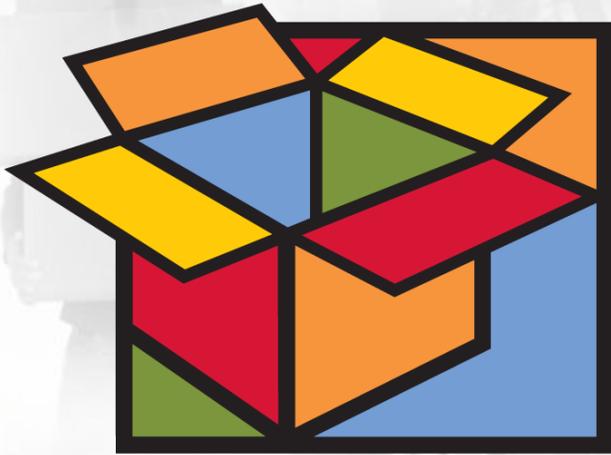


RELOCATION PROGRAM



Moving Made Easy

Deployment as it Relates to Relocation

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12th Annual Joint Services/Agency/ERC
Relocation Training Conference



Deployment as it Relates to Relocation

The Black Box Syndrome

**Quote from
VCNO, Admiral Jonathan Greenert:**

“ Today our Deployments are more difficult with changes to shore and sea duty times and IA assignments. It’s stressful on our young Sailors and that stress manifests itself right to the families. It’s a different kind of era we are in and this relates to family readiness. I think we need to ensure our families are informed, prepared to be a NAVY Family and we have to make them more resilient to what is happening in our Navy.” And that’s what we will discuss during this session.





Deployment as it Relates to Relocation

- Overview
- Adjust to Changes: Cycle of Deployment & Cycle of Relocation
- Empower Families and Encourage Warriors
- Prepare for Transition/Relocation
- Build and Promote Resilience during Transitions
- Resources



Deployment as it Relates to Relocation

Adjust to Changes: Deployment v.s. Relocation

Cycle of Deployment

- Anticipation of Departure
- Detachment and Withdrawal
- Emotional Disorganization
- Recovery and stabilization
- Anticipation of Return
- Return Adjustment and Renegotiation
- Reintegration and Stabilization

Cycle of Relocation

- Pre-departure Phase
- Transition Phase
- Arrival and Orientation Phase
- Reconnection Phase
- Stabilization Phase
- Re-entry Phase



Deployment as it Relates to Relocation

Empower Families

Understanding Military Life:

- Frequent Military Moves (PCS Orders)
- Frequent Deployments
- Long Days
- Weekend Duty
- Distance From Extended Family
- Financial Strain
- Family Separations

Benefits of Military Life:

- Healthcare
- Community, sense of belonging
- Education and Job Training
- Overseas Assignments
- Part of Tradition
- Pride and Patriotism





Deployment as it Relates to Relocation

Encourage Warriors

Social Support is Paramount:

- Allow them to bond with fellow Warriors
- Keep them informed of your social activity changes; changes in friends
- Send letters and make frequent phone calls
- Add and subtract family roles together, make decisions together
- Build emotional security let the Warrior know you will be there through the deployment Encourage them to get help if there are signs of operational stress



Deployment as it Relates to Relocation

Prepare for Transition/Relocation

- Homeport Change Certificate can serve as orders to start the relocation process
- To buy or not to buy – Rental Partnership Agreement Program
- Transfer before or after deployment – support system
- Housing Assistance Program



Deployment as it Relates to Relocation

Build and Promote Resilience during Transitions

- Two components of resilience:
 - Biological
 - Environmental
- What is Resilience: Is defined as a phenomenon or process reflecting relatively positive adaptation despite experiences of significant adversity or trauma.
- Resilience Factors:
 - Difficult to measure
 - Evidence based



Deployment as it Relates to Relocation

QUESTIONS

