

# ***Air Force Reserve Command***

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*Integrity - Service - Excellence*



## **Annual Deployment Preparedness Training**



# Overview

- **Purpose**
- **Preparedness**
- **Family Dynamics**
- **Support Services**



# *Purpose*

- To ensure mission readiness through personal and family preparedness **BEFORE, DURING** and **AFTER** separations (deployments, extended TDYs – over 30 days)



# *Preparedness*

- **Personal Preparedness**
  - **Gather important papers, proof of identity**
    - **ID Cards**
    - **Passports**
    - **Social Security Cards**
    - **Birth Certificates**
    - **Marriage License**
    - **Family Care Plan**



# *Preparedness*

- **Legal Preparedness**
  - **Will**
  - **Power of Attorney**
  - **Custody/divorce decree**
  - **Business/self-employment issues**



# Preparedness

## ■ Medical Preparedness

- Enroll in DEERS and TRICARE
- Enroll in Special Needs identification and Assignment Coordination
  - Required for any special needs family member
- Immunizations/physical
- Allergy medications
- Insurance policies
- Health Spending Accounts from civilian job



# Preparedness

## ■ Financial Preparedness

### ■ Financial plan/budget

#### ■ Emergency Fund

### ■ Automatic bill payment

#### ■ Who has access to bank accounts??

#### ■ Are all bills current??

### ■ Soldier's & Sailor's Relief Act

#### ■ Decrease interest rate on home, credit cards, school loans

#### ■ End lease on apartments, cars

### ■ Copy of most recent LES



# *Preparedness*

- **Daily Living Preparedness**
  - **Household Insurance/maintenance**
  - **Vehicle maintenance**
  - **Lawn care**
  - **Mail delivery**
  - **Pet care**
  - **Household goods storage**
  - **Access to base for family members**



# Preparedness

## ■ Family Preparedness

- Plan for communicating during separation
- Discuss roles/responsibilities
- Emergency contacts
  - Unit CC and 1<sup>st</sup> Sgt
  - Wing Family Support
  - Red Cross
  - Relatives
- Does spouse/significant other/parent know where important papers are if needed?



# *Preparedness*

- **Family Preparedness cont.**

- **TRICARE**

- **Did you enroll your family?**

- **Does spouse know where to go or who to call for TRICARE information, questions or problems?**



