



**L.I.N.K.S.**  
Foundations  
Participant Guide



**MODULE SIX: DEPLOYMENT 101**





This book belongs to:

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# MODULE OBJECTIVES

**Deployments and separations are a part of Marine Corps life. At the end of this module, participants will possess a greater insight into the types of separations that may be encountered as a Marine Corps family. The purpose of this module is to provide you with the skills needed to build emotional and mental preparedness needed for the challenges that may arise during a separation or deployment.**



**At the end of this course, the participants will be prepared to:**

**Understand the different types of Marine Corps deployments or reason a family may be apart**

**Understand how to sustain a state of deployment readiness**

**Understand emotions and deployment**

**Provide tips on staying connected to your Marine**

**Identify methods to support yourself and family**



# MY EXPERIENCE: I HAVE, WHO HAS

**Directions:** Use the activity below to get to know your fellow participants and identify shared experiences concerning time away from your significant other.

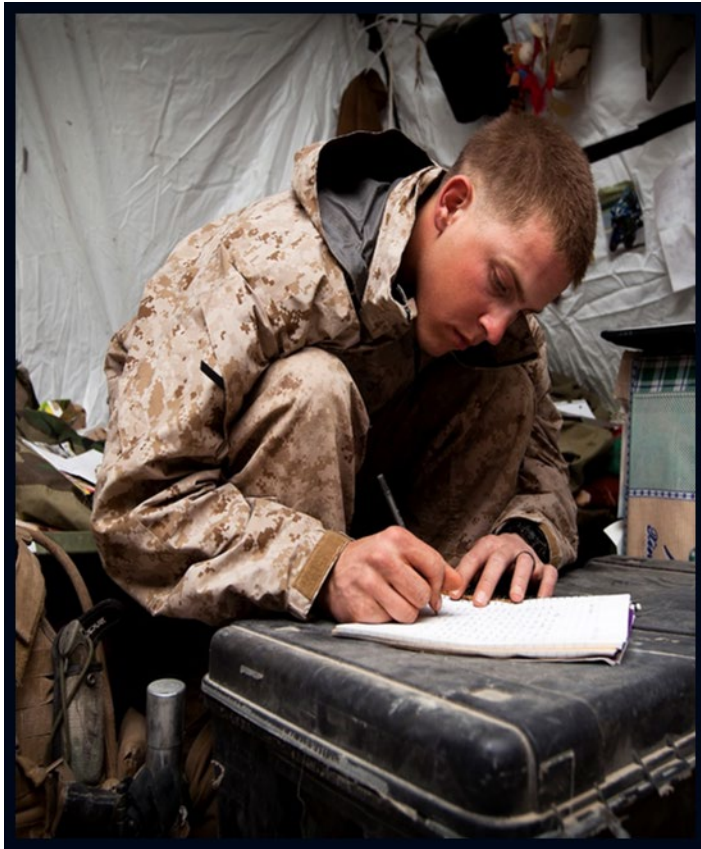
<p><b>My spouse was stationed in a location I did not live.</b></p>	<p><b>My spouse has been away from me due to military education advancement.</b></p>	<p><b>My spouse is/has been separated from me due to some other reason. My spouse was on an unaccompanied tour.</b></p>
<p><b>My spouse was deployed</b></p>	<p><b>Free</b></p>	<p><b>My spouse was on a field exercise.</b></p>
<p><b>I have never been away from my spouse.</b></p>	<p><b>My spouse and I were separated due to the needs of my job.</b></p>	<p><b>My spouse was on a MEU.</b></p>

1. My experience is/was...
2. My Marine was gone for \_\_\_\_\_ months/days.
3. I keep or kept myself busy by...
4. To help my kids through the time apart, I ...
5. I wish I had known at the beginning...

# TIME APART

Deployments may occur throughout different seasons of your Marine Corps journey. Each deployment presents its own set of challenges and opportunities. Remember your layers of support as you journey into this module, and when you embark into a deployment or separation.

Reach out to your Deployment Readiness Coordinator (DRC) or Uniform Readiness Coordinator (URC) if you or someone you know needs assistance with resources.



# OPERATIONAL DEPLOYMENTS

deployments involve mass troop movements by amphibious naval ships destined for global locations.

## Unit Deployment Program (UDP)

This is a six-month deployments that takes Marines from both coasts and Hawaii to Japan for operations dependent upon the needs of the Marine Corps.

## Special Purpose Marine Air-Ground Task Force for Crisis Response (SPMAGTF)

Similar to the MAGTF discussed in Module Two: Our Corps, Our Culture, the SPMAGTF leverages the synergy of efforts from Marine aviation, ground combat, and ground logistics units in a combined arms approach to warfighting. The SPMAGTF is specific to a particular situation or location and is comprised of aviation and vehicles in order to be self-mobile in an area of operation.



