



## **DEPLOYMENT SUPPORT PROGRAM**

“The purpose of the deployment programs is to assist service members and their families in successfully managing the challenges of separation and reintegration associated with Navy operations. In its broadest sense, the intent of deployment programs is to improve readiness and retention through interventions that enhance satisfaction and ease personal adjustment with the Navy lifestyle.”

### **Deployment Readiness/Preparedness**

Designed to help service members and their families understand and deal more effectively with extended separations. Programs include elements that address the following:

- Planning ahead-Information on the need to always be ready and prepared for deployment.
- Emotions-Understand the emotional aspects of deployment and learn coping skills.
- Practical preparation-Gain knowledge about practical preparation issues including, but not limited to finances, legal matters, communication, and resources.
- Children-Helps parents prepare and support their children during deployment. Programs may be offered to children and teens as well to help them understand and process deployment related changes and feelings.

### **Ongoing Deployment Support Programs**

Often referred to as mid-deployment programs, designed to help service members' families cope effectively with deployment. Programs focus on successes, normalizing and improving coping strategies and feelings, sharing, building support and cohesion. Topics include resource awareness, handling emotions, communication, and managing money. Specific program content also includes School Personnel Brief, Children's Groups and Family Readiness Group Training.

### **Homecoming/Post-Deployment Programs**

Designed to help service members and their families:

- “Make a good thing better.”
- Prepare family members for the service member's return.
- Prepare service members for reintegration into their families and communities.

Post-deployment programs exist to assist service members and families who are not able to experience a smooth reintegration after the deployment ends. These can include discussion groups, support groups, and referrals for individual and family counseling.



For more information please call  
**333-2056/57**