



During Deployment Support



Talking Points — Updated March 2016

Military OneSource logo. Call. 800-342-9647, Click. www.militaryonesource.mil, Connect. 24/7

Military OneSource is a Department of Defense-funded program that's both a call center and a website, providing comprehensive information on every aspect of military life for free to active duty, National Guard and Reserve Component service members (regardless of activation status), their families and survivors. Information includes, but is not limited to, deployment, reunion and reintegration, relationship, grief, spouse employment and education, parenting, child care and much more.

Military OneSource has policy and programmatic information, helpful resources, products, articles and tips on numerous topics related to military life. Services are available 24 hours a day by telephone and online. In addition to the website support, Military OneSource offers call center and online support for consultations on a number of issues such as spouse education and career opportunities, issues specific to families with a member with special needs, health coaching, financial support and resources.

Deployment cycle resource: Plan My Deployment

Plan My DEPLOYMENT Supporting service members and their families throughout the deployment/mobilization cycle. Military OneSource | Support

What are you looking for?

Deployments and mobilizations have changed in recent years, getting longer, occurring more frequently, and often putting service members in harm's way. These changes have caused additional stress for service members and families, and have increased the challenges of maintaining readiness, managing separations, and planning successful reunions.

Plan My Deployment was designed to help you address these issues and may be used in coordination with your installation and National Guard and reserve family support programs. With Plan My Deployment you can take some of the stress out of deployment or mobilization, through access to planning tools, checklists, and helpful tips. Whether it's your first deployment or mobilization or your fifth, you will be able to create a unique checklist for the Pre-deployment, Homecoming, and Reintegration stages that contains only the information you and your family need to successfully navigate the process.

» Tell us about yourself or your service member, then click on your phase of deployment or mobilization to get started.

Once you have answered the questions, select a phase on the right.

Status

Branch of Service

Familial status

Expected deployment date

Expected return date

Required fields are marked with an asterisk *

Pre-deployment/Mobilization
Being Prepared

Deployment/Mobilization
Staying Connected

Reunion/Reintegration
Successful Homecoming

Reintegration
Settling In

Military OneSource eNewsletter:
A monthly publication for service members and their families, leaders and service providers
Newly redesigned for all military community audiences, the Military OneSource monthly eNewsletter provides updates and information highlighting timely issues, events and resources. It even provides trending

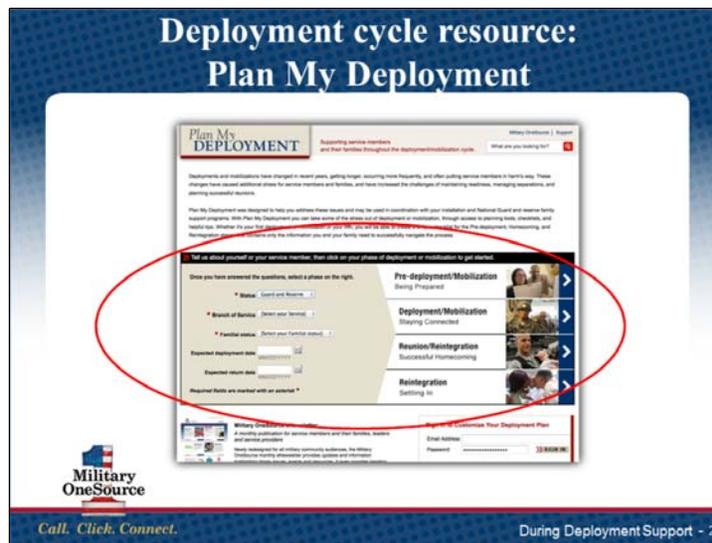
Sign in to Customize Your Deployment Plan

Email Address

Password

SIGN IN





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Plan My Deployment is a helpful website that provides you with access to planning tools, checklists, and helpful tips for every phase of deployment. Whether it's your first deployment or mobilization or your fifth, you will be able to create a unique checklist for the pre-deployment, homecoming, and reintegration stages that contains only the information you and your family need to successfully navigate the process.

First, fill in the required fields, status, branch of service and familial status. Then, make your selection from the menu on the right. Choose from:

- Pre-deployment/mobilization (being prepared)
- Deployment/mobilization (staying connected)
- Reunion/reintegration (successful homecoming)
- Reintegration (settling in)

After you make your selection, you can view to-do lists and tips based on the criteria you entered (that is, your status, branch of service and familial status).

You will also see a list of support resources for deployment that are specific to your service branch and a list of deployment tasks that will help you become more organized during this phase.

- You can customize your deployment list by selecting Customize Master Checklist.
- Once you make your selection of tasks you can click on the download button to create your unique master list.
- Enter your deployment and return date for more specific information.

Briefer notes

Plan my Deployment can be found on Military OneSource by scrolling to the footer of any page on the site and selecting MC&FP websites and applications and then select Plan My Deployment.

During deployment: maintaining the homefront

Remember everyone who is impacted, and identify their potential needs and resources.

- › Spouses
- › Children
- › Extended family
- › Friends
- › Significant others



During deployment: maintaining the homefront

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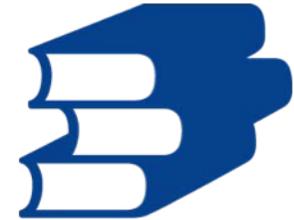
It is important to remember all of those that are affected by the deployment of your service member, and be sure that each one is aware of the information and resources that are available to assist during the deployment.

