



## **Military Support Services**

### **For Supervisors of Those Being Deployed**

# **Military Support Program For Supervisors**

*Provided By:*

**The Counseling Team International (TCTI)**

## **Headquarters**

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## So Where Do We Start?

Almost everyone has experienced, or will experience, a stressful situation either prior, during, or post deployment. During situations such as these, family and friends are able to assist military personnel with coping. They are able to provide the necessary support and understanding that aid in overcoming issues surrounding deployment. This program has been created for you to use as a reference when helping individuals cope with concerns regarding military deployment.

There are four primary objectives in this handbook:

1. To provide the department with a basic understanding of what their overall role is and why participation is so important.
2. To provide a foundation of understanding as to the department's role in the rehabilitation of the individual being deployed.
3. To provide you with key information regarding the department's role with the families of those being deployed.
4. To provide you with references and resources should you feel the need to offer further, outside assistance.

This handbook will be divided into three primary sections.

- *Section One* will outline the primary purpose for the department's involvement in helping the individual being deployed and assist his/her family in dealing with all three phases of deployment.
- *Section Two* will provide the department with a better understanding of what feelings and emotions the individual being deployed may be experiencing and how to help them deal effectively with those feelings and emotions.
- *Section Three* will provide you with a better understanding of what feelings the family members may be experiencing during the entire deployment process. It will also show you how to help those family members in a manner which is effective and productive. Thus being beneficial for not only you, but also the individual being deployed and his/her friends and family members.
- *Section Four* will provide you with a set of references and resources to be used when further assistance is needed. These resources will include counseling services, peer support services, and chaplain services.

## **Section One: What Is the Role of the Department?**

*A look at the importance of participation from all aspects of the Department*

It is important to understand when a department member faces deployment it can lead to a variety of reactions. Family members, the department member, and the department will all be affected by the deployment of a single individual. When a department member is deployed, their peers may feel a sense of loss and grief since they are losing a friend or co-worker to their military obligations. Supervisors can also be left with the task of filling the position, or void, which has been created as a consequence of deployment as well as attempting to re-integrate the department member post-deployment.

The purpose of maintaining the relationship between the department and the employee being deployed is to ensure there is a positive working relationship between the department and those who have a military reserve obligation. The connection between the two will also help prepare the individual to safely and effectively perform their jobs post-deployment.

*I am a peer supporter or chaplain, what can I do?*

Peer supporters and chaplains also play a major role in the facilitation of the transition. The function of peer supporters and chaplains is to provide support and assistance to department members for stress and crisis related issues during pre-deployment, deployment, and post-deployment phases. They are to:

- Convey trust, anonymity, and assure confidentiality will be kept when it properly falls within given guidelines
- Provide assistance and support
  - i. This can be done by maintaining contact with the department member and encouraging others to also keep in contact with the deployed. This is done in an effort to maintain the bond that has been created between both the employee and the department itself.
  - ii. Peer supporters and chaplains may also send care packages to the department member on occasion. This can be done either through the department or another individual.
  - iii. If the department member provides their consent, peer supporters and chaplains may also contact family members and keep them up to date on all events regarding the department member while he/she is abroad.
  - iv. Support can also come in the form of the department newsletter. Peer supporters and/or chaplains also have the ability to ensure the department's newsletter is continually forwarded to the employee. This will help him/her maintain a sense that they are still a member of the department even though they are serving in the military.
- Assist the department member by referring him/her to their employee support services program when necessary.
  - i. This may be done by having the peer supporter/chaplain meet the department member on a case-by-case basis in order to adequately assess the needs for referral.

- ii. Referrals should be given if any of the following situations arise (please keep in mind this is not an exhaustive list):
    - 1. The member of the department is suicidal
    - 2. The member of the department is homicidal
    - 3. The member of the department is expressing difficulties with his/her family life
    - 4. The member of the department is displaying symptoms of Post Traumatic Stress Disorder (PTSD)
    - 5. The member of the department is suffering from depression and/or anxiety
    - 6. The member of the department openly talks about having relationship problems with sergeant, friend, etc.
  - iii. The department should feel free to enlist the services of outside agencies, such as The Counseling Team International, should further assistance be necessary. The Counseling Team International can be reached 24-hours a day at (800) 222-9691.
- Be available to the department member 24 hours a day for any additional follow-up support.
  - Maintain contact with the department member once they have returned and have resources available for them should they need any assistance.

