



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?)



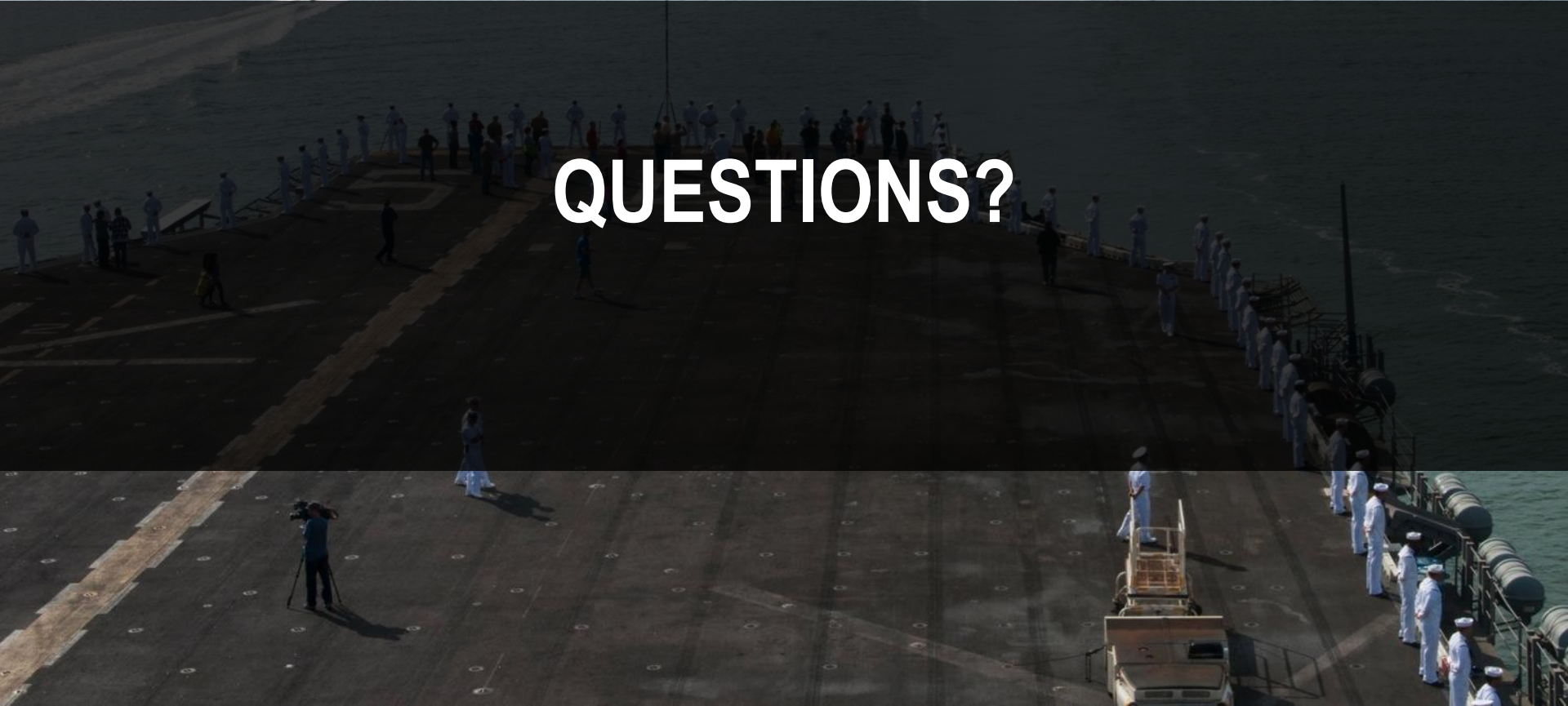
SUMMARY

- 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
- Behavioral Health Services





THANK YOU