

PREPARE FOR DEPLOYMENT

Deployments can be difficult

- Service Members may feel anxious or frustrated
- Spouses may feel upset, stressed, overwhelmed
- Children may feel confused or sad

Know these feelings are normal, but its important to recognize them

Know where or who to turn to too get assistance or help

- Maybe a family member or friend
- Maybe the unit's first sergeant or co-worker
- Maybe the unit's key spouse
- Maybe a base agency or resource downtown

Know its important to communication and share experiences/emotions.

Don't know who to turn to, ask the A&FRC for contact info.

DURING DEPLOYMENTS

- Be prepared for changes, such as roles and routines
- Be prepared for personal changes, such as spouses becoming more independent, children maturing, and potential combat related stresses to the service members
- Be positive - turn change into opportunities to build a resilient toolkit to improve stress management/coping methods. Be open minded and develop new skills, gain confidence/build new experiences
- Get involved/stay busy- in the community, socialize with friends/families, volunteer, join a club/organization, build care packages, etc.

COMMUNICATION

- Always talk about your feelings
- Have "family talks" so everyone is on the same page
- Stay in touch while deployed
- Spend quality time together

STRESS

- Know the signs—trouble sleeping, quickly angered, change in eating habits, anxiety, substance abuse, unusual behavior, feeling helpless, trouble with simple tasks
- Use coping methods—working out, listening to music, talking to someone, watching a movie, etc

EMOTIONAL CYCLE OF DEPLOYMENTS

Pre-deployment (Anger, Anxiety, Denial, Emotional Detachment)

Deployment (Destabilization, disorganization, loneliness, financial concerns)

Sustainment (Establish routines, engage, support systems, build confidence)

Reintegration (Apprehension, redefined roles, excitement)

Post-deployment (Honeymoon period, resentment, insecurity)

HELPING AGENCIES

- Military Family Life Consultant—Certified counselor provides short-term counseling on a wealth of topics, communication, separation, marriage, to name a few. *Adults-1-701-500-4826. Children-1-701-340-6731*
- Family Advocacy— Assists with parenting and more. 723-5096
- Mental Health— Medical counseling..723-5527
- Chaplain—100% confidential resource!. 723-2456
- School Counselors—Aid with potential children behavioral issues
- Legal Office—Claims, etc. 723-3026
- Health & Wellness Center—promotes healthy lifestyle. 723-5399
- School Liaison Officer—Valuable tool for families, 723-1447

Ask about the helping agencies matrix

MILITARY ONE SOURCE

Amazing resource on numerous topics, free non-medical counseling, and more! 1-800-342-9647 or www.militaryonesource.mil

TRICARE

Contact if leaving the region. <https://www.tricare.mil>

Veteran Crisis Line: 1-800-273-8255, press option 1 or www.veteranscrisisline.net or Send text message to 838255

AMERICAN RED CROSS

In the event of a family emergency, notify ARC at 1-800-733-2767

Hearts Apart

Deployed & Remote Family Programs

Before, During, & After a Deployment

FAMILY CHILD CARE (FCC) 723-6662

Deployed child care—Free child care offered.

GIVE PARENTS A BREAK

Free child care (up to 4 hours) provided by CDC, Youth Center. Contact them for dates/times.

CAR CARE VOUCHER

\$50 oil change voucher. Can be used at MAFB Tires Plus or Auto Hobby.

"WHAT I LOVE ABOUT YOU BY ME" JOURNAL

Journal to share thoughts about loved ones.

DEPLOYMENT RESOURCES - ADULTS & CHILDREN

Portfolios, Info Booklets, Battalion Buddies, & more.

DEPLOYMENT BRIEFINGS/WORKSHOPS

Briefing s for pre-deployment, post-deployment, as well as focused workshops.