## Section Two: What Are They Experiencing?

*A guide to help you understand the feelings of those being deployed*

### *Stage One: Pre-Deployment*

An individual who is about to be deployed may experience a variety of emotions surrounding his/her pending deployment. These emotions, and the ways in which they are dealt with, can greatly affect him/her during their deployment and also how they transition back into their lives post-deployment. Dealing effectively with these emotions or reactions will help individuals become properly prepared and consequently be successful after they return home.

*So, what is the role of the department?*

The department has been tasked with the duty of ensuring that the transitions from pre-deployment, to deployment, to post-deployment, experienced by the employee, his/her family members, and peers are met with the least amount of resistance possible. While the emotions and feelings surrounding deployment may vary from relationship to relationship and individual to individual, here are some common reactions experienced by the individual being deployed.

Initial reactions and emotions regarding pre-deployment may include:

- Frustration, fear, or denial at the idea of being deployed
- Anger or resentment at the thought that they are being deployed
- Anxiety about facing the unknown arena of military deployment
- Concern regarding the well-being of those who are being left behind
- Frustration over receiving an assignment and having to wait until their deployment date
- Excitement
- Anxiety over how loved ones will have additional responsibilities
- Concern regarding their careers once they return home from deployment
- Feelings of loss and/or grief regarding leaving behind family members, friends, and peers
- Anxiety over what the separation from friends and family members might bring
- Anxiety over a potential loss to income for the family
- Sadness or fear of missing important events and holidays
- Fear regarding the gruesome reality of combat

Most individuals will be able to adapt to the idea of deployment once they become more and more prepared for their deployment date. However, the level of adaptation does not take away the fact they may experience shock, denial, anxiety, irritability, sadness, fear, excitement, or pride.

### *As a supervisor what can I do to help?*

In order to effectively deal with issues related to these stressors, it is important that the deployed individual has a good social support system. This can be done in a variety of ways:

- Engage the individual in conversation regarding their pending deployment
- Ask questions about his/her fears and help them address those fears
- Help them recognize that having a mixed emotional reaction is normal at this stage in the deployment process
- Ensure them that you will provide extra support
- Discuss ways in which you can keep in touch once deployment has begun
- Help create a support network for those who are being left behind (who will help out if family needs become overwhelming, babysitting, etc.)
- Discuss how his/her family dynamics will change during the period of deployment
- Encourage each member of the family to spend alone time with the individual that is being deployed
- Help the department member research information from individuals who have gone through the same experience
- Encourage them to attend counseling sessions prior to deployment in order to help them deal with the stressors they may currently be facing as well as the ones they will potentially face
- Help them prepare for what lies ahead in the subsequent stages of deployment
- Encourage them to journal their thoughts and emotions regarding their pending deployment
- Help them get involved with an exercise program
- Encourage them to continue enjoying any recreational activities

### *Stage Two: During Deployment*

Once the individual one has been deployed, an entirely new set of stressors will present themselves. Being subject to combat first hand will provide them with new concerns on top of the concerns that are already in existence.

### *What new feelings or reactions will they have once they've been deployed?*

Emotional reactions during deployment may include:

- A lack of stability through both complex and continually changing missions
- A sense of detachment associated with long deployments
- Anxiety over having to work in harsh climates and geographical areas
- Frustration over their living situations
- Exhaustion from long days and inadequate rest
- Interpersonal problems with their peers
- Fear of combat itself
- Anxiety of the exposure to a foreign culture

- Concern over having limited leisure time
- Worrying about how things are at home
- Fear of how his/her family is coping without their daily support
- Apprehension regarding the lack of time to assimilate into their new situation
- Frustration regarding the lack of attained information
- Overwhelmed by duties
- A sense of loneliness
- Feelings of guilt for family and friends that they had to leave behind

Individuals who have been deployed will experience new, uncharted feelings and reactions to their emotions and also to their surroundings. As a consequence, you may see a change in their demeanor and outlook on certain events. This is natural. Experiences change people both for the good and for the bad. However, in order to help the department member more easily transition from life pre-deployment to life deployed, you should be a strong support system for them.

