impacts the retention and well being of our Soldiers and their Families and is critical to future deployment strength.

**Click on the following link for additional information:**

<http://fhp.osd.mil/pdhrainfo/>