



# Deployment and Reintegration Cycle

DES Family Support Program

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# NERD

Other guys bring extra ammo on ops. You bring your laptop.



# Briefing Overview

Deployment Facts and Figures

General Preparedness Tips

Stages of Deployment

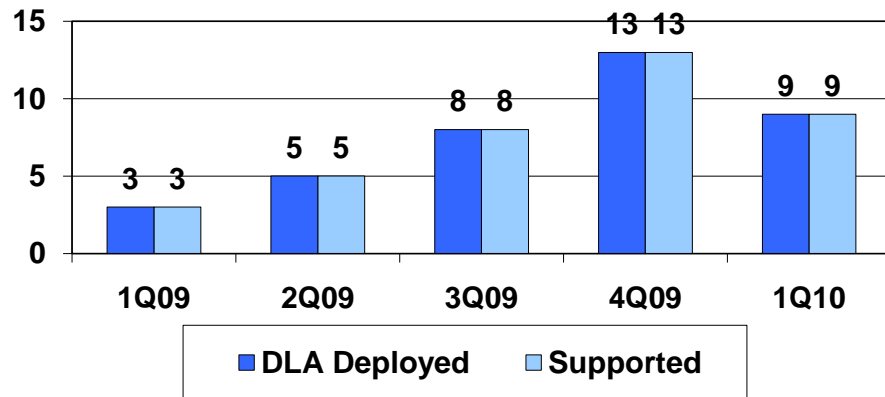
Reunion/Reintegration Tips

Sources of Help and Support

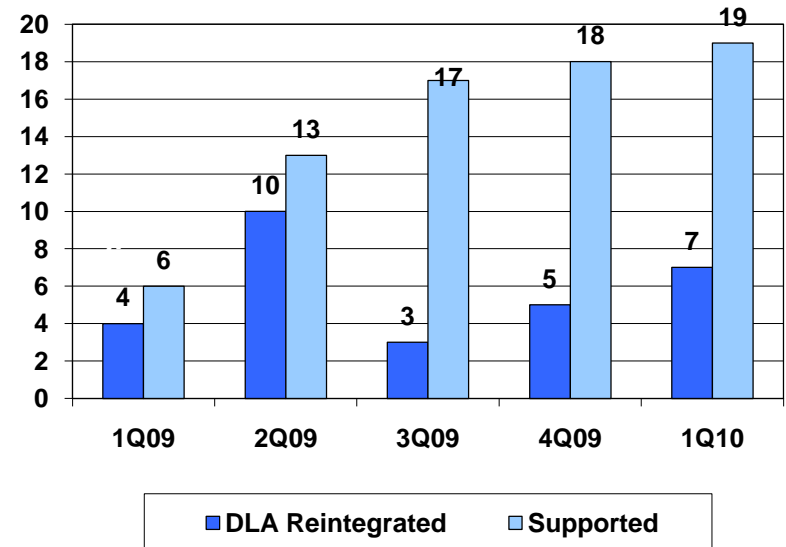


# DLA - DSCC

## Pre-Deployment Support

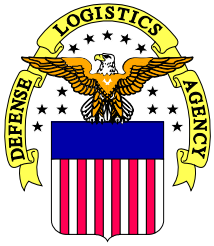


## Reintegration Services



## Reintegration Notes

- Reintegration support is provided upon return and at 30, 90, and 180 days
  - Contacts are usually face-to-face, but also by phone or email



# Stages of Deployment

- Pre-Deployment (varies)
- Deployment (1<sup>st</sup> month)
- Sustainment (beyond 1<sup>st</sup> month)
- Preparing for Reunion (last month)
- Reunion/Reintegration (3-6 months after deployment)





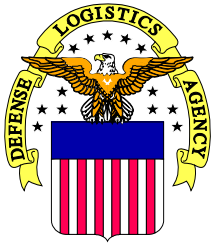
# Pre-Deployment Stage

- Anticipation of loss vs. denial
- Train-up/long hours away
- Getting affairs in order
- Mental/physical distance
- Arguments

Time frame: variable

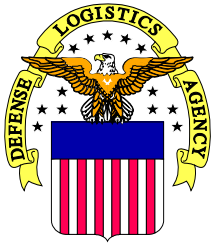


**Family  
Separation &  
Readiness**



# Pre-Deployment Stage: Tips

- Identify sources of support
- Develop a personal or family care plan
- Communicate openly with significant others/children/employers
- Put your legal affairs in order
  - Power of Attorney
  - Prepare will
  - Complete a Record of your Emergency Data
  - Organize and safeguard your personal and financial information
  - Create a sound budget
  - Take care of personal property



