



# PRE-DEPLOYMENT & THE SINGLE SERVICE MEMBER

Presented by Military & Family Life Counselors

# AGENDA

- Belonging to Multiple Networks
- Creating a Pre-deployment Plan
- Staying Connected with Friends and Family
- Educating Those Left Behind
- Safeguarding Your Legacy
- Emotional Preparation
- Finding Mentors
- Independence vs. Isolation
- Attending to Details
- Making Sound Decisions



# BELONGING TO MULTIPLE NETWORKS

## **You belong to many support networks including:**

- Battle buddies
- Family of origin
- Extended family
- Social community
- Spiritual community

## **Staying connected to your social networks:**

- Provides additional support during deployment
- Can help facilitate reintegration



# CREATING A PRE-DEPLOYMENT PLAN

**Single life may appear to be less complicated, but there are many details to be considered during pre-deployment:**

- Pets
- Storing your vehicles
- Rental units
- Utilities at your apartment
- Automatic payments for your debts
- Credit card security
- All your log-on names and passwords



# CREATING A PRE-DEPLOYMENT PLAN

CONTINUED

## Questions to consider:

- Who will care for your pets?
- Will you keep a rented home or let it go?
- Will there be any rentals available when you return?
- Where will you store your vehicle, and who will have a key?
- How will you assure security of bank accounts, credit cards and other important accounts and documents?



# STAYING CONNECTED WITH FRIENDS & FAMILY

## Staying connected to the members of your various support networks requires getting organized:

- Update your address list (email and snail mail)
- Make sure your phone number list is current
- Make note of special dates to remember
- Include the likes/dislikes of younger siblings, nieces, nephews and others members in your support networks
- Affirm with family and friends your wish to stay connected



# EDUCATING THOSE LEFT BEHIND

**Educate those you leave behind. The more they can understand, the less anxious they will be. Important aspects of this include:**

- OPSEC
- Chain of command and how it works
- How your safety is insured
- Unit, company, battalion and brigade
- Your First Sgt -- his/her name and duties
- Your company commander, rear detachment commander
- Unit phone number



# SAFEGUARDING YOUR LEGACY

**Safeguarding your legacy is important for you and for those in your support networks. To accomplish this you will need to:**

- Assign specific people to care for important items
- Leave nothing lying around that would embarrass you or others
- Talk to those you can, and leave letters for those you cannot
- Express gratitude for what you've been given
- Ask for well wishes and/or blessings from your elders





# EMOTIONAL PREPARATION

**Pre-Deployment requires a change in focus as you prepare to leave emotionally.**

**A normal and healthy emotional preparation for deployment includes the following:**

- Withdrawal
- Focus
- Hardening of the heart
- Hyper-vigilance
- Core relaxation
- Intensity



# FINDING MENTORS

**Mentors are the people who give you the benefit of their experience and wisdom, so you will know what to expect down-range and how to deal with it.**

**Mentors can come from a number of sources including:**

- NCOs and other combat veterans
- Army Community Services
- Military OneSource
- Family members who are combat veterans
- Martial arts instructors



# INDEPENDENCE VS. ISOLATION

- Combat makes you part of a new support network
- This unique position can create a sense of isolation
- Using this unique experience in a healthy way can lead to a strong sense of self-worth and independence
- Characteristics of Independence vs. Isolation
  - Cold-blooded bravery vs. hotheaded bravado
  - Compassion vs. brutality
  - “What more can I do” attitude vs. “let somebody else do it”
  - Knows their limits vs. biting off more than they can chew
  - Strong enough to be vulnerable vs. locked down in an inner fortress



# ATTENDING TO DETAILS

## Do Not.....

- Accept -- poor personal preparation for your deployment
- Quit -- preparing for the complicated job you have ahead of you
- Leave -- a mess left behind for someone else to clean up

Attention to pre-deployment details provides you with a comfort zone later on



# MAKING SOUND DECISIONS

**Good decisions are not made impulsively. They require careful planning and attention to detail.**

**To insure good decisions are made:**

- Slow down
- List the pre-conditions (in order to do “that,” I need to first do “this and this”)
- Brainstorm with others
- Get expert advice
- Take a long view (do I want this in my life five years from now?)



# SUMMARY

- Pre-deployment requires careful planning
- Staying connected with your support networks provides additional support for you and facilitates your reintegration
- Give as much information as you can to family and friends – it will help with their anxiety
- Safeguard your legacy
- Seek support from mentors
- Make decisions slowly and carefully
- Seek help if your emotional responses seem too extreme







**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**