### *As a supervisor how can I offer assistance?*

To ease the anxiety for the deployed, you can:

- Keep a strong line of communication while they are away
- Help them realize that their fears or anxiety towards combat is normal and to be expected
- Ask them questions regarding their fears and listen to their concerns
- Provide them with details of events that they have missed out on in the professional world
- Encourage other family members and peers to establish communication
- Encourage and praise them for what they are accomplishing while away
- Keep them looking forward to the future and not dwelling too much on the negatives of the here and now
- Decrease their feelings of helplessness

### *Stage Three: Post Deployment*

When the department member is returning home, he/she may not be stress and worry free. There are certain stressors directly related with the return home, or return to “normal” life. These stressors, like the others, need to be dealt with and faced rather than pushed aside and overlooked.

### *What else can I expect?*

Reuniting with friends, peers, and family members can bring its own level of uneasiness. Here are some changes to be watching out for:

- Anxiety about how things at home have changed since they have been away
- Irritability about the different types of responsibility
- Concern for their post-deployment health
- Feelings of depression due to their guilt about actions they engaged in while in combat
- Anger surrounding the fact they have missed out on family and friends while they were away
- Fear of re-integrating their new expectations with new expectations from their family members, peers, and from the department
- Pride
- A new sense of honor and purpose
- New confidence in abilities
- Apprehension surrounding their return to employment status
- Feelings of grief and loss for those who didn't come home
- Changed views on life
- Nervousness regarding the restoration of family roles and relationships
- Trouble readjusting to the rules, regulations, and policies of everyday life
- Excitement about coming home

During this time of reunion and transition to home life, it is important you talk with the department member regarding the changes everyone has experienced. It is important to keep in mind the department member, his/her family, and the department, have all changed over the time separated. Patience on all ends will help ease the anxiety felt by all sides.

### *How can I help complete the transition?*

Once again, support is what is most important. Here are some ways to deal with the new challenges.

- Be aware there will be change
- Maintain reasonable expectations of the new changes
- Continue to express your appreciation for the individual who was deployed
- Encourage family members and peers to spend alone time with the individual returning home from deployment
- Help them become acquainted with a peer support group
- Be attentive to his/her reactions to coming back to work and address those issues as they arise
- Encourage them that their adaptation to coming back to work may take some time
- Be flexible and patient. Communicate your respect
- Ask about what he/she learned while away
- Engage them in conversation regarding his/her feelings of combat and also about returning home

- Encourage them to attend counseling sessions to discuss the difficulties and changes they have been through
- Encourage them to re-connect with his/her social group
- Help them find or re-connect with hobbies and activities they previously found enjoyable
- Research other people's experiences regarding reuniting and reintegration
- Help them get connected with a military support group

The reintegration back into mainstream society will not be an easy task and may take both time and effort for both of you. In order to ensure that the transition will take place in an effective manner, all individuals need to be aware changes that have occurred and strive for reasonable expectations for those changes. If you feel, at any time, the individual, or his/her family, needs further assistance then it is crucial that a referral is made to a more appropriate entity.

### *What may be ways they will be affected once they return home?*

Once an individual has been through military deployment, they may develop what is known as *Acute Traumatic Stress*. Acute Traumatic Stress can produce considerable psychological distress and can surface in a variety of physical manifestations. Although these reactions are normal, your family member or friend will still need a strong support network to help them through this tough time.

Acute Traumatic Stress may represent itself in the following ways within one month after exposure to an extreme traumatic stressor:

- A sense of numbing, detachment, or absence of emotional responsiveness
- A reduction of awareness regarding his/her surroundings
- Derealization – change in perception of the outside world, individual may appear to be unfamiliar or mechanical
- Depersonalization – change in perception of the self; may feel detached from interior mental processes or their body; may feel like they are in a dream
- The inability to recall an important aspect of the traumatic event (dissociative amnesia)
- Re-experiencing the event through recurrent images, thoughts, dreams, illusions, flashback episodes, and a sense of re-living the experience
- Experiencing distress when they are exposed to a reminder of the traumatic event
- Avoidance of things that may elicit recollections of the trauma (thoughts, feelings, conversations, activities, places, people, etc.)
- Anxiety
- Difficulty sleeping
- Irritability
- Lack of concentration
- Hypervigilance or exaggerated startle response
- Desire to isolate oneself

If your family member or friend is experiencing these types of reactions, they will typically last for a minimum of 2 days and a maximum of 4 weeks. If these reactions last longer than the 4 week allotted interval than it is possible your family member or friend is suffering from Post Traumatic Stress Disorder.

