



Pre-Deployment Airman Resiliency Training





Pre-Deployment Preparation: What have you done so far?



Pre-Deployment CHECKLISTS

Once your spouse has deployed, it's too late to get his or her signature on a will or have a power of attorney drawn up. Preparedness is the key to surviving a lengthy deployment. By planning ahead and anticipating all contingencies while the service member is away, assuming responsibility for the family's safety, household finances, automobile, banking and legal matters, medical and housing issues will be much easier for the spouse or family members.

Below are some of the important steps to be taken and essential phone numbers and documents that must be acquired prior to the separation.

EMERGENCY CONTACT INFORMATION FOR DEPLOYED MEMBER

This information on the service member's card for his or her family members will help the spouse or family member contact the deployed member in case of an emergency. It should be kept near the phone.

Social Security Number _____
 Date/Place of Birth _____
 Race _____
 ID Card Number _____
 Military Unit _____
 Next Telephone Number _____
 Deployed Location (if international) _____
 Deployed Working Address (if applicable) _____

Blood Type _____
 Family Readiness Contact Person _____
 Family Readiness Contact Person _____
 Telephone Number _____
 Local Chapter of the Red Cross _____
 Chapter _____
 Nearest Air Force Contact Person _____
 Rear Detachment Commander _____
 Rear Detachment Commander's Telephone Number _____

In the event of an emergency, contact the local chapter of the Red Cross. The Red Cross delivers thousands of messages a day. The Red Cross can be reached at (703) 296-6900, or you can visit the Red Cross website at www.redcross.org.

In addition, you can call the Rear Detachment Commanders, Family Assistance Center or the Guard or Reserve Family Program Coordinator. Provide them with the service member's full name, SSN, address of the emergency and the service member's military unit. Ask them how you can be contacted by the Red Cross.

HOUSEHOLD EMERGENCY CONTACT INFO

This information should be kept near the phone at all times.

Police: _____
 Fire Department: _____
 Ambulance: _____
 Poison Information Center: _____

CHECKLIST

and business files for important documents.

If you have a will: ID card before the will.

Do I legally still need to:

- own while the service member is away?
- in a will and sign a DD Form 1172 for the DAD Contract Access Card—either obtained at the garrison office, or after 100-100-0000, if all family members, family members.

FINANCIAL CHECKLIST

- Financial papers
 - 401(k) report papers
 - Advance papers
 - Death certificates
 - Power of attorney papers (power of attorney)
 - Copies of 529-Savings accounts/ Group Life Insurance benefits paperwork
 - IRAs (spouse and spouse)
 - Real estate documents (deeds/mortgages/leases/leases)
 - Title and ledger to records to past few years
 - Car registration and/or title
 - Copies of all insurance policies (life, auto, fire, home/contents/renter, earthquake, other)
 - U.S. savings bonds/IRAs/401(k)s
 - All outstanding loan papers, including loans, address and account number of each company
 - School registration forms
 - All outstanding loan papers, including loans, address and account number of each company
 - National/International/Foreign papers/current papers
 - Copies of all current medical, dental and vision prescriptions for each family member
 - Address and telephone numbers for all members of immediate family for spouse and military member

LEGAL ASSISTANCE

Obtain an attorney, wills, and other legal issues.

Wills: _____
 ID #: _____
 Phone: _____

MONTHLY INCOME

Advising a budget is very important, especially if the service member's monthly income is negatively affected by the deployment. Creating a family budget plan should be a priority prior to a separation.

Spouse's income _____
 Spouse's expenses _____
 Total Monthly Income _____

Spouse's income _____
 Spouse's expenses _____
 Total Monthly Income _____

MISSING CHECKLIST

Each family member should know the location of the:

- Electrical box
- Water and gas control valves
- Home and phone number for the plumber, heating office, and/or electrician
- How to call the fire department, through water and gas control valves, for a week for each family member. Backlogs with spare batteries, radio with spare batteries, with flashlight and calling for each family member
- Fire extinguisher

In addition, the spouse or caretaker should have a spare set of keys for the house and automobile. All smoke detectors should be operative. Register any used batteries.

FINANCIAL CHECKLIST

Both the service member and the spouse should be listed on all joint banking accounts. They both should be able to make deposits, withdrawals and changes on the accounts without the signature of the other. Furthermore, if applicable, make sure your bank will accept a power of attorney. The spouse should have access to both books and checkbooks.

