



**Military
OneSource**

Post-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 Military OneSource | Support

Supporting service members and their families throughout the deployment/mobilization cycle.

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

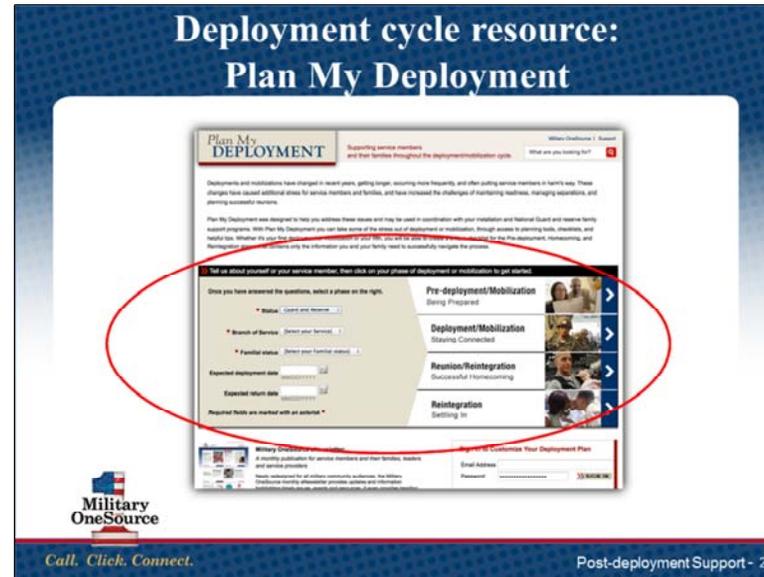
Military OneSource eNewsletter:
A monthly publication for service members and their families, leaders and service providers
Newly redesigned for all military community audiences, the Military OneSource monthly eNewsletter provides updates and information highlighting timely issues, events and resources.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

Post-deployment: reintegration

Topics

- Returning to civilian life
- Coping with combat stress
- Understanding compassion fatigue

Resources

Deployment & Transition > After Deployment > Helping Your Family Transition After Deployment Ends

Helping Your Family Transition After Deployment Ends

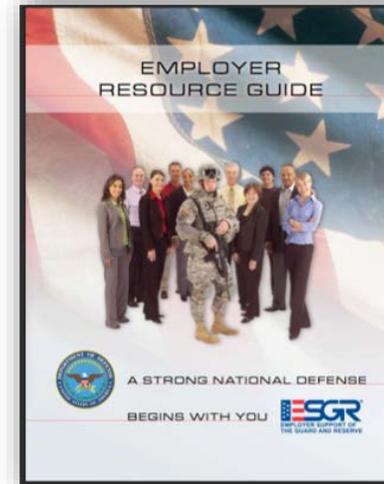
Reunion after deployment can cause mixed emotions. While it is often an exciting time, some stress is also completely normal. Whether this is your family's first or fifth reunion, every reunion is different and change can be difficult. Be patient with yourself, your spouse and your kids, and don't be afraid to ask for help. And when in doubt, follow these eight tips for an easy adjustment.

Tips for preparing your children

The mixed emotions that often come with a deployed parent's return can be especially confusing for children. On one hand, they're excited to have Mom or Dad home, but they may also feel nervous about the adjustment. You can make the transition smoother with these tips.

- **Talk it out.** Your children will probably have lots of questions, especially if this is your family's first reunion. Try to be patient and listen carefully to their concerns. As you explain the situation, make sure you are respectful of your children's feelings and give them space to express their emotions.
- **Watch for signs of stress.** Children tend to show stress differently than adults. If you start to notice more misbehavior, nightmares, or changes in eating and sleeping habits, your child may be trying to tell you something. Offer as much support as you can and consider talking to your pediatrician if the problem persists.

Check out Sesame Street's "Talk, Listen, Connect" deployment kit to help little



Deployment & Transition > After Deployment > The Yellow Ribbon Reintegration Program

The Yellow Ribbon Reintegration Program

If you are in the National Guard or reserves it's about time you're introduced to the Yellow Ribbon Reintegration Program, which is all about helping you and your family find what you need before, during and after deployment.

Take advantage of all the available resources when going through a deployment cycle. Military and Family Support Centers or Reserve Component family programs are ready to assist you. Learn more about what the Yellow Ribbon Reintegration Program has to offer.

Everything You Need to Know About the Yellow Ribbon Reintegration Program

The Yellow Ribbon Reintegration Program is designed to help National Guard and reserve service members and their families connect with local resources. It provides deployment cycle support from start to finish: pre-deployment, deployment, demobilization, reintegration and beyond.

What does it offer?

Examples of Yellow Ribbon events might include information on:



Post-deployment: reintegration

Topics

- › Returning to civilian life
- › Coping with combat stress
- › Understanding compassion fatigue

Resources






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As you return from deployment, you may find the transition to work or civilian life is more challenging than you expected. You might believe your experiences have changed you so much that you can't recapture the relationships you once had with family, friends and coworkers. If you spent time in theater, you may even find yourself reacting to situations in ways that were appropriate in a deployed atmosphere, but not at home or on the job. Although you probably won't go back to being exactly the same person you were before the deployment, there are things you can do to reach the point of finally feeling "home."

Military OneSource offers many different resources to help with this transition.