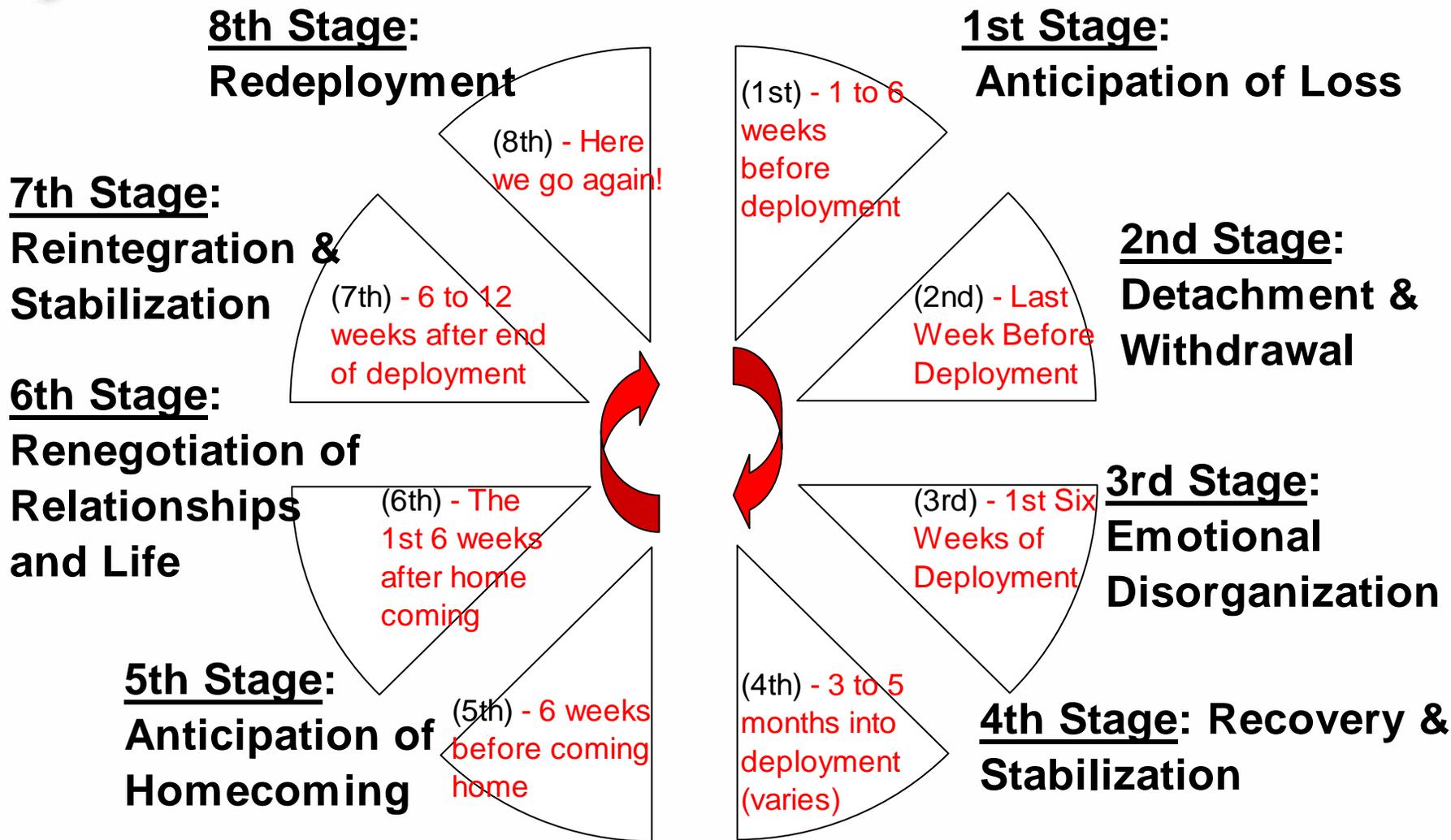
# *Preparedness*

## ■ **Children Preparedness**

- **Discuss separation with children**
- **Ensure children know who will care for them and establish a relationship before the separation**
- **Provide pictures**
- **Discuss communication during separation**
- **Inform school/teachers, parents of playmates**
  - **Behavior may change at school or with friends**



# Emotional Cycle of Deployment





# *Family Dynamics*

- **Emotional Reactions to Separation**
  - No family member reacts in the same way
  - Reactions to separation will change before, during and after
  - Be aware
    - Expect there will be tears, anger, frustration, joy
  - Be patient
  - Be understanding
  - Be empathetic
    - The separation is just as hard on them as it is on you



# ***Family Reactions to Deployment***

- **Know and understand Deployment Cycle**
- **Plan Ahead**
- **Normal Stress Reactions**
  - **Behavioral**
  - **Cognitive**
  - **Emotional**
  - **Physical**
  - **Spiritual**
- **Any reaction can be normal during this time**



# *“Crisis” Reactions in Children*

- Separation from a parent or “parent figure” is traumatic for children
- Children’s patterns of reaction are dependent upon
  - **Stage of development**
  - **Personal history**
  - **Adaptive coping skills**
  - **Emotional security**
- Children’s reactions can mirror the reactions of adults around them



## *1-3 Years*

- **Confusion**
- **Shy**
- **Sad**
- **Clinging to either/both parents**
- **Excitement over preparations**



## *3-5 Years*

- **Withdrawal**
- **Denial**
- **Thematic Play**
- **Anxious attachment**
- **Specific fears**
- **Regression**



## *6-12 years*

- **Any of the previous reactions, plus**
- **Performance decline**
- **Compensatory behavior**
- **Obsessive talking**
- **Discrepancy in mood**
- **Behavior change or problems**
- **More elaborate re-enactments**
- **Psychosomatic complaints**