## Marine Expeditionary Unit (MEU) Deployments

This type of deployment is generally known as a “\_\_\_\_\_” because the Marine will embark upon a naval ship and “\_\_\_\_\_” to unknown or known destinations. MEU



# POTENTIAL TIME APART

**Directions:** Fill in the blanks as you learn about different types of separation from the facilitator.

**Temporary Additional Duty (TAD)** is a less than 6-month assignment in which Marines leave their \_\_\_\_\_ duty station and are not with their home unit.

Marines can TAD for periods greater than \_\_\_\_\_ months, they become a part of the **Individual Marine Augmentation Program (IMA)**, which supports MEFs, MARFORs and \_\_\_\_\_ units across the globe while meeting the requirements for specific MOS skills.

In instances where families may not be able to accompany their Marine to another location, the Marine is sent on an \_\_\_\_\_, usually lasting one or two years.

\_\_\_\_\_ help Marines to enhance their Military Occupational Specialty education and training or their career aspirations. Depending on the length of the school, family members \_\_\_\_\_ or \_\_\_\_\_ not be authorized to accompany their Marine.

**Field Training** is a 3 to 30 day training that occurs on or near the Marine's current base. Field training is unique and is based on the Marine's unit and MOS.

**Integrated Training (ITX)** consists of integrated ground, air, and logistical combat training events conducted at the Marine Corps Air Ground Command Center in 29 Palms.

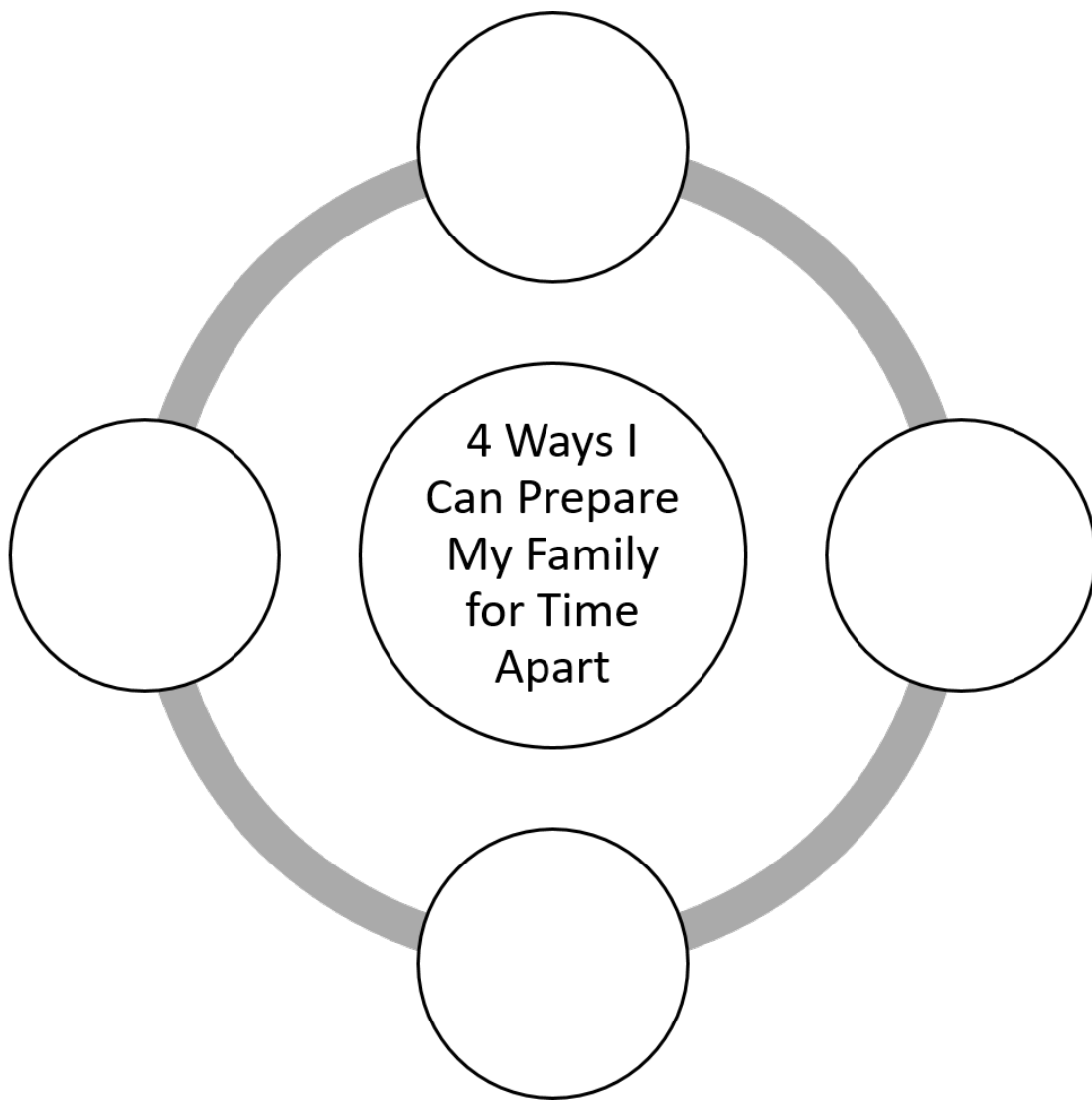
**Warfare Training Center** is located in Bridgeport, CA. Primary training emphasizes development of individual and unit mountain skills while enhancing overall combat capabilities.