# Deployment Stage (1<sup>st</sup> month)

- Mixed emotions/relief
- Disoriented/overwhelmed
- Numb, sad, alone
- Sleep difficulty
- Security issues

Time frame: first month



# Sustainment Stage (Beyond 1<sup>st</sup> month)

Loved ones will:

- Establish new routines
- Have new sources of support
- Feel more in control
- Develop independence
- Develop confidence (“I can do this”)

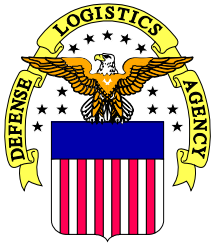
Time frame: months 2 thru 5



# Deployment and Sustainment Stage: Tips

- Connect with loved ones during deployment
  - E-mail
  - Letters
  - Phone calls
  - Care packages
  - Audio/Video Tapes
  - Social Networking Sites





# Deployment and Sustainment: Coping skills for loved ones

- Talk openly and honestly
- Choose to be positive
- Take care of self/health needs
- Find sources/network of support
- Make good use of free time
- Discuss expectations
- Communicate regularly

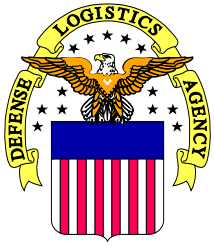


# Preparing for Reunion/Re-deployment

(Last month of deployment)

- Anticipation of homecoming
- Excitement
- Apprehension
- Burst of energy/"nesting"
- Difficulty making decisions

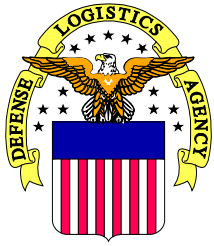
Time frame: months five thru six



# Preparing for Reunion/Re-deployment: Tips

## **Establish realistic expectations about the reunion itself**

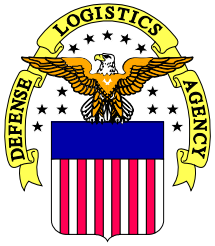
- Communicate your reunion expectations
  - Talk about how you feel
  - What does your loved one expect of you?
  - Mixed emotions like excitement, worry, confusion
- 
- **Plan activities for the reunion itself**
    - Plan one-on-one time and celebrations with each family member
    - Don't schedule too much
    - Allow for flexibility and "down time"



# Reunion

## An Event

- Do something special to welcome the returning Deployee home
- Expect things to be different
- Accept imperfection
- Expect a roller coaster of emotions
- Communicate!
- Avoid doing too much too soon

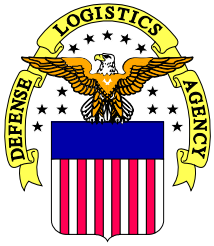


# Reintegration Stage

## A process

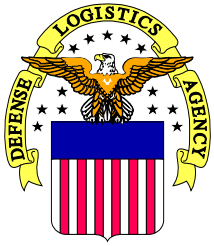
- Honeymoon period
- Loss of independence for both
- Need for “own” space
- Renegotiating routines
- Reintegrating into family

Time Frame: 3-6 months after deployment



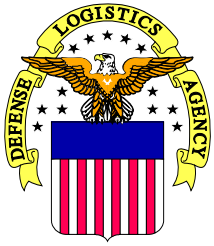
# Reintegration Stage: Tips

- Have realistic expectations
- Accept change
- Expect your children to test limits
- Take time for practical matters
  - Assess financial situation
  - Make a realistic budget
  - Review legal matters
- Open up to communication
  - Be a good listener
  - Talk about goals
  - Don't criticize or judge



# Reintegration Tips: Going back to work

- Talk to you supervisor and co-workers
- Discuss any changes that have been made
- Expect that going back to work may be a “let down” after deployment
- Take advantage of your Employee Assistance Program Manager



# Stress – A normal response

- What is stress?
  - A physical or emotional response to major life events
- Expect to feel stress at times during all phases of deployment and reintegration
  - May cause physical symptoms
  - Can affect how you act, think and feel
- Learn to recognize and manage stress
  - Take care of yourself, think positively, breathe, exercise, etc!

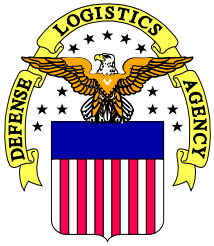


# Stress - When to Get Help

Remember: These signs and symptoms are usually normal reactions to abnormal situations. Over time, these symptoms will slowly go away

## Seek Help If the Symptoms:

- Interfere with normal duties and/or daily living and continue for more than 6 to 8 weeks
- Involve dangerous behavior, i.e., thoughts of hurting self or others, reckless drinking, drug use, family violence, etc.



