



# DEPLOYMENT SURVIVAL

Presented by Military & Family Life Counselors

# OBJECTIVES

## Participants will learn:

- Things to consider when preparing for deployment
- Ways to manage separation
- How to put a plan in place



# AGENDA

- Pre-Deployment Considerations
- Managing Separation
- Have a Plan in Place
- Staying In Touch
- Safety Precautions



# PRE-DEPLOYMENT CONSIDERATIONS

- Prepare for deployment now
- Get organized
- Prepare family members
- Communicate with your family



# MANAGING SEPARATION



- Take good care of yourself
- Treat yourself to a special outing
- Try to set aside time every day to do something you enjoy
- Take advantage of military support



# MANAGING SEPARATION

CONTINUED

- Volunteer
- Simplify
- Set goals then pursue them
- Seek help from Chaplains, Military Family Support Services or Behavioral Healthcare Services if you are overwhelmed



# MANAGING SEPARATION

CONTINUED

- Do not try to please everyone
- Admit when you made a mistake
- Practice self-care
- Avoid power struggles with family members



# HAVE A PLAN IN PLACE

## Financial Matters

- Budget
- Allotments
- Bills
- Goals





# HAVE A PLAN IN PLACE

## Legal Matters

- ID Card
- Power of Attorney
- Wills
- Family Care Plan



# HAVE A PLAN IN PLACE

CONTINUED

## Personal Matters

- Spouses
- Children
- Other relatives and friends
- Loved Ones

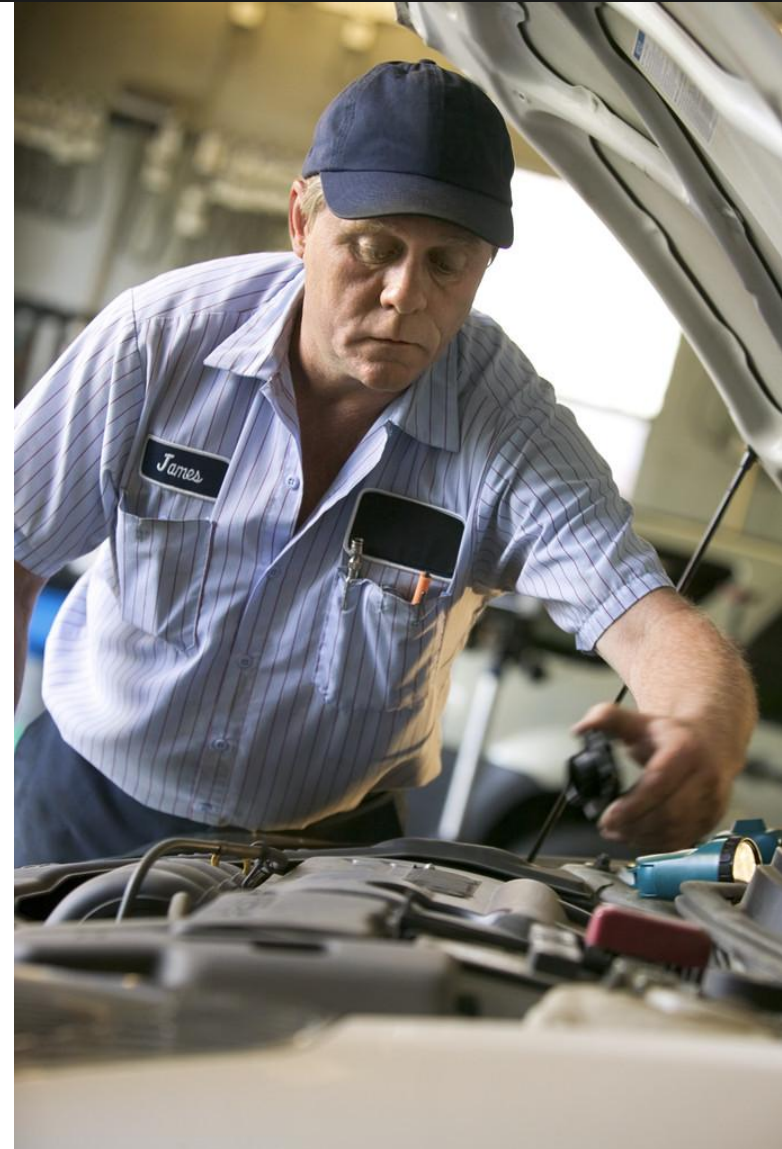


# HAVE A PLAN IN PLACE

CONTINUED

## Practical Matters

- Security
- Healthcare Issues
- Household & Vehicle
- Passport



# STAYING IN TOUCH DURING DEPLOYMENT

- “Snail” Mail
- Tape Recording
- Telephone Calls
- E-Mail
- Video



# SAFETY PRECAUTIONS

## Use Good Judgment

- Other than family, friends and colleagues, don't tell people your spouse is gone
- When someone calls asking for your spouse – never tell them your spouse isn't home
- Don't discuss their absence in public, even with friends
- Don't give social security numbers to persons over the phone unless you are requesting a service or information that requires it