# BE READY! BRAINSTORMING ACTIVITY

**Directions:** At your convenience, use this graphic organizer to organize your thoughts about preparing your family for your Marine's deployment. Examine the steps you can take to ensure you and your family are prepared and successful during the time apart.



# BE READY!

Time apart and deployments can be taxing to the individual and family unit, but there are things that can be done prior to the Marine's departure that will help your family to be prepared and successful in their absence. Please use the space below to take notes on how you can prepare for time apart.



**Unit Point of Contact**



**Unit Pre-Deployment Briefs**



**Financer**



**Power of Attorney**



**Wills**



**Emergency Plan**

# Family Care Plan



The Family Care Plan (FCP) is the Marine's responsibility to keep updated on Marine Online. This plan is for any Marine with dependents, spouse and/or children. Ask your Marine if they have updated their family care plan and what it states. You can also attend the class *What's in Your Family Care Plan?*

Additional information and assistance is available from the command FCP Coordinator, FCP Validators, legal assistance offices, Child and Youth Programs (CYP), civilian social services organizations, and military support organizations such as the Navy-Marine Corps Relief Society and Military OneSource.

The FCP is not intended to replace routine family care arrangements, such as those used during normal training or garrison duties. Instead, the FCP will be executed during times when the Service Member and other primary caregiver are unavailable due to deployment, TAD, or incapacitation. The type of care the caregiver(s) will provide should be commensurate with the care you would provide, if you were available. For some dependents, this care is strictly financial in nature. For other dependents, this care involves educational needs, medical needs, transportation, and more. Consider the type of care each dependent requires when identifying caregiver(s) and their ability to fulfill those duties.

# Checklist

It is important to have a family checklist. There are going to be certain topics that go across everyone's checklist, but the items within the topics are family specific. The checklist on the next two pages is an example of categories and content that may be present on any pre-deployment checklist.

## Documents

- Ensure ID card is valid through entire deployment.
- Review Record of Emergency Data (RED) form and update if necessary.
- Contact Base Legal Services Office for any needed powers of attorney.
- Update Last Will and Testament.
- Ensure Servicemembers' Group Life Insurance (SGLI) has correct beneficiary information.
- Ensure enrollment in TRICARE.
- Register to vote and request an absentee ballot.
- Ensure someone have a copy of your Official Military Orders
- Other

## Financial Preparation

- Create a spending plan for the deployment.
- Start allotments or set up online banking to pay bills.
- Determine if personal phones are allowed and ensure international access.
- Make arrangements to pay periodic expenses such as taxes, tuition, or insurance.
- Cancel cell phone contracts prior to departure.
- Set up allotment for child support payments.
- Other

## Personal Preparation

- Pack uniforms, liberty clothes, and personal items.
- Store personal weapons.
- Enroll in education and courses while deployed.

- Purchase comfort items, such as favorite shampoo, soap, contact lenses, etc.
- Pictures of family and friends.
- Suspend subscriptions to magazines.
- Other

## Emergency Plans

- Discuss emergency communication with family.
- Provide Red Cross contact information to family and information needed to locate you.
- Ensure family has your contact information.
- Give family the location of important papers and a key to access.
- Develop emergency evacuation plan.
- Other

## Communication

- Give your family the contact information for your Deployment Readiness Coordinator (DRC).
- Gather phone numbers, addresses, and email addresses of family and friends. Discuss expectations for keeping in touch.
- Make arrangements for birthdays and special occasions.
- Buy stamps, phone cards, camera batteries, etc.
- Create a plan for making telephone/video calls with family.
- Explain OPSEC to family and friends.
- Ensure family and friends have address and are aware of how to address packages and/or letters.
- Provide unit toll-free number to family and friends

