

# Planning for Military Separation

*Operation READY:*

**Predeployment**

**and**

**Ongoing Readiness**

# While a Parent Is Away

## Normal emotional reactions:

- Worry about finances
- Feeling abandoned
- Mood swings
- Irritability
- School problems
- Nightmares

# Suggested Activities

## Prior to Deployment, Both Parents can:

- Explain the separation.
- Have a family conference.
- Do the geography thing.
- Take pictures with Dad and Mom and child.
- Give a comfort item to the child.
- Video/audio tape a story or conversation.

# Suggestions to Help the Child

## The parent remaining at home can:

- Talk about separated parent.
- Keep family routines.
- Discipline consistently.
- Do a deployment calendar.
- Put up pictures.
- Send care packages.
- Communicate!!!

# For the Separated Parent...

- Be a pen pal
- Send drawings, recipes
- Write to each child
- Send small items
- Run a personal ad
- Remember birthdays
- Say “I love You”
- Say “I miss you”
- Play games through the mail
- Stay informed about the child’s events, school programs, and discuss them with the child.

# KEY FACTORS

- Insurance Concerns
- Family affairs
- Financial management
- Coping with separation

*USE Army and community resources*

# INSURANCE CONCERNS

## 360 Degree Coverage?

- Life Insurance/SGLI
- Homeowner's or Renter's Insurance
- Who is beneficiary on the policies?
- Car Insurance
- When is the premium due?
- Is the coverage amount enough?

# FAMILY AFFAIRS

- ID card grants access to Army services.
- Enrollment in DEERS is **REQUIRED** for medical services.

Questions or concerns, contact Barbara Loge,  
ID Section, Bldg 500 @ 568-6619



# FINANCIAL MGT

- Estimate expenses during deployment.
- Consider all changes in income.
- Budget realistically.
- Determine if allotments or an extra checking account is needed.
- Plan for added expenses of homecoming.
- Expect the unexpected.

# COPING with SEPARATION

## Family Readiness System:

- Rear Detachment Command
- Family Readiness Group
- Inspector General's Office (IG)
- Army Community Services
  - Family Assistance Center

# COPING with SEPARATION 2

## Army Community Service

### Programs

- Family Advocacy Program
- Financial Services
- Information & Referral
- Relocation Services
- Family Members Employment Services
- Volunteer Services
- Mobilization & Deployment
- Army Family Team Building

### SERVICES/RESOURCES

- Parenting, Anger/Stress,
- AER, Education, CCCS
- Ft. Bliss/El Paso
- Loan Close/SITES Program
- Skill Assessment, Interviewing skills, Resume Asst.
- Registration, Referral, Training
- Op READY, Family Asst.,
- Readiness Tool, Levels 1-3

# **ACS/Family Assistance**

**Bldg. 2494 Ricker Road**

**Office Hours: 0730 -1630 M-F**

**Local: (915) 568-1132/9323**

**Toll Free: 1-866-562-8158**



# Deployment Ready

LET'S  
ROLL!