In addition, to update the books of record, don't deposit should be withdrawn on appropriate banking accounts. Both the spouse and service member should have the following information available to them:

Bank name _____
 Telephone number for branch _____
 Address/location _____
 Checking account number _____
 Savings account number _____
 PIN numbers for each account _____
 Self-deposit line location and key _____

Many banking-related institutions, such as USAA, Navy Federal Credit Union, and Bank of America, offer 24-hour online services. In addition, financial institutions are increasingly offering online bill payment services. If you have internet access, life is so much easier to stay on top of bills and payments from anywhere in the world.

EMERGENCY CONTACT INFO

This information should be kept near the phone at all times.

Police: _____
 Fire Department: _____
 Ambulance: _____
 Poison Information Center: _____



Personal Growth through deployment

Deployments can strengthen your:

- **Courage**
- **Leadership**
- **Appreciation**
- **Maturity**
- **Professional Skills**
- **Airmanship**





ART: Core Skills

- **CHECK** yourself and your surroundings
- **CONTROL** your reactions
- ▲ **CONNECT** to others
- ★ Build **CONFIDENCE** in your abilities, your leadership, and your training





CHECK

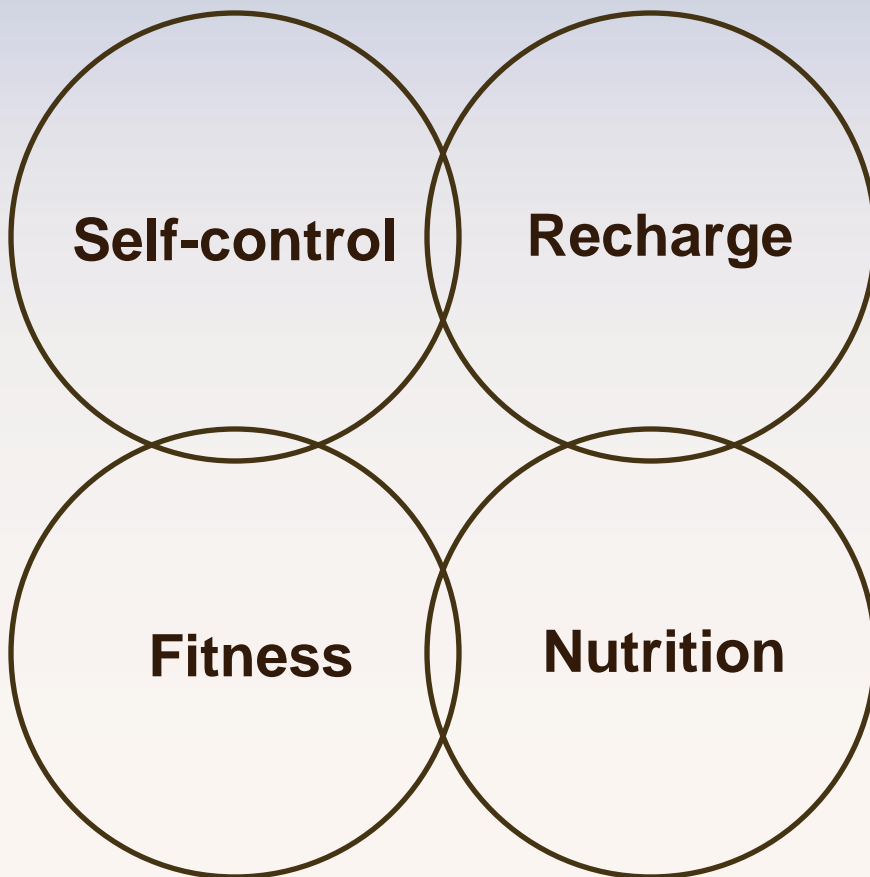
Purpose

Situational Awareness





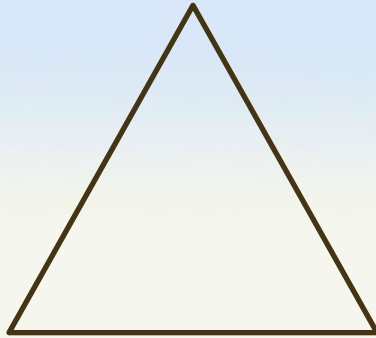
● **CONTROL**





▲ CONNECT

Comm Check



**Leading
from the front**

Wingman





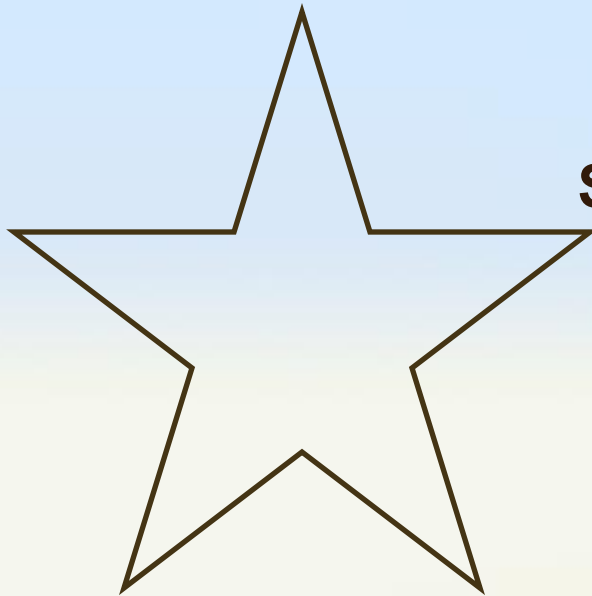
★ **CONFIDENCE**

Trust

Strategic Thinking

Problem Solving

Mental Rehearsal





ART: Core Warrior Skills

■ CHECK

- Purpose
- Situational Awareness

▲ CONTROL

- Self-regulation
- Recharge
 - Physical Fitness
 - Nutrition

● CONNECT

- Comm Check
- Lead from the Front
- Wingman

★ CONFIDENCE

- Strategic Thinking
- Problem Solving
- Mental Rehearsal





Resources:

While You're There:

Combat Stress Facility

Chaplain Team

Medical Provider

Unit Commanders/1st Sgt

Wingman

Coworkers & Friends

Military OneSource

Additional Resources Before you go:

- Wing Director of Psychological Health
- Airman & Family Readiness
- Military OneSource
- Family & Friends





BACKUP SLIDES





■ CHECK: Know Your Purpose (Y)

Why am I deploying?

What is the purpose of my deployment?

What do I bring to the fight?

What is my mission?

WHAT IS MY Y?