- Ensure designated contacts are subscribed on Authorized Office Communication Tool (AOCT).
- Other

### Housing

- Participate in unit's Distribution Management Office if living in barracks.
- Ensure renters' or homeowners' insurance is current.
- Take your name off utilities and/or lease if sharing living quarters with someone else (roommate).
- Hire a property management company if you own a home and have tenants, or for outside maintenance of home such as grass cutting.
- Cancel utilities.
- Other

### Vehicle

- Arrange to store or have someone take care of your vehicle.
- Update insurance, tags, registration and title, and inspection sticker.
- Discuss routine maintenance with vehicle caretaker.
- Other

### Outstanding Legal Matters

- Make arrangements to address any outstanding traffic violations, tickets or fines.
- Ensure custody disputes have been finalized or have an agent working on your behalf.

- Ensure all matters regarding a pending divorce have been resolved or arrangements are made to finalize upon Marine's return.

### Legal Guardian

- Provide the Deployment Readiness Coordinator's contact information to your child's caregiver.
- Give your contact information to your child's caregiver and child (if the child is old enough).
- Inform child's school or day care teacher of your deployment and ask them to send copies of schoolwork and report cards. Provide self-addressed, stamped envelopes.
- Tell your childcare provider to contact the American Red Cross in case of an emergency.
- Establish with your child's caregiver where they will go or who they will contact in case of a disaster.
- Tell extended family members about your upcoming deployment and provide your child's contact information.
- Make a plan to celebrate birthdays and holidays.
- Establish a plan with caregiver to facilitate communication from your child to you.
- Provide info about your child's routines: meal and bed times, chores, special toys, etc.
- Discuss what role, if any, your child's other parent will have during deployment.
- Other

You and your Marine will receive checklists as a deployment approaches. Customize any checklist to meet your family's needs.



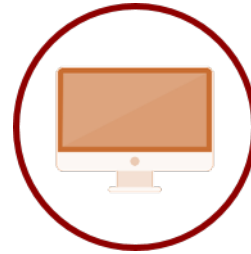
# COMMUNICATION PLAN

It can be beneficial to let extended family know how frequently they can expect updates on or from your Marine to avoid undue stress and speculation. Make it clear to loved ones you can't share details of the deployment in order to keep your spouse, and all Marines, safe! Try to keep communication positive and have an understanding on how you will handle challenging subjects. This can range from issues around the home to family concerns. Some may prefer to keep all non-urgent or non-crisis items off the table until the Marine returns; avoiding putting stress on the Marine with issues they cannot help with in their absence. Be open and honest in your communication, but mindful of the situation you are in. If you are discussing problems, try to have some solutions in mind beforehand. Be sure you and your Marine know what topics they want to discuss and which ones you can talk about later, face to face.

We live in a time where there are multiple modes of staying connected to our Marine while they are away. A communication plan can assist in helping you and your Marine manage communication and connectivity expectations.



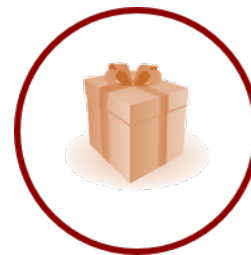
**Phone Calls**



**Email/Social Networking/  
Video Calls**



**Write Letters**



**Care Packages**

# EMOTIONS & DEPLOYMENT



Several emotional stages can occur prior to, during and after a deployment.

## Emotions Pre-Deployment

**Anticipation of Loss**, is characterized by:

- Ignoring or denial the deployment will happen
- Imagining alternate realities or difficulty accepting reality
- Crying at unexpected things
- Difficulty with intimacy
- Need to get 'projects' done
- Feelings of anger, frustration, and emotional distance between couples/increased tensions
- Marine can be excited.

The **Detachment and Withdrawal** characteristics are:

- Sense of despair
- Feeling that the marriage is out of control
- Making decisions is difficult
- Withdrawal into self by not sharing emotions
- Marine can be work/deployment focused

## Emotions During Deployment

Elements of the **Emotional Disorganization** stage are:

- Relief in the 'goodbye,' but guilt at the relief
- New routines develop, but overwhelmed at all of the new responsibilities
- Sleeping is difficult
- Anger towards the Marine for not staying and mad at the Marine Corps for making him/her leave

During the **Recovery and Stabilization** you may be:

- Comfortable and capable in new roles
- Able to reach out for support
- Feeling self-confident and independent
- Going through the 'my' syndrome
- Have high emotions



During the **Anticipation of Homecoming**, the following may occur:

- Excitement and anticipation of the return
- Questions of “Do they still love me?”
- Changing of the home design to reflect “our home”
- Start changing patterns to pre-deployment patterns

## Emotions Post-Deployment

Marine can feel nervous **during Homecoming**.