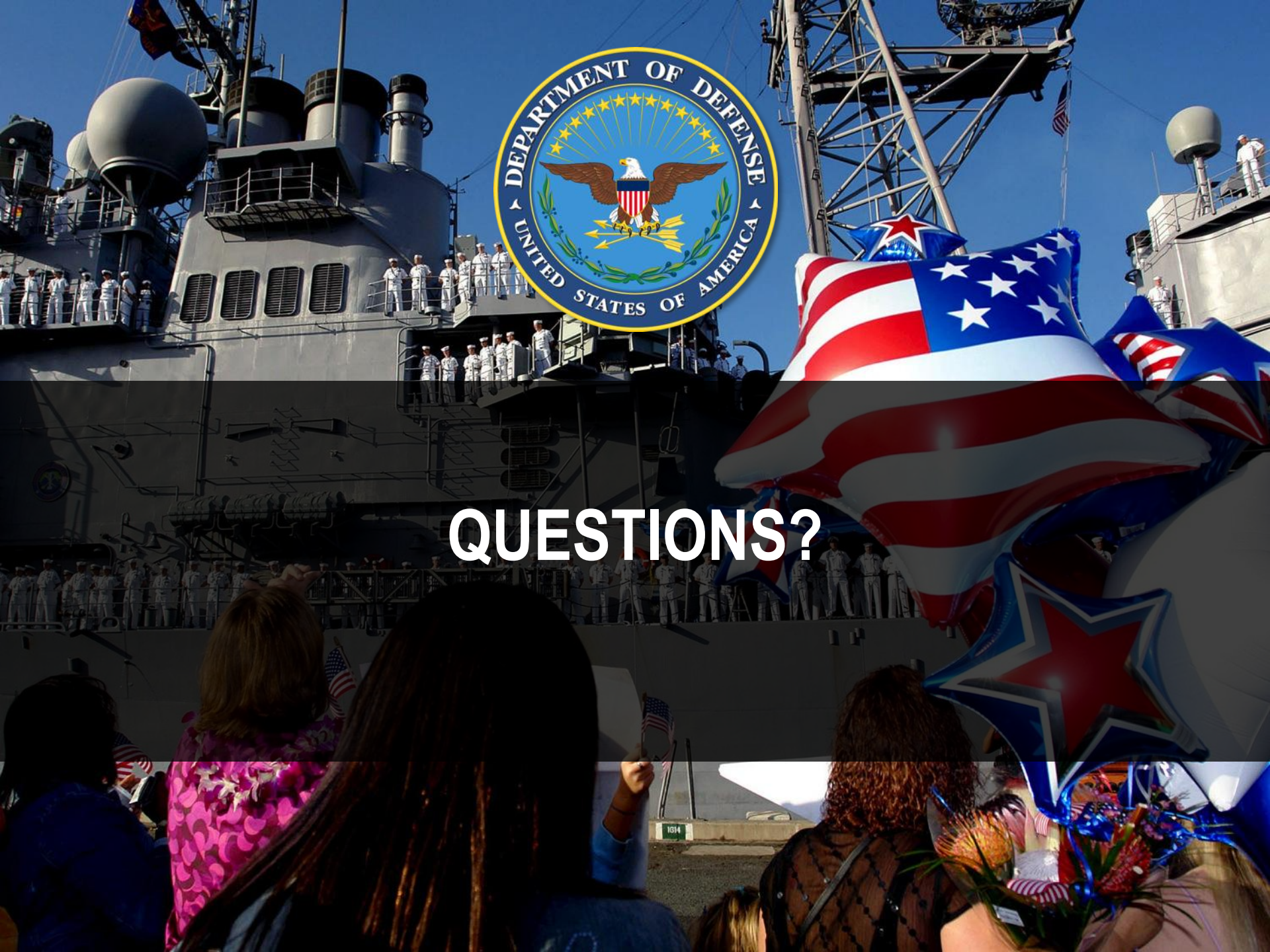
# SUMMARY

- Preparation is the key for managing deployment issues
- Talk openly with family members
- Address financial issues that may come up during deployment
- Have paperwork in order including wills and powers of attorney
- Develop a safety plan and a plan to keep in touch
- Seek help if you have difficulty managing deployment





QUESTIONS?



# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services







**THANK YOU**