■ CHECK: Situational Awareness

Be aware of yourself and others

Focus on the mission

**Realistically assess each situation
and your reactions**





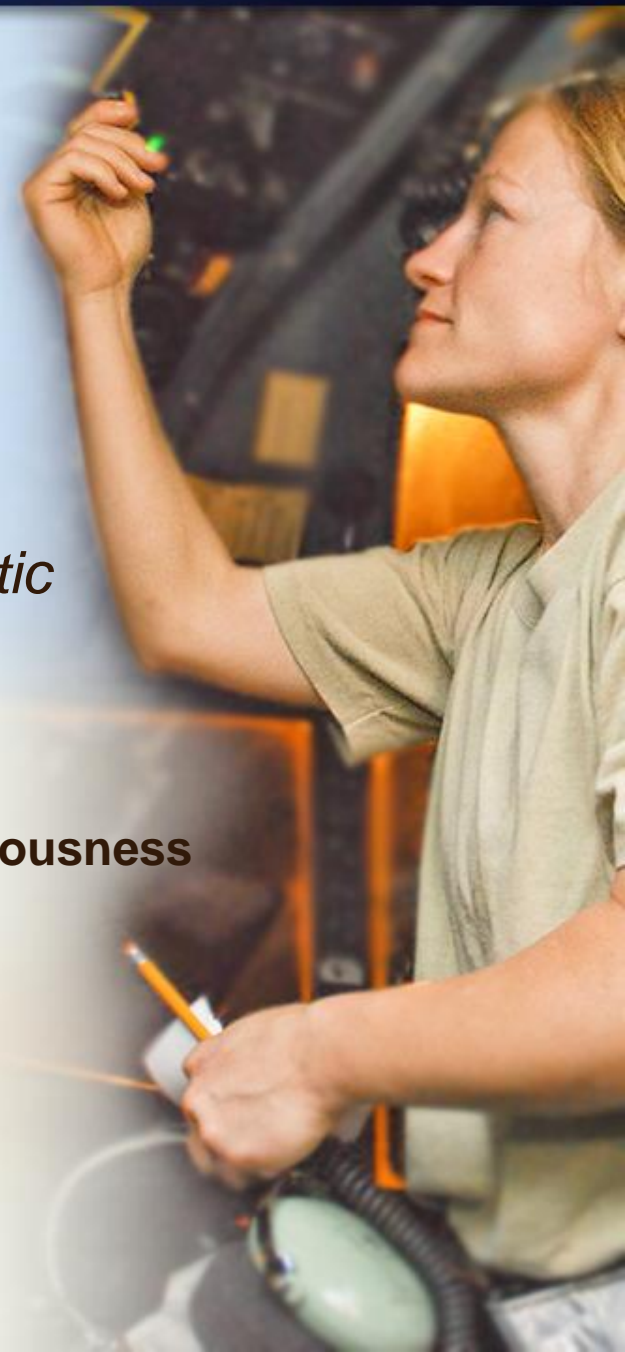
■ CHECK: Situational Awareness

Injury: *Any physical injury*

Evaluation: *Refer to medical if symptomatic*

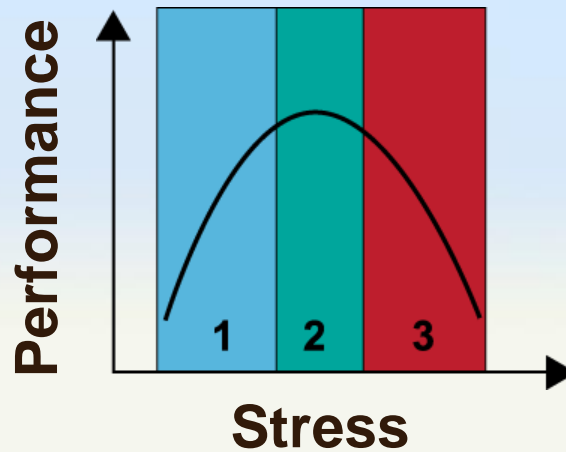
- **H: Headaches**
- **E: Ears ringing**
- **A: Amnesia and/or altered state of consciousness**
- **D: Double vision and/or dizziness**
- **S: Something feels wrong or is not right**

Distance: *Was within 50 meters*





■ CHECK: Zone



- 1 Unproductive – not enough stress
- 2 Optimal Production
(width varies based upon stress tolerance)
- 3 Unproductive – Too much stress





● CONTROL: Self-Control Tactical Breathing

Controlling your breathing enables you to decrease the physical responses of stress and adrenaline that erode performance





● CONTROL: Recharge Your Sleep

Performance can be maximized by good sleep

Improves mood, concentration, SA

- **Develop routines (wake/go to sleep at same time)**
- **Bed is for sleeping (not watching DVDs, reading)**
- **Avoid caffeine, nicotine, sleep meds if possible**
- **Regular exercise (except right before bed)**





● CONTROL: Nutrition & Fitness

At least 3 meals per day (5-6 small meals best)

At least 3 of the 5 food groups at each meal

Have 2 ½ cup vegetables/2 cups fruit daily

Supplements are not a replacement for food

Journal/Monitor progress

Find a workout buddy

Make it/yourself a priority





▲ **CONNECT: Comm Check**





▲ **CONNECT: Leading from the Front**

Help your group make sense of their experiences

Communicate a high level of respect and commitment to unit members

Anticipate and prepare for high-stress events

Build a sense of Commitment, Control and Challenge (C3) in yourself and others





▲ **CONNECT: Wingman Leadership**

Make a difference

Check yourself and others

Make responsible choices

Help others make responsible choices

Recognize signs of distress

Identify senseless risks

Connect people to helpful resources





▲ Stay CONNECTED





★ **CONFIDENCE: Trust**





★ CONFIDENCE: Strategic Thinking





★ **CONFIDENCE: Problem Solving**

Specifically define the problem

Set a realistic goal

Generate multiple solutions

Compare them, select one, implement

**Evaluate the outcome and identify
lessons learned**





★ CONFIDENCE: Mental Rehearsal

Practice a task or procedure in your mind by visualizing yourself doing well before attempting it.

Imagine a successful outcome.





Resources:

Chaplain Services, Your Minister

Medical Provider

Mental Health Providers

Unit CC/ 1st Sgt

Wingman

Family, Friends, and Co-workers

Airman & Family Readiness Program Manager

Military & Family Life Consultant

Military OneSource

Wing Director of Psychological Health