### *What is Post Traumatic Stress Disorder?*

Post Traumatic Stress Disorder, or PTSD, may be characterized by painful, feelings of guilt or anger about surviving while others did not, or about certain things they had to do, or experience, in order to survive. PTSD occurs only if active symptoms have not been resolved within 4 weeks after the incident. Prior to this, PTSD may seem to be more intense than, but still similar to, Acute Stress Disorder.

In PTSD, the individual may experience a variety of physical and emotional reactions. These reactions are not limited to the following:

- Re-experiencing the traumatic event through images, thoughts, or perceptions
- Re-experiencing the event through illusions, hallucinations, and flashbacks
- Re-current distressing dreams of the traumatic event
- Anxiety towards the exposure of items or ideals that symbolize or resemble an aspect of the traumatic event
- A physical reaction at the exposure of items or ideals that symbolize or resemble an aspect of the traumatic event (increased heart rate, increased amounts of sweat, blurred vision, body shakes, etc.)
- Attempts to avoid thoughts, feelings, or conversations related to the traumatic event
- Attempts to avoid activities, places, and people related to, or a resemblance of, the traumatic event
- Inability to recall an important aspect of the event
- Decreased interest or participation in activities they regularly engaged in
- Feelings of detachment from others
- Decreased ability to express or feel emotion
- Sense of a short future (no expectations for a career, normal life span, etc.)
- Abnormal difficulty falling or staying asleep
- Unusual outbursts of anger
- Increased difficulty concentrating
- Hypervigilance or exaggerate startle response

If your family member or friend is experiencing these types of emotional and physiological reactions and these reactions have lasted longer than one month then they may be suffering from PTSD. If this is the case, speak with your family member or friend and help them find a mental health professional who is equipped to assist them through the process of healing and treatment.

## **Section Three: What is the Family Feeling?**

*A guide to help you understand the feelings of the loved ones being left behind*

### *Stage One: Pre-Deployment*

Friends and family members will venture through a wide array of emotions prior to deployment. The emotions and reactions that friends and family members experience during the pre-deployment phase will shape how they feel towards, and transition through, the varying phases of deployment. Dealing effectively with these emotions will help them become properly prepared and consequently make the transition much easier from one phase of deployment to the next.

*What kind of emotions and worries do they have before deployment?*

Initial reactions and emotions regarding pre-deployment may include:

- Shock at the idea of their loved one being deployed
- Denial
- Anger and/or resentment
- Anxiety about having to face the future without their loved one
- Fear about the separation between them and their loved one
- Concern regarding how the family will continue on with normal life once they have been deployed
- A sense of loss and grief regarding deployment
- Anxiety and fear about their new need to take on more family responsibilities and how they will adjust to these new responsibilities
- Anxiety over the potential loss of income for their family
- Children may feel loss over the separation from their parent and may worry about their safety
- Hope
- Excitement
- Pride

These emotions and reactions are to be expected. As time progresses, they will begin to adapt to the idea of deployment just as the individual being deployed will begin to adapt. This adaptation process will take some time and needs to be worked through rather than worked around.

*I understand now what they're going through, but what can I do?*

In order to effectively deal with issues related to these stressors, it is important that they also have a strong support system. This can be done in a variety of ways:

- Talk to family members and peers about their fears and concerns
- Help them realize their feelings are normal and they are not alone with these feelings

- Encourage them to reach out to support groups and others who have gone through what they are now experiencing
- Discuss how they will keep in contact with their loved ones while they are away
- Help enlist friends and family members to help with the daily responsibilities once deployment has been reached
- Discuss how family roles will change with every member of the family
- Help them plan ahead financially
- Encourage them to attend counseling sessions both individually and jointly
- Help create a social support system comprised of people who love and care for them
- Encourage them to research the types of experiences they may have while they are away
- Help the family members keep a strong line of communication with their loved one
- Encourage them to talk with their loved one about their fears or concerns
- Help them get connected with a family support military group

It is important that family members deal with their fears and concerns rather than push them aside. Pushing them aside will only cause these issues to continue building up until they are finally unbearable. Dealing with them on a continuous basis will give their coping skills a chance to be effective.

### *Stage Two: During Deployment*

After deployment, family members will experience a new set of feelings, reactions, and stressors. These stressors are also normal as they are learning to adjust to life without the daily support and presence of their loved one.