# Reliable Sources of Assistance

## Where to get help:

- Deployment and Reintegration Support Office
- Family Advocacy Program Manager
- DLA Life Connections
- Military One Source
- Supervisors
- Unit Commander
- Chain of Command



# DLA Life Connections

DLA Life Connections provides free educational materials and personalized referrals to assist with:

## For Family

- Adoption
- Aging Loved Ones
- Child Care & Development
- Children With Disabilities
- Parenting Help
- Prenatal Assistance
- Relationships
- Self Help
- Summer Childcare Programs
- Deployment Issues



## Legal/Financial Help

- Financing Life Events
- Insurance
- Living Wills
- Mortgages and Loans
- Credit/Debt Management
- Educational Funding
- Retirement & Estate Planning



**Program Helps Employees Manage Life Events**

[www.worklife4you.com](http://www.worklife4you.com)

Screen Name: DLA (case sensitive)

Password DLA (case sensitive)

Toll-free number 866-426-0390



# Military One Source



- Counseling and Information services
- Eligible:
  - Active Duty, Reservists and Guards and their families
  - Deployed DoD civilians
    - 6 months before and 6 months after deployment
- 1-800-342-9647
- [www.militaryonesource.com](http://www.militaryonesource.com)
  - User Id: military
  - Password: onesource



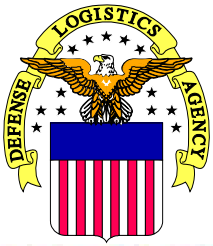
# American Red Cross

- Helps deployed personnel and their families cope with separation and other special needs related to serves in the armed forces
  - Emergency communications
  - World wide communications
  - Comfort and counseling
  - Verification of emergency situations
  - Access to emergency financial assistance
- ARC online <http://www.redcross.org> or 877-272-7337