- Podcasts offer tips for strengthening family relationships. You can listen to them from your computer or download them for transfer to your MP3 player.
- Reintegration information and resources can be found by selecting Deployment and Transition Category from the Military OneSource home page and then search for the right article for you under the subtopics of Return and Reunion, Returning Home After Combat

Duty or Guard and Reserve.

The Yellow Ribbon Reintegration Program, or YRRP, is a Department of Defense effort helping National Guard and reserve service members and their families connect with local resources before, during and after deployments.

Service members and their families attend Yellow Ribbon events, where they access information on:

- Health care
- Education and training opportunities
- Financial services
- Legal benefits

The DoD works in conjunction with federal partners, including the Small Business Administration and Departments of Labor and Veterans Affairs, to provide up-to-date and relevant information to National Guard and reserve service members and their families.

The Yellow Ribbon Reintegration Program is intended to assist you at any stage: pre-deployment, deployment, demobilization, reintegration, and beyond.

Events are designed to address the unique needs and challenges of National Guard and reserve members and their families during the deployment cycle. It connects the geographically dispersed population of the Guard and reserve with local services and resources providing support where it's needed most; closest to home.

Finding and registering for Yellow Ribbon events

By using the event planning tool located under "Find an Event" on the [Yellow Ribbon Reintegration Program website](http://www.yellowribbon.mil/yrrp/) (<http://www.yellowribbon.mil/yrrp/>), you can see a schedule of upcoming events in your area. Once an event has been approved, you can register using the event planning tool or by contacting the event's point of contact for further information.

Briefer notes

If possible, invite participants to share other resources that they have found on the topic.

Post-deployment: relationships

Topics

- › Reconnecting with friends and family
- › Becoming a couple again
- › Communicating with children
- › Dealing with conflict



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Talking Points — Updated March 2016

As a service member returning from deployment, you may find that your relationships present some challenges.

- Reconnecting with family and friends can seem like starting over rather than picking up where you left off.
- You may feel you have returned a different person as a result of your experiences and those of your friends and family.
- Old friends may no longer have the same interests, and your social activities may now be different.
- If you are married, your spouse may seem changed by the experience of managing the household alone.
- If you have children, they are now at different stages of development and may have new behaviors and attitudes that require getting used to.

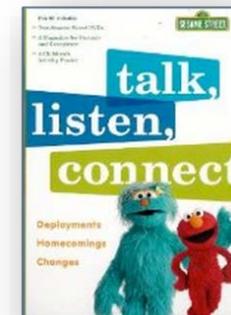
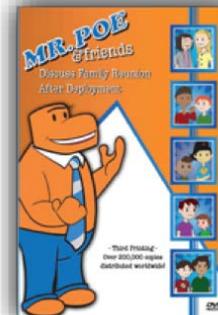
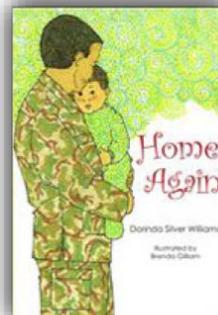
Military OneSource offers a number of options to help you through this transition, like materials and confidential non-medical counseling services.

Post-deployment: children and teens

Topics

- › Understanding children's and teen's reactions
- › Balancing the reunion
- › Building healthy and positive relationships with children and teens

Resources



Post-deployment: children and teens

<p>Topics</p> <ul style="list-style-type: none"> › Understanding children's and teen's reactions › Balancing the reunion › Building healthy and positive relationships with children and teens 	<p>Resources</p> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div>
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Call. Click. Connect.

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Military children face unique challenges as part of a military family, especially when dealing with deployments. Parents need to be aware that they will each react differently to the return of a parent. Some may be very excited and attach themselves to the hips of their returned hero, while others may shy away and be unsure how to proceed in getting to know their parent again. Both of these reactions are completely normal.

For the returning parent, balancing the time spent with children, teens, spouse, friends and family can be difficult, particularly if you are having feelings of guilt about being away for so long.

Military OneSource resources can help parents build healthy, positive relationships with children, whether they are infants, toddlers, pre-teens or teenagers.

- Military OneSource podcasts provide additional support to service members and their families.
- Morale, Welfare and Recreation Digital Library resources, including Tumblebooks are interactive and, in many cases, are read aloud from the website. There are hundreds of titles for early readers through high school. Some of the books also have accompanying puzzles,

- games and language learning.
- Many educational materials provide information, such as the Sesame Street: Talk, Listen and Connect DVD (for children 2-5 years old).
 - Military OneSource articles like, “Helping Your Family Transition After Deployment Ends” and others like it can help everyone know what to expect and where to look for assistance if needed.

Post-deployment: financial

Topics

- › Establishing or updating a budget
- › Considering large purchases
- › Managing money

Resources

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



Post-deployment: financial

Topics	Resources
<ul style="list-style-type: none">› Establishing or updating a budget› Considering large purchases› Managing money	<ul style="list-style-type: none">› Financial counseling› Financial calculators› Consumer reports› Podcasts and materials





Call. Click. Connect.

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Talking Points — Updated March 2016

Returning from a deployment may bring about the need to evaluate financial changes that may have occurred. Perhaps you were receiving special duty or family separations pay that are no longer going to be provided, or maybe you saved money and are now looking to make a large purchase. Each of these requires you to take time to look at your finances for any necessary adjustments to budgets and spending.

For National Guard and reserve audiences only: Perhaps you are returning to a civilian job with a different pay rate than what you have been receiving.

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?)

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.