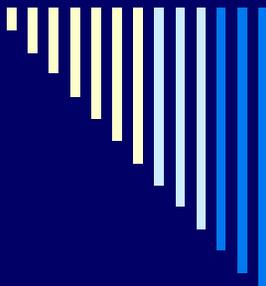


The Cycles of Deployment and Family Stress

Kimberly Hoffman

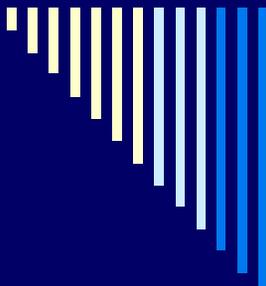
Director of Family Services

Connecticut National Guard



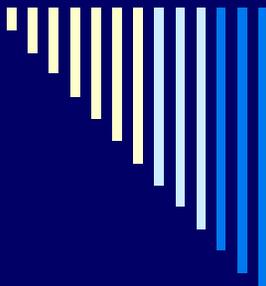
TODAY'S AGENDA

- Connecting the dots and understanding the cycles
 - What is the National Guard Family Program's role?
 - The Deployment Cycles and support to our families
 - Understanding military family stress
-



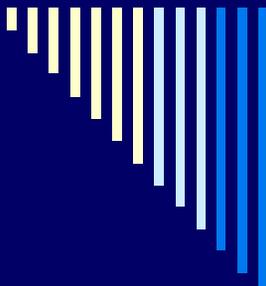
Connecting the Dots and Understanding the Cycles

- The middle man
 - Overlapping cycle phases
 - The significant differences of each
 - Successfully managing the cycle
-



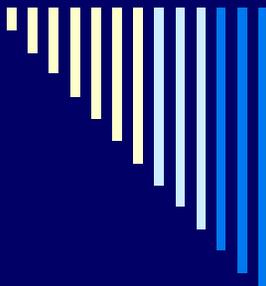
The National Guard Family Program

- Who “owns” us
 - Who we serve
 - What we do
 - Why we do it
 - Where to find us
 - Why you need us
 - When to use us
-



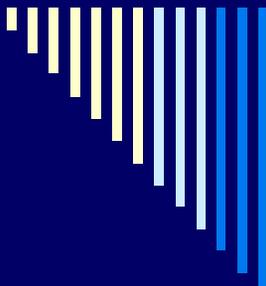
The Deployment Cycles and Support to our Families

- The Deployment Cycle
 - Pre-Mob; Mobilization; Post-Mobilization
 - The Emotional Cycle of Deployment
 - Anticipation of Loss
 - Emotional Disorganization
 - Adjustment
 - Anticipation of Reunion
 - Readjustment (Reintegration)
 - State of Equilibrium/Relative Tranquility
-



The Deployment Cycles and Support to our Families

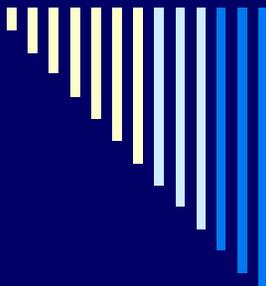
- ❑ Stepping out of denial
 - ❑ Making the time to learn/active participation
 - ❑ Deployment-induced stress
 - ❑ Suddenly military
 - ❑ Overwhelmed
-



The Deployment Cycles and Support to our Families

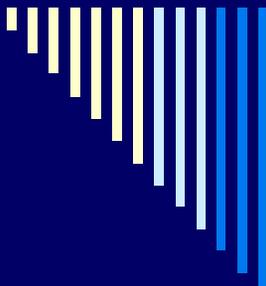
- Pre-Deployment/*State of Equilibrium*
 - Social Opportunities/FRGs

 - Alert & Pre-Mobilization/*Anticipation of Loss and Emotional Disorganization*
 - Social Opportunities/FRGs
 - Information Briefings
 - Possible counseling
-



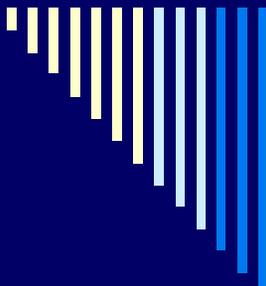
The Deployment Cycles and Support to our Families

- Mobilization/*Emotional Disorganization & Adjustment*
 - FRG participation/info briefs
 - Community based support
 - Financial assistance/Handyman
 - Counseling
 - Youth Activities
 - Large scale social events
-



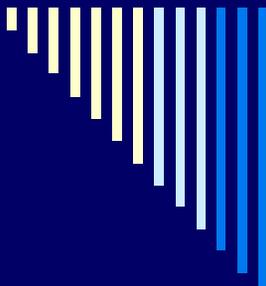
The Deployment Cycles and Support to our Families

- *Redeployment/Anticipation of Reunion*
 - Reunion Conferences
 - Cycle specific emotional support
 - Benefit awareness
 - Youth preparation
 - Special concerns
-



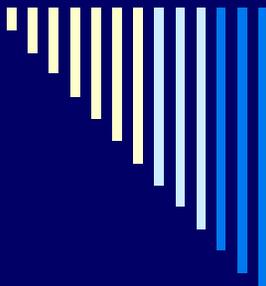
The Deployment Cycles and Support to our Families

- Post Mobilization/*Readjustment*
 - Couples Encounters
 - Counseling
 - Financial Assistance
 - Encourage FRG continuance
-



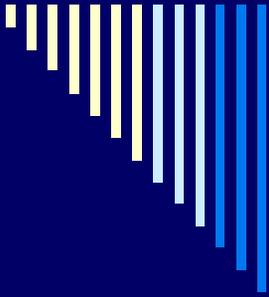
Understanding Military Family Stress

- ❑ Assumption of Roles
 - ❑ Coping with Income Deficiencies
 - ❑ Fear of what they know/don't know
 - ❑ Lack of knowledge/forced to learn
 - ❑ Becoming a single parent
 - ❑ Job stress
 - ❑ Normal life stress
 - ❑ Too much news/not enough news
-



Understanding Military Family Stress

- ❑ Unexpected Expenses
 - ❑ Relationship concerns (Mob/Post Mob)
 - ❑ Denial, overcompensation, anger, withdrawal
 - ❑ Substance Abuse
-



QUESTIONS?

