



## Welcome Returning Guard Members and Reservists

Welcome back. The Army and your nation appreciate your contributions to an important mission and your personal sacrifices. Now that you're back, you may need some help, and ACAP is here to help you. If you've completed 180 or more days of continuous active duty, you are eligible for full ACAP services as well as a host of other services.

**Planning for Success:** The [RC Individual Transition Plan](#) is a valuable tool to help you organize your efforts to move to the next stage of your life. Click [RC Individual Transition Plan](#) to access this downloadable file.

**Finding What You Need:** This web page can help you find important information, identify links to useful web sites, and prepare for the next stage of your life. You should explore the entire web site – it contains a lot of valuable material. Some of the more important places to explore include:

- Click on the **JOB ASSISTANCE** button to find out how to optimize your job search success.
- Click on the **ACAP CENTERS** button to find the nearest Army ACAP Office
- Click on the **LINKS** button to find important transition and job assistance web sites
- Click on the **JOBS** button to find current job listings and explore the job market
- Click on the **PERSONAL COACH** icon at the top of the Transitioner Home Page to find some quick tutorials that can help you to achieve your personal goals

**Getting Your Old Job Back:** For those of you who had a job before you were mobilized and want to return to it, check out the Department of Labor's [USERRA Advisor](#). USERRA is a program that protects the rights of returning veterans to reemployment.

**Applying for Unemployment Compensation and Getting Local Job Assistance:** If you are currently unemployed, you should visit your State Employment Services Office as soon as possible to see if you are eligible for unemployment compensation and to gain access to professionals who can help

you find a new job. They even have information on special job training programs that may interest you. Make sure that you tell them that you have recently been released from military service. In most cases, you will be given the opportunity to speak to a Local Veterans Employment Representative (LVER). LVER specialize in helping people who have left active duty to find new employment. Look in your phone book to find the nearest State Employment Services Office.

**Looking for Something New:** If you're serious about finding a great new job, check these programs out:

- **TAP:** The Department of Labor sponsors Transition Assistance Program (TAP) Workshops at military installations across the nation. You are eligible to attend a TAP Workshop for up to 180 days following your release from active duty. TAP Workshops are hosted by military installations, but you don't have to go to an Army installation to attend. You can attend a workshop at any military installation. To find the nearest military installation's Transition Assistance Office, visit the Department of Defense [TransPortal Website](#) and click on "At Your Service." Call the nearest Transition Assistance Office to reserve your seat at a TAP Workshop.
- **ACAP:** Army ACAP Centers not only host TAP Workshops, but can provide you personal assistance with resumes and interviews. They also give you access to a world-class set of automated tools that can really get your job search going. ACAP Centers are located at most Army installations. You can find the nearest ACAP Center by clicking on the [ACAP CENTERS](#) button. Even if you can't visit an ACAP Center in person, you can still tap into their expertise. Give them a call or email them for assistance.

**Don't Forget the USAR/ARNG Fact Sheet:** Before you leave the web site, take the time to print our [USAR/ARNG Fact Sheet](#). It was written specifically for you and covers most of what you need to know to get started.

**Need Some Fast Help and Advice?** The Army has created the ACAP Demobilization Resource Center (ADRC) to answer your questions and direct you to the service providers you need. You can call them toll free at 1-877-722-2270 or email them at [acap4rc@hoffman.army.mil](mailto:acap4rc@hoffman.army.mil).