- Be realistic and discuss what type of homecoming the Marine would like.
- You, your Marine and your family may need time to reintegrate and adjust.

Remember that each person is unique and may feel some, all, or none of these emotions. If you are experiencing difficulty while being separated from your Marine, use your resources and reach out to loved ones, friends, your DRC/URC, or a counselor. Remember, you are not alone!

- Feelings of excitement, nervousness and/or confusion
- Feeling a loss of independence
- “We” instead of “me” mindset
- Adjusting the “single parent” mentality
- Your Marine may wonder if they are still loved and needed by the family.
- Marine may use more of direct communication-speaking to members of the family as if they are Marines.

**Reintegration** is an ongoing process that will take time, love, affirmation, and patience:

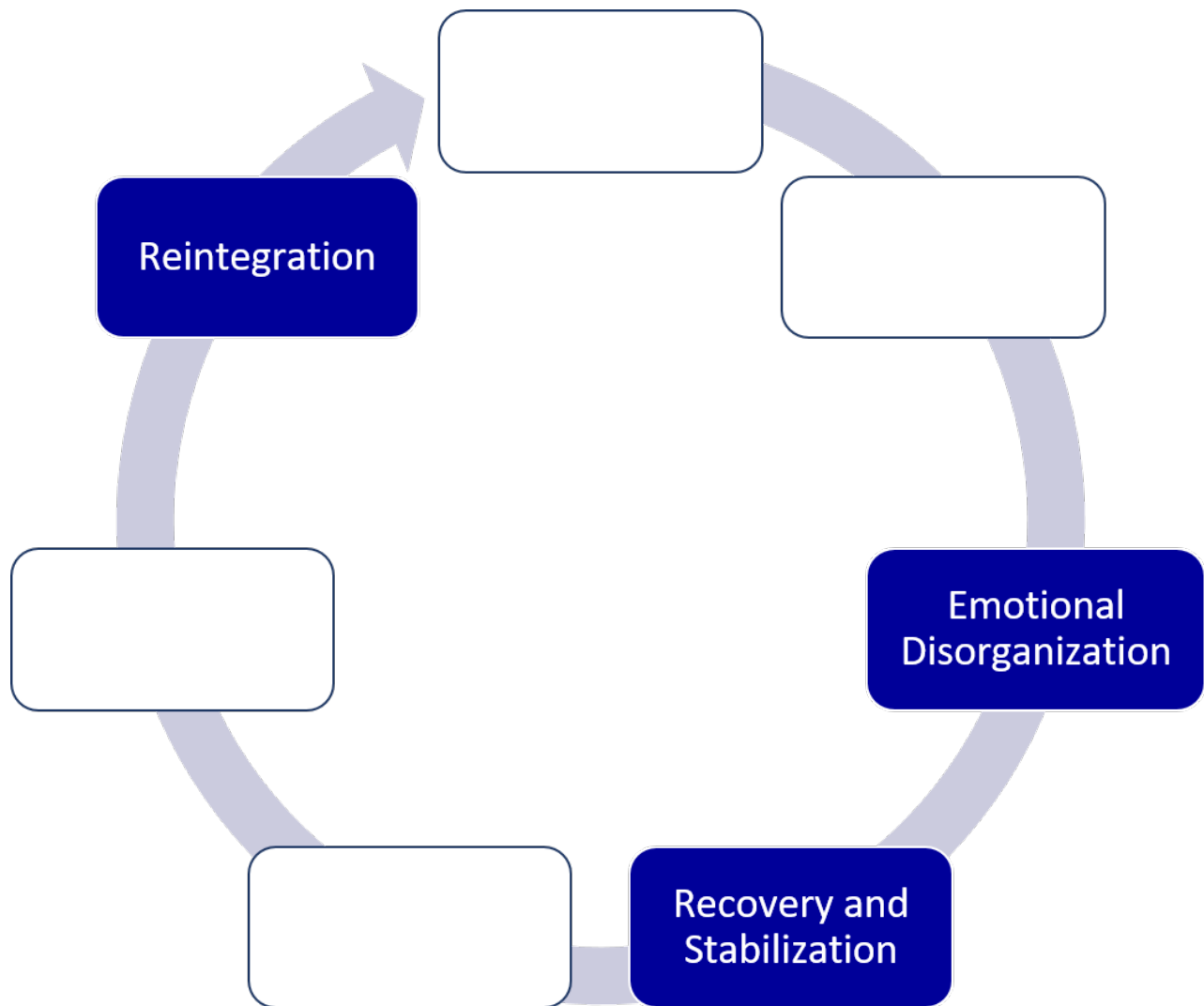
- Continue to make adjustments and discover a new normal
- Share roles, responsibilities, and decisions
- A feeling of too much togetherness
- Falling in love again
- The Marine may feel out of place.