### *What should I expect?*

Some of their reactions may be:

- Loneliness
- Trouble sleeping
- Difficulty concentrating on daily activities
- Sadness
- Feelings of abandonment
- A sense of loss
- Emptiness
- Apprehension about the well-being of the deployed
- Worry about how the rest of their family is coping
- Stress regarding financial obligations
- Feeling over-whelmed by the increase in their responsibilities
- Anxiety about essentially being the sole decision maker
- Anger
- Change in eating habits

- Concern about the amount of accessible communication they have with their loved one
- Anxiety over parenting issues
- Children may begin to act out and test the new boundaries
- Pride
- Hope

Once deployment has begun, it is important for family members and peers to be able to successfully adapt to changes in their life. In order to do this they will need access to a variety of sources to help them through the transition.

### *How can I help out?*

There are several ways in which you can help the family members and peers handle the added stressors of deployment.

- Communicate with the family members and peers. Encourage them to discuss how they are feeling during this time and talk about the changes they are going through
- Encourage them to write or e-mail their loved one as often as they can in order to establish a routine for both parties
- Encourage them to use other family members and friends as their support unit
- Discuss the changes they are going through with their family members. Help other family members understand the difficulty and importance of everyone's new roles
- Continue to check in on them throughout the deployment period
- Provide them with referrals regarding daily family and financial issues that they would have otherwise been a part of
- Help them realize their fears and anxieties over the new situation are normal
- Include family members in department activities

Transitioning to life after deployment may be a struggle at the beginning. However, as time begins to progress pain and fear will begin to subside. Encourage them that they will slowly adapt to new routines and will feel a heightened sense of independence.

### *Stage Three: Post Deployment*

Now that the department member is returning home there are certain issues family members will need to address collectively. It is important to help them not be blinded by the promise of life returning to normal once the department member comes home. During the time apart, all sides have gone through a variety of changes. All sides have learned to adapt to the new circumstances and have consequently grown individually.

### *How will the family feel?*

The reunion between the deployed and their family and friends will be a greatly anticipated event. Here are some of the emotions and reactions they may have prior to the event and after they have been reunited for a few days.

- Anticipation for arrival
- Anxiety about how the deployed will assimilate to the changes that have occurred at home
- Nervousness concerning the restoration of the relationship with loved ones
- Eagerness to be reunited
- Concern about how children will react to their return
- Apprehension regarding their potential decreased independence
- Hope
- Anxiety over their expectations having changed since the deployed has been abroad
- Concern about how the deployed has potentially changed
- Fear of how the time spent apart has hurt their relationship together
- Relief the deployed will be able to become an active member in their family again
- Irritability concerning the changes in responsibilities
- Concern about the ability to re-integrate their expectations with the expectations of the deployed

During the reunion and re-integration aspect of deployment, it is critical to remember that all parties have gone through a change. Only patience, love, and effort from all sides will help in overcoming this obstacle.

### *How do I help them deal with these feelings?*

The anxiety and nervousness they feel is expected. Here are some things you can do to help deal with those feelings:

- Help them keep in mind that change is inevitable
- Encourage them to be patient with themselves and with their loved ones
- Help them express their appreciation and love for one another
- Encourage them to spend time alone together
- Encourage them to continue the new activities they engaged in while the deployed was away, perhaps incorporating the deployed in their new hobbies
- Encourage them to allow adequate time to get re-acquainted with one another
- Help them be open about how they are feeling and dealing with the situation
- Encourage them to continue to use other family members and friends as a support system
- Discuss how the first days after the reunion will be planned
- Discuss both their expectations and the expectations of their loved one so both parties are clear about the roles they will begin to fulfill
- Encourage them to attend counseling sessions both individually and together so they are able to adequately express their feelings

The process of re-integrating themselves into home life will be a process in which both parties need to be patient. It may take some time to get re-acquainted with one another, learn their new roles within the family, and understand each other's perspectives. While the reunion can be full of anxiety and fear, it is also one of the happiest times in the entire deployment process, help them to remember that.

## Section Three: What If I Need Help?

*References and sources to be used as you see fit*

**Chaplains:** a chaplain is a member of the clergy who serves a group of people who are not otherwise organized as a mission or church. The role of a chaplain is to provide the individual with spiritual counseling and assistance during times of need. Military chaplains can be found both on local military bases as well as abroad.

**Peer Supporters:** peer supporters are individuals who are considered within equal standing (peer) and have been trained to assist the individual in their time of need. Peer supporters have gone through various training sessions in order to become equipped with the proper psychological and emotional needs that come from being a peer supporter.

