Slide 1: Experiencing Deployment

Slide 2: Objectives

- Identify common characteristics and feelings experienced by Service members and loved ones pre-, during, and post-deployment.
- Identify coping strategies to address emotions, feelings, and communication and relationship challenges Service members and loved ones may experience pre-, during, and post-deployment.

Slide 3: The Emotional Cycle of Deployment

- Name of stage models that describe experiences pre-, during, and post-deployment
    - Not everyone goes through all stages
    - Not everyone goes through the same stages in the same sequence or for the same duration
    - Many themes/issues may co-occur rather than follow an orderly sequence

Slide 4: Pre-Deployment Experiences

- Pre-deployment begins with receipt of the deployment order and continues until the Service member leaves
- Service members may be physically present but psychologically absent
- Emotional ups and downs may occur
- Stress may increase conflict
- What happened, or may happen, as the departure date approaches?

Slide 5: Children's Reactions: Pre-Deployment

- Do not avoid goodbyes or minimize the importance of the absence
    - Doing so could lead to fears about the parent/adult disappearing when the Service member is not deployed

Slide 6: Coping Strategies: Pre-Deployment

- Would anyone like to share a coping strategy?
- Engage in constructive communication
- Communicate about deployment in an age-appropriate way with children

Slide 7: Identifying Sources of Support

- Where will you turn for assistance during this deployment?

Slide 8: During Deployment Experiences

- Once the Service member deploys, initial feelings may include disorientation and mixed emotions
    - Sometimes called emotional disorganization
- Give yourself time to adapt
- Successful handling of the deployment may lead to significant resilience and potential for growth

Slide 9: Children's Reactions: During Deployment

- Children take their cues from parents, caretakers, and other important adults
- Reactions may vary depending on age
- Deployment is almost always stressful for children but long-term adverse impacts typically do not occur

Slide 10: Coping Strategies: During Deployment

- What are some coping strategies that may help you successfully handle issues during deployment?
- Remember to do the following:
    - Avoid destructive communication
    - Be flexible

Slide 11: Helping Children Cope During Deployment

- What can you do to help children cope during deployment?

Slide 12: Preparing for the Reintegration

- Begins with notification of the Service member's return date
- Anticipating the return may lead to excitement, anticipation, and apprehension for the Service member and loved ones
    - Why might there be both excitement and apprehension?

Slide 13: Post-Deployment Experiences

- Post-deployment begins when the Service member returns
- Honeymoon period may occur immediately upon return
- Stress and tension among Service members and loved ones may occur
- Daily routines and responsibilities must be reestablished

Slide 14: Children's Reactions: Post-Deployment

- Reactions will vary based on age
- Be sensitive to reactions and coordinate constructive responses

Slide 15: Coping Strategies: Post-Deployment

- What can you do to help everyone adjust during post-deployment?
- Key elements include patience and effective communication

Slide 16: The Deployment Journey

- Deployment can present an opportunity for growth for everyone involved
- Embrace the growth and change that occurs
- Put time and effort into reestablishing bonds

Slide 17: Review of Objectives

- Identify common characteristics and feelings experienced by Service members and loved ones pre-, during, and post-deployment.
- Identify coping strategies to address emotions, feelings, and communication and

relationship challenges Service members and loved ones may experience pre-, during, and post-deployment.

Slide 18: Experiencing Deployment