# EMOTIONS & DEPLOYMENT-FULL CIRCLE

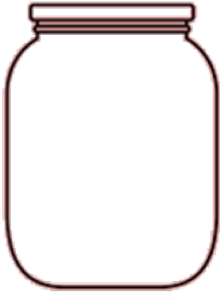
Each person is unique and may deal with these emotions in different ways. It is important to understand that all of these are NORMAL emotions. Separation causes us to grow as individuals and it can strengthen the bonds that you share with your Marine. The Marine Spouse is valuable to the overall mission success. If your Marine knows that you are OK, then they can focus on their job (the mission). If we stick together, we can weather any storm. Staying involved with your Marine Corps community not only helps you, it also helps others in the community that may be going through the same things you are.

**Directions:** Fill in the boxes with the stages of emotions as the facilitator discusses the content.



# SUPPORTING CHILDREN

Deployments can be difficult for many reasons. With children, it is important to look at a deployment from their perspective. Identifying ways in which to support your child(ren) through a deployment can ensure their time away from their deployed parent goes more smoothly. Below are some ways that you can help your child(ren) stay connected to their Marine parent during times of separation.



Kiss/Note Jars are a fun ways to stay connected!



Send each other care packages!



Learn about the part of the world that your Marine is going to!

Children at different ages respond differently to deployment. Some of the same feelings seen in the normal cycle of emotions may be seen in children, even as young as three months. Children can even show regressive behavior (i.e., bedwetting, thumb-sucking, or waking up at night).

Keeping your children in touch with what is going on will make it easier for them to understand that their Mom or Dad is going away for a short time and will be back. They need to be reassured that Mommy or Daddy are leaving for their job, not because of something the child did.

Keeping your routine as normal as possible and keeping them busy will help them know that even though Mommy or Daddy is gone, they still have their 'jobs' to do at home.

It's vital to keep children connected to their parents while they are away. Letters, pictures, videos, drawings, and even their schoolwork can make a positive difference to both your children and your Marine.

You can have some special items prepared in advance! Have birthday cards, special little notes, video messages, and the like, all pre-prepared by your Marine for your child and vice versa, in case communication become difficult. Small special surprises can mean a lot to both of them and keep their bond strong.

Lastly, be sure to talk to your child about the homecoming, and include them in the plans. If you have more than one child, each will react in their own way, but in the end it's important they understand that things will be different when their mom or dad return. Have shared expectations and a clear idea of how the Marine and the kids will reconnect post deployment.

# RESOURCES & SUPPORT

## Friends and Family

Community is a vital part of life, especially for military families. Connecting with friends and family can aid in reducing the loneliness during a deployment. Social media is a tool that allows us to build new friendships and stay connected with old friends around the world. Remember when building new friendships via social media, do so safely, as we will discuss in *Module 7: Safe and Sound All Around*.

## Unit, Personal and Family Readiness Program (UPFRP)

Your unit can keep you connected by providing official news and information about unit activities, as well as providing great activities and networking opportunities for the families of those deployed. All members of the Family Readiness Command Team are there for you!

## Chaplain

A Chaplain can help you with your spiritual needs during this time and can be a great comfort to you. They are also able to keep your conversations confidential. Keeping your faith and spirituality strong can also keep the rest of you strong.