### ***Organizations offering assistance:***

Association	Website	Phone Number
The Counseling Team International	<a href="http://www.thecounselingteam.com">www.thecounselingteam.com</a>	(800) 222-9691
The Military Family Network	<a href="http://www.emilitary.org">www.emilitary.org</a>	1-866-205-2850
Military HomeFront	<a href="http://www.militaryhomefront.dod.mil">www.militaryhomefront.dod.mil</a>	1-800-342-9647
USDA Military Families	<a href="http://www.usdamilitaryfamilies.org">www.usdamilitaryfamilies.org</a>	
Military Families United	<a href="http://www.militaryfamiliesunited.org">www.militaryfamiliesunited.org</a>	(202) 429-5600
Operation Military Family	<a href="http://www.operationmilitaryfamily.org">www.operationmilitaryfamily.org</a>	(425) 679-5671
Military Child	<a href="http://www.militarychild.org">www.militarychild.org</a>	(254) 953-1923
Fisher House	<a href="http://www.fisherhouse.org">www.fisherhouse.org</a>	(888) 294-8560
Military Families Voice of Victory	<a href="http://www.mfvov.com">www.mfvov.com</a>	(207) 299-4495
Military One Source	<a href="http://www.militaryonesource.com">www.militaryonesource.com</a>	1-800-342-9647
American Military Family	<a href="http://www.americanmilitaryfamily.org">www.americanmilitaryfamily.org</a>	(303) 746-8195
National Military Family Association	<a href="http://www.nmfa.org">www.nmfa.org</a>	(703) 931-6632
Military Support Groups and Centers	<a href="http://www.military.com/benefits/resources/family-support/military-support-groups-and-centers">http://www.military.com/benefits/resources/family-support/military-support-groups-and-centers</a>	

***Books offering information:***

Married to the Military: A Survival Guide for Military Wives, Girlfriends, and Women in Uniform by *Meredith Leyva*

Today's Military Wife: Meeting Challenges of Service Life by *Lydia Sloan Cline*

Chicken Soup for the Military Wife's Soul by *Jack Canfield, Mark Victor Hansen, Charles Preston, and Cindy Pedersen*

Military Families: Adaptation to Change by *Edna Hunter*

A Tribute to Military Families: Letter of Thanks From Our Nation's Children by *National Military Family Association*

Surviving Deployment: A Guide for Military Families by *Karen Pavlicin*

Heroes At Home: Help and Hope for America's Military Families by *Ellie Kay*

Your Military Family Network: Your Connection to Military Family Resources by *Military Family Network*

A Family's Guide to the Military for Dummies by *Sheryl Garrett, Sue Hoppin, and Tanya Biank*

A Cup of Comfort for Military Families by *Collen Sell*

Home Fires Burning: Married to the Military, For Better or for Worse by *Karen Houppert*

The Military Support by *Amanda Springer*

Spirit of Freedom by *Lieutenant Colonel Dawn M. Smith*

Mom's Field Guide: What You Need to Know to Make It Through Your Loved Ones Military Deployment by *Sandy Doell*

Deployed, Not Disconnected: Hope and Help for Husbands and Wives Facing Separations Due to Military Assignments by *Don Martin and Karen Martin*

I Miss You!: A Military Kids Book About Deployment by *Beth Andrews*

What to Expect in the Military: A Practical Guide for Young People, Parents, and Counselors by *P.J. Budahn*

In Harm's Way: Help for the Wives of Military Men, Police, EMTs, and Firefighters by *Aphrodite Matsakis*

Faith Deployed: Daily Encouragement for Military Wives by *Jocelyn Green*

Changing Step: From Military to Civilian Life: People in Transition by *Ruth A. Jolly*

Life After Deployment: Military Families Share Reunion Stories and Advice by Karen Pavlicin

The Military Father: A Hands-On Guide for Deployed Dads by Armin A. Brott

When Johnny/Joanie Comes Marching Home: Reuniting Military Families Following Deployment by Lester Westling Jr.

Surviving Military Separation: 365 Days by Marc Maxwell

Encouragement for America's Hidden Heroes: Survival Tactics for the Families of Military Forces by Amy Stevens

### Resources:

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Litz, Brett T. (2007). Research on the Impact of Military Trauma: Current Status and Future Directions. *Military Psychology: Volume 19, Number 3*.

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Oimoen, Angela. (2007). Military Stress I: Deployment, Separation, and Reunion. *Online Encyclopedia of Family Stress and Coping*.

Tarpley, Alice. Deployment and the Military Family.

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