During deployment: spouses and significant others

Topics

- › Keeping the relationship strong
- › Managing changes in roles and responsibilities
- › Handling stress

Resources



During deployment: spouses and significant others

Topics	Resources
<ul style="list-style-type: none">> Keeping the relationship strong> Managing changes in roles and responsibilities> Handling stress	


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Keeping a relationship strong can be complicated in its own right, let alone when you add the challenges that come from being apart due to a deployment. Along with topics like the method and frequency of communication, you are faced with changes in roles and responsibilities and may find yourself doing things like yard work, taking out the trash or perhaps having to be the sole caregiver for your children. Any change in your normal routine can bring about a range of strong emotions and affect your stress levels.

Resources:

- Podcasts
- Educational materials
- Confidential non-medical counseling
 - Secure, live video sessions make it even more convenient to schedule time with a non-medical counselor from anywhere in the world. You can arrange an individual session or

combined session with your spouse or significant other.

During deployment: children and teens

Topics

- Keeping routines as normal as possible
- Interacting and connecting with your children and teens
- Entertaining and educating your children and teens

Resources

Deployment can be especially challenging for teenagers, and they may act out in ways that can be challenging for you as a parent. Patience, communication and love can help everyone's stress level.

Your tips

This can be a valuable teaching moment for your teen. Use these 15 tips to help:

- **Have a family discussion.** Talk to your teen about how the deployment will affect each family member. Discuss any changes to their routine, responsibilities, communication, fears and concerns about something happening to you.
- **Plan alone time with your teenager before you deploy.** Allow your teen to plan special activities, or just spend time relaxing together before you go.
- **Swap keepsakes.** Trade sentimental items, and explain the significance of the items you choose. Consider keepsakes such as pictures, notes, recordings or other special mementos.
- **Encourage teens to share feelings with you.** Let teens know that you want to hear their concerns. Know, too, that teens may not want to share their feelings. It's OK if they need space.



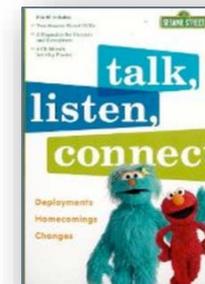
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During deployment: children and teens

Topics

- > Keeping routines as normal as possible
- > Interacting and connecting with your children and teens
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Resources






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We've talked about what resources Military OneSource has to help adults through deployment, but Military OneSource can also help children and teens cope with separation during deployment. We can also provide parents with material and resources that promote interaction and connection, both with the parent who is deploying and the parent who is in charge at home.

- The “Sesame Street: Talk, Listen and Connect” DVD is a bilingual multimedia outreach program designed to support military families with children between the ages of two and five by letting them relate to Elmo’s experience as his family member deploys, returns home and prepares to deploy again.

Whether you will be at home with the children, or you’re the deploying parent, child care could be a concern. Military OneSource offers many services, such as child care locators and articles on how to

choose a caregiver including the article “7 Things to Consider When Looking for Child Care.”

Deployment can be especially hard on teenagers, who are often experiencing turmoil of their own simply because of their age. But your support can go a long way toward helping your teenager deal with the difficulties of your deployment.

- In fact, as the “15 Tips for Helping Your Teenager Deal With the Difficulties of Deployment” article, and others like it, may help you, your teen and the rest of your family get through deployment.

Tutor.com provides tutoring the way it was meant to be.

- You get an expert tutor for more than 16 subjects 24/7, and your child will work one-on-one with the tutor in an online classroom on your specific problem until it’s done.
- You never need to make an appointment – or even leave the house!
- You can get a tutor whenever you want, from anywhere in the world.

During deployment: financial

Topics

- › Sticking to your budget during deployment
- › Considering large purchases
- › Managing money
- › Housing issues

Resources

- › Financial counseling
- › Financial calculators
- › Consumer protection
- › Podcasts and materials



During deployment: financial

Topics	Resources
<ul style="list-style-type: none"> > Sticking to your budget during deployment > Considering large purchases > Managing money > Housing issues 	<ul style="list-style-type: none"> > Financial counseling > Financial calculators > Consumer protection > Podcasts and materials







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Making it through a deployment may bring about the need to evaluate financial changes that may occur. Perhaps the car breaks down or your stove needs repair, or maybe you get a bonus from work or a refund from the electric company. Each of these requires you to take time to look at your finances for any necessary adjustments to budgets and spending.

Military OneSource offers three types of financial services:

Financial counseling is available in person and telephonically. Specialized financial consultations are provided by our on-staff accredited financial counselors on the topics of:

- Budgeting
- Credit-card debit management
- Foreclosures and mortgages
- Identity theft
- Permanent change of station housing issues

Financial planning

- Pre- and post-deployment money management

- Financial calculators can help you in many aspects of financial decision-making. (Should I refinance? How much car can I afford? Should I rent or buy? What will my investment be worth in the future? How long will it take me to pay off my loan? Should I consolidate my loans? How long will my retirement savings last?)
- Consumer protection resources can help you stay informed and protected when you are considering a large purchase. Military OneSource consumer protection resources include: webinars, articles, podcasts and links including to the Military Consumer, Better Business Bureau, Better Business Bureau Military Line, Federal Trade Commission, Consumer Financial Protection Bureau, and Internal Revenue Service.

Tax services

- Tax consultations
- Software for tax preparation and electronic filing services

Military OneSource also offers resources to help you with your finances including:

- **Videos** that you can download and watch from your computer
- **Educational materials** in many formats, including articles, booklets and recordings (to receive by regular mail, email and download)

Military OneSource provides three formats for financial counseling including:

- Phone
- Secure, live video sessions
- In person (available in some states)

Briefer notes

Face-to-face financial counseling is not available in all areas. Contact Military OneSource to inquire about services in a specific area.