



Support Our Troops

Dealing with Deployment

Army Community Service Center
Fort Detrick, Maryland

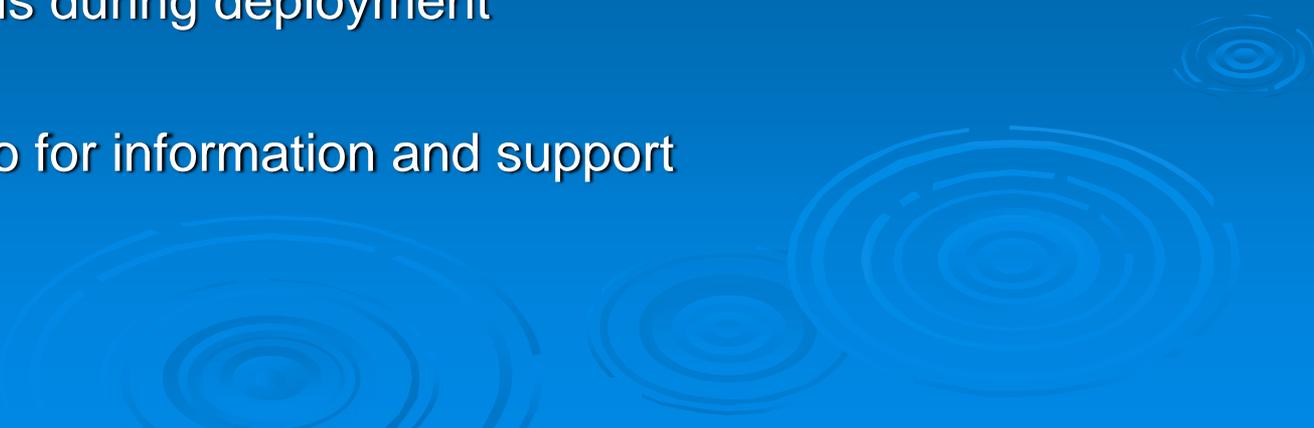


Challenges for Military Families:

Every military family experiences difficulty coping due to:

- Lengthy separations
 - Single parenting during spouses absence
 - Separation from friends and family
 - Financial strains
 - And on, and on, and on.....
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Prepare for deployment NOW!

- Express feelings and concerns
 - Go through the pre-deployment readiness checklist together
 - Recognize that anger is okay
 - Plan family activities
 - Set personal goals during deployment
 - Know where to go for information and support
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Pre-Separation Stress

- Combination of emotions
 - Anger
 - Sorrow
 - Fear

- Expressed through
 - Arguing
 - Crying
 - Clinging
 - Distance



Strategies for Coping

- Communicate
- Develop plan for staying in touch
- Prepare family members
- Complete Personal Readiness Plan

Personal Readiness Plan

- Update Will and Power of Attorney
- Create joint bank accounts
- Update and verify IDs and other important documents
- Confirm enrollment in DEERS

Preparing the Children

- Age appropriate
- Children feel tension
- Children's reactions
 - Sadness
 - Resentment
 - Parent leaving because child is bad
 - Regressive or attention seeking behavior

Planning and Preparation

- Explain to child – Where, when, how long
- Family discussions
- Take picture of child with deploying parent (Operation Pillow Case!)
- Videotape/audiotape stories for child
- Give child something that is you
- Single parents – assure child knows who will care for them

Strategies for Changes

- Every system attempts to make up for loss
 - “Single” parent can become more self sufficient
 - Older children can take on role of deployed servicemember
 - Stick to consistent routines
 - Let friends and family help
 - Stay healthy
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Strategies for Changes

- Stay involved and keep busy
- Stay in touch with friends (Make plans to do so)
- Use activities on the installation



Get Involved / Stay in Touch!

- Rear Detachment Commander
 - Family Readiness Groups
 - Army Community Service
 - American Red Cross
 - Hearts Apart - “Something More!”
 - Community Projects for the Troops!
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Thank You!

Contact Information:

Army Community Service (ACS) Outreach Programs
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