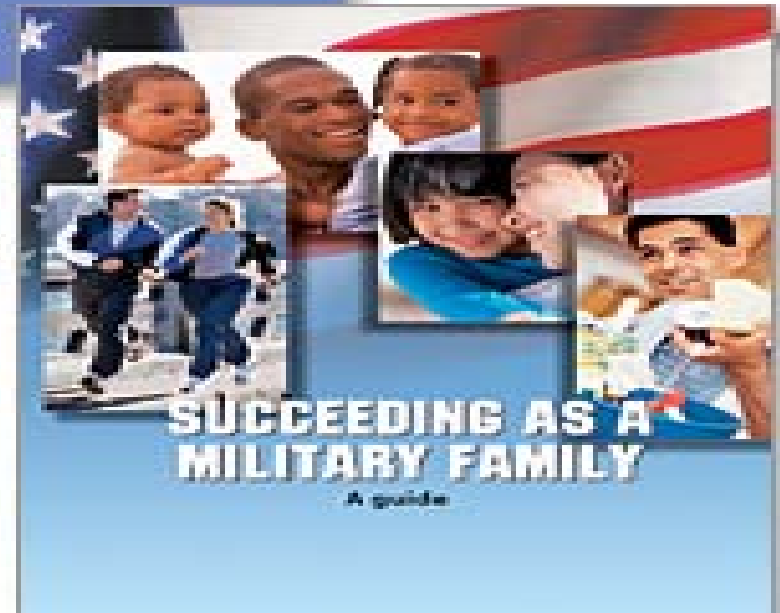
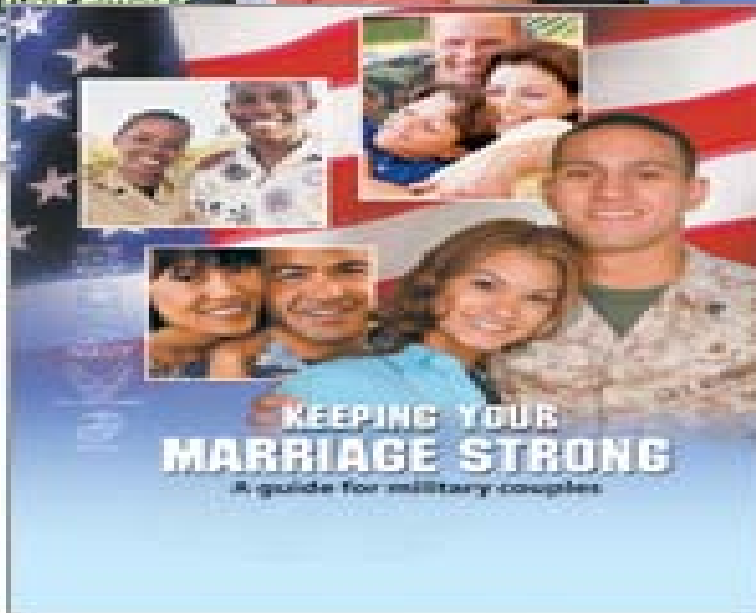
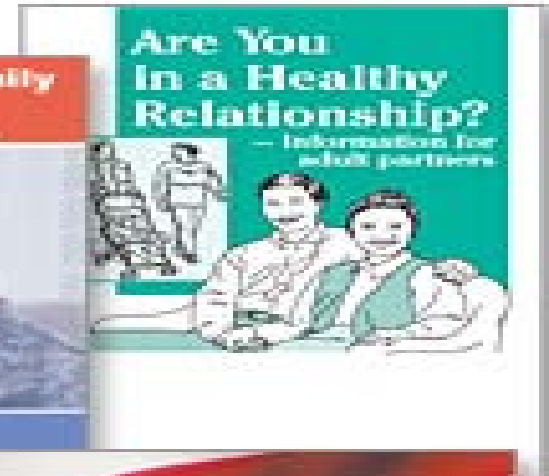
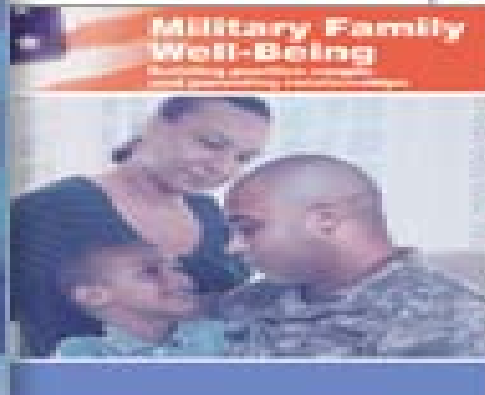
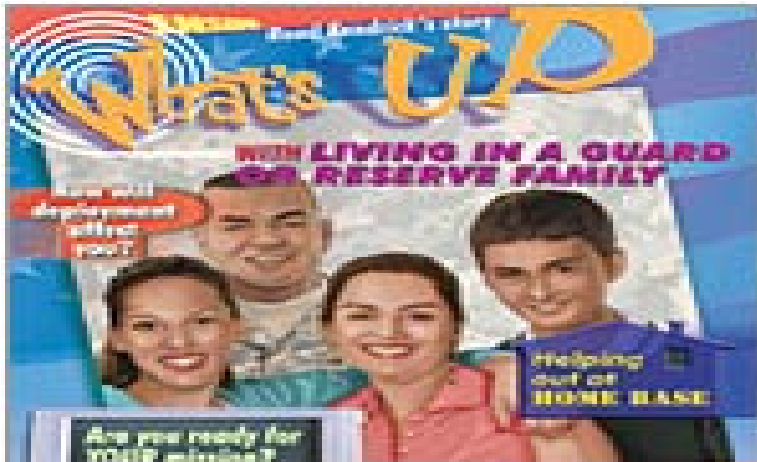


# Ohio Joint Family Support Assistance Program

- Ohio Helps It's Own

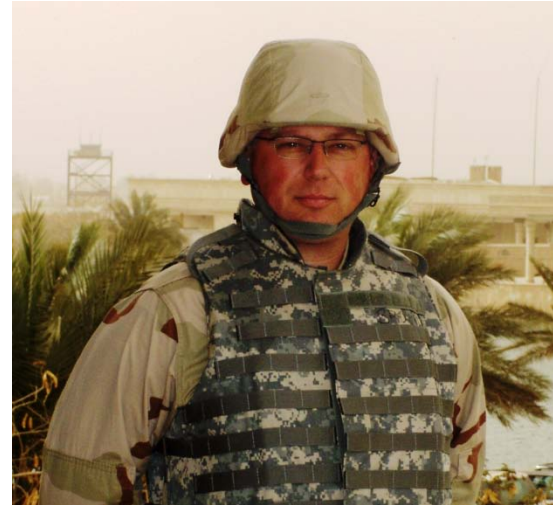


# Literature





# A special thanks to our civilians



1st CONGRESS, July 4, 1791.

The Constitution of the United States of America.

# Bill of Rights

*For the Freedoms  
that we all enjoy...  
Our Thanks go to the  
young men and women  
serving in all  
branches of the military.*

*We Salute You!*





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