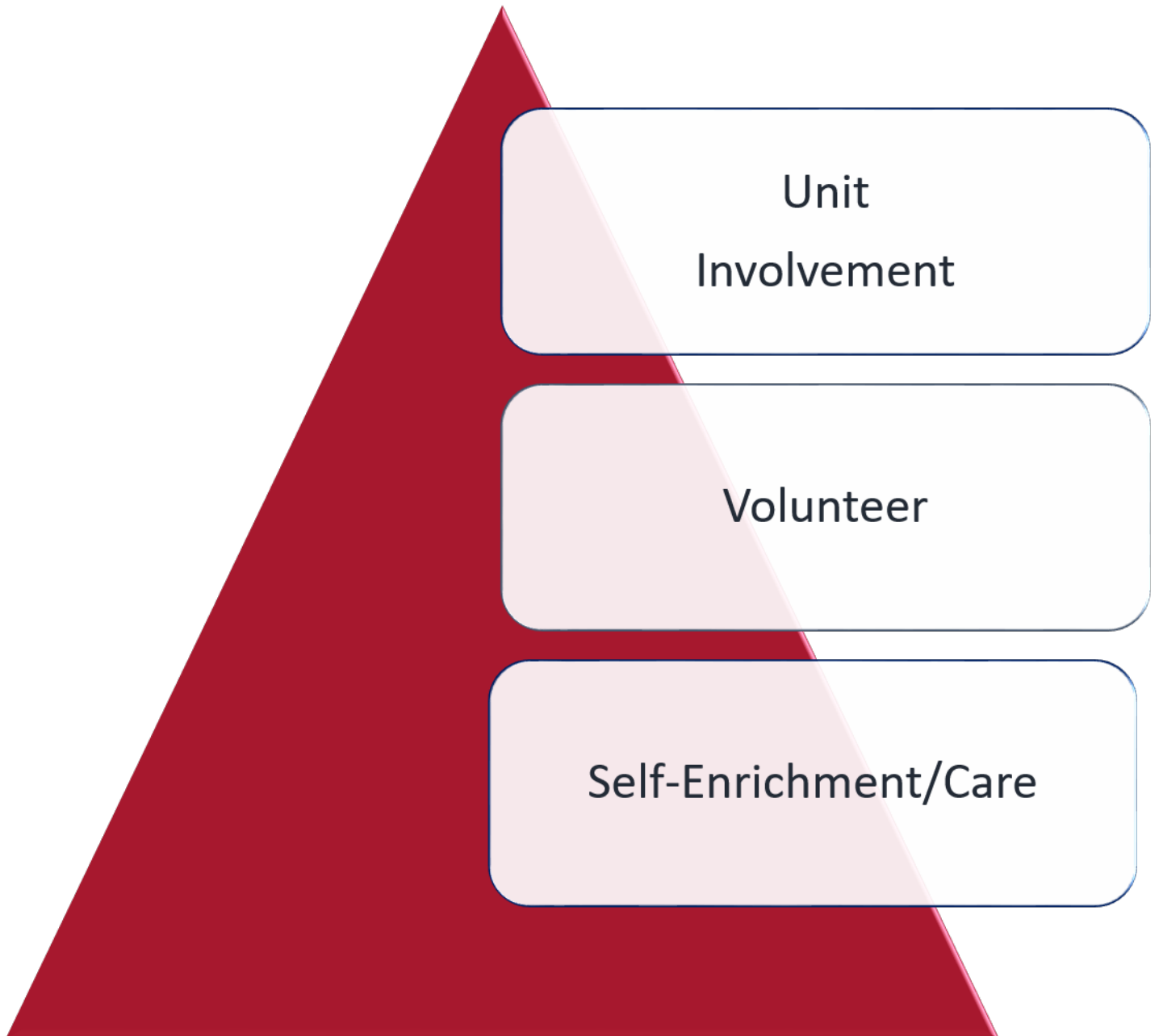
## Community Support

Remember that you are not alone. There are so many people in your military community who can relate to what you are experiencing. Don't be afraid to seek out help. Many installations have groups that provide support during deployments. Consider contacting your URC/DRC or your local MCFTB office.



# TAKING THE STEPS

By using your support system and resources, you can make the most of your time while you and your Marine are apart.



# ACTIVITY: WHAT IF?

**Directions:** Now that you have a stronger understanding of what resources and supports are available while your Marine is away, work with a small group to help each person in the “What If” scenarios reach a positive ending!

**Scenario 1:** My spouse is deployed with his whole unit and my dad is sick! I need to leave Camp Pendleton to be with my family. I sent an email to my spouse telling him the details of my trip, and where I was going to be, but he hasn’t responded. I know sometimes he can’t get emails. What should I do? What if my spouse gets hurt and they can’t find me?

**Scenario 2:** We just moved to Quantico with our dog, Sparky! My wife goes on week long TADs to Hawaii for conferences pretty regularly. While she’s only gone for a short time, I’m worried if something happens to me. What if I get hurt and am gone for a few days - who will look after Sparky? How can I plan for this on my own?

**Scenario 3:** My spouse is about to be sent to Japan for a year, while we stay here in New River, NC. I’m a little worried about being mom and dad during this time. What if my 10 year old son doesn’t want to talk to me about “boy things”? What can we do to prepare for this?

**Scenario 4:** My spouse is about to depart for 6 months. They always handled all the bills. I don’t even know where our passwords and banking information are kept. What if something happens while they are away and I need to pay the bills? How can we get ready for our deployment?