## *13-18 years*

- Any of the previous behaviors, plus
- Acting-out behaviors
- Low self-esteem and self-criticism
- “Too old, too fast”
- Displaced anger
- Relief
- Resentment
- Pre-occupation with self



# *Coping with Deployments*

- **Adaptive coping skills**
  - Look for information about possible choices
  - Change what is causing the stress
    - Recognize what can be changed and what cannot
  - Decide what needs to be done
  - Take care of yourself
    - Regular exercise
    - Regular and healthy eating patterns
    - Adequate sleep
  - Maintain contact with family
    - Telephone
    - E-mail
    - Letters



# *Coping with Deployments*

- **Passive coping skills**
  - **Trying to ignore the situation**
  - **Avoiding thinking about the situation**
  - **Complaining about what has happened**
  - **Becoming apathetic**
  - **Eating more**
  - **Drinking more alcohol**
  - **Abusing substances**



# *Helpful Resources*

- **Dads at a Distance Handbook**
  - **[www.daads.com](http://www.daads.com)**
- **Moms Over Miles Handbook**
  - **[www.momsovermiles.com](http://www.momsovermiles.com)**
- **Long Distance Couples Handbook**
  - **[www.longdistancecouples.com](http://www.longdistancecouples.com)**
- **Service Member Deployment Checklist**
  - **[www.defenselink.mil/ra/family/toolkit](http://www.defenselink.mil/ra/family/toolkit)**
- **AF Crossroads**
  - **[www.afcrossroads.com](http://www.afcrossroads.com)**
- **AF One Source**
  - **[www.afonesource.com](http://www.afonesource.com)**



# ***Support Services***

- **Military Support**
  - **Family Support**
  - **Medical**
  - **Chaplain**
  - **AF One Source**
- **Civilian Support**
  - **Red Cross**
  - **Salvation Army**
  - **Veteran's Administration**
- **For more information about deployment support, contact a Deployment Support Program POC at 8544**



# Family Support Office



- The Family Support Office is located in Building 316 Room 122
- We can be reached 0700 to 1600 at 412-474-8544 and from home long distance at 1-800-235-7780
- Family Support Intranet site is at `\\Pit300consolid1\shares\MSG\FS Family Services\WebPage\WebPage\index.htm`
- Director: Terry Stuart



# *Family Support Office*



- **We have access to over 700 contacts that can help with all aspects of family concerns**
- **Military One Source operates 24/7 and has free tapes and books dealing with most family issues**
- **They can be reached at 1-800-342-9647**
- **They offer counseling assistance**



# *Family Support Office*



- **How many of you are rich?**
- **Financial management is one of the key areas for success in life.**
- **Recent studies suggest you can buy happiness – those who are well off financially and free of consumer debt are happiest**
- **If you are not debt free then credit management is important**
- **Use the Financial Readiness Worksheet provided on the Family Support Intranet Page.**
- **Then, if necessary see the Family Support Office for assistance**



# ***Family Support Office***



- **The Air Force Aid Society is located in the Family Support Office**
- **Members who are activated 15 or more continuous days are qualified for assistance**
- **All assistance is approved at AFAS Headquarters**
- **The phone cards many of you received are provided by the Air Force Aid Society**
- **Types of assistance include housing/rent, utilities, food, major dental or major medical expenses, and others**
- **Those seeking assistance will need to complete a budget and should keep their commanders advised of difficulties**



# Family Support Office



- **Need Work? Need Education?**
- **The Family Support Office has over 1400 websites organized to help with employment, relocation, finances, and education plus ++++**
- **Employment Handouts dealing with resume writing, job search, federal employment, interviewing, time management, goal setting-planning-and decision making are available.**
- **Handout of area schools and scholarship/loan sites are on hand**



# Family Support Office



- Thinking of Moving to Another Base?
- Use the SITES website to learn about other installations  
<https://www.dmdc.osd.mil/appj/sites/index.jsp>
- Learn more about Pittsburgh at the same website as we are on line too