# GLOSSARY OF KEY TERMS

<b>Chaplain</b>	Naval Officers, serving Marines, who perform many of the same functions as a civilian clergy.
<b>Cycle of Emotions</b>	The normal cycle of emotions describes possible changes in your behavior and emotions leading up to and during deployments. This includes pre-deployment emotions: Anticipation of Leaving and Detachment and Withdrawal; emotions during deployment: Emotional Disorganization, Recovery and Stabilization, and Anticipation of Homecoming; and emotions post-deployment: Homecoming and Reintegration.
<b>Deployment</b>	Deployment is loosely defined as the movement of an individual or entire military unit to another location to accomplish a task or mission. The mission may be a routine training exercise, humanitarian assistance or a combat operation. Deployments vary in length, location, and size. It's important to remember no two deployments are the same.
<b>DRC/URC</b>	Deployment Readiness Coordinator/Uniform Readiness Coordinator. This is the unit point of contact. DRCs are civilian and URCs are enlisted.
<b>Family Care Plan</b>	Service specific forms Marines are required to maintain when they have dependents, a spouse, and/or children.
<b>Family Readiness Command Team</b>	The individuals who shape a command's UPFRP. The Command Team includes the unit's Commanding Officer (Military), Executive Officer, Sergeant Major (Military), Chaplain (Military), Deployment Readiness Coordinator (DRC Civilian), and/or Uniform Readiness Coordinator (URC Military), Single Marine Representative (Military), Family Command Team Advisors (CTA volunteer) and Family Readiness Assistants (FRA volunteer).
<b>Field Training</b>	Field training is very unique and is adapted to the type unit your Marine is with and what their MOS is. Field trainings usually take place on or near their current base. These can last anywhere from three days to 30 plus days depending on what they are doing and where they are going.
<b>Individual Marine Augmentation Program (IMA)</b>	A TAD in Excess of 6 months. This program supports requirements across the globe for specific MOS skills.
<b>Integrated Training Exercise (ITX)</b>	Conducted at Marine Corps Air Ground Combat Center, Twentynine Palms, and CA. This deployment consists of integrated events encompassing ground, logistics, and air combat elements. The time of exercise will vary, depending on the type of unit that deploys there. Marines deploy to the Marine Air Ground Task Force Training Center (MAGTFTC) in 29 Palms, CA. and stay in temporary field barracks when not in the field.
<b>Marine Corps Mountain Warfare Training Center, Bridgeport, CA (MCMWTC)</b>	Conducts formal schools for individuals and battalion training in summer and winter mountain operations. The training emphasizes development of both individual and unit mountain skills with primary emphasis on enhancing overall combat capability.
<b>Marine Expeditionary Unit (MEU)</b>	Traditionally, this type of deployment is known as a 'float'. Family members do not accompany their Marine. MEU deployments can involve mass troop movements by airplane and/or ships to duty destinations all over the globe.

<b>Schools</b>	A Marine may be sent to a school to further their education for their current or new Military Occupational Specialty (MOS) or to a career academy based on their new or existing rank. Families may or may not be authorized to go.
<b>Special Purpose Marine Air-Ground Task Force for Crisis Response (SPMAGTF)</b>	A self-mobile, self-sustaining force of approximately 850 Marines and sailors, capable of responding to a range of crises. The unit is specifically trained to support U.S. and partner interests throughout the United States Africa Command area of responsibility, to include embassy reinforcement, support to noncombatant evacuation operations, tactical recovery of aircraft and personnel, humanitarian assistance, and disaster relief. The unit also takes part in bilateral and multilateral training exercises with regional partners.
<b>Temporary Additional Duty (TAD)</b>	A period of less than 6 months in which a Marine is sent away from their permanent duty station. These are unique because Marines can be TAD and never leave the installations they are on. Marines can also be sent TAD out of the country. The piece to remember here is that during TADs, the Marine is no longer with their actual unit.
<b>Unaccompanied Tour</b>	A Marine is sent to another location, usually a foreign country, for one to two years and families are not allowed to join for various reasons.
<b>Unit Deployment Program (UDP)</b>	Marine units from the east coast, west coast, and Hawaii travel to Japan as a part of the UDP. The UDP typically last 6 months, though it can change, depending on the overall needs of the Marine Corps.
<b>Unit, Personal and Family Readiness Program (UPFRP)</b>	Prepares Marines and their families to ensure optimum resiliency when faced with life events.

# NOTES



# LET'S CONNECT!

Use this page to network with some of your fellow L.I.N.K.S. spouses.

Name:  
Tel. No:  
Email:

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L . I . N . K . S .

Empowering Marines, Sailors, and their families, by providing the skills and resources necessary to navigate the military lifestyle.