BENEFITS FOR MAFB RESIDENTS

Complete a deployed spouse application through MAFB Homes -priority & incentives included

FREE BOWLING

2 Free games & shoe rental every Thurs. with orders.

THIS IS NOT AN ALL INCLUSIVE RESOURCE....

Contact The Airman & Family Readiness Center for More Information:

291 PEACEKEEPER PLACE

MINOT AFB, ND 58704

Phone: 701-723-3950

Email: 5fss.family.support@us.af.mil

www.5thforcesupport.com

Find us on FB!



AIR FORCE PERSONNEL ACCOUNTABILITY/ASSESSMENT SYSTEM

AFPAAS is used during a disaster/crisis, so ensure all dependent information is correct.

ADDITIONAL A&FRC SUPPORT PROGRAMS

DISCOVERY RESOURCE CENTER

Located inside the A&FRC provides: Free Internet (Wi-Fi & PCs) & Fax/Copy/Scan/Printing

AIR FORCE AID SOCIETY (AFAS)

EMERGENCY TRAVEL/BASIC LIVING EXPENSES—Emergency financial assistance can be provided. Must have service member POA.

BUNDLES FOR BABIES—a class for expectant families the last trimester. A gift card for the BX is provided to attendees at the end of the class.

PCS CARE: This program is intended to help families who are in the process of a PCS move with 20 hours child care, per child.

SPOUSE PROGRAMS

KEY SPOUSE PROGRAM - Enables Commander appointed volunteer spouses from each squadron to learn all facets of support services available to assist families in their squadrons.

SPOUSE'S WELCOME - Quarterly orientation of the base.

PERSONAL WORK/LIFE

Topics are designed to enhance life skills through education: Communication, stress, time & anger management, and more.

FINANCIAL ADVICE

The A&FRC has certified financial advisors to assist with things like budgeting to investing, and more.

EMPLOYMENT ASSISTANCE/RESUMES/EDUCATION/SCHOLARSHIPS

Employment Assistance. Check us out on FB: MinotEyesonJobs

THINGS TO DO

<https://5thforcesupport.com>—base events

<https://visitminot.org>—community events

<https://www.eventbrite.com>— discover online events, some free

www.fishingwithvets.com—fishing excursion (FREE!)

DEPLOYMENT ARTICLES/RESOURCES

How to Prepare Your Relationship for Military Deployment

<https://www.gottman.com/blog/how-to-prepare-your-relationship-for-military-deployment/>

Working Through Pre-Deployment With Your Spouse

<https://www.military.com/deployment/working-through-pre-deployment-with-your-spouse.html>

The Emotional Cycle of Deployment: You're Not Alone

<https://www.militaryfamily.org/deployment-cycle-of-emotion/s/>

Deployment Lifecycle

<https://www.militaryonesource.mil/military-life-cycle/deployment>

Quick Guide for Deployment Readiness

<https://usmc-mccs.org/articles/quick-guide-for-deployment-readiness/>

Deployment – National Military Family Association

<https://www.militaryfamily.org/info-resources/deployment/Deployment-Guides-and-Resources>

<https://www.military.com/deployment/deployment-guides-and-resources.html>

Military Programs and Benefits

<https://www.usa.gov/military-assistance>

Rekindle, Repair, or Reset Your Relationship

<https://www.militaryonesource.mil/family-relationships/relationships/military-relationships-support>

WELLBEING MOBILE APPS

My Military OneSource

Chill Drills

Breathe2Relax

Positive Activity Jackpot

LifeArmor

Virtual Hope Box

Parenting2Go

Breath, Think, Do

T2MoodTracker

Tactical Breathe

PTSD Coach

RESILIENCE MOBILE APPS

Love Every Day

MoodHacker

CoachHub

CARE PACKAGES

www.soldierangels.org

www.airborneangelcadets.com

www.boatsie.com

www.operationgratitude.com

DEPLOYMENT BOOKS

For Kids

Deployment, One of our Pieces is Missing by Julia Cook

Miss You to Pieces “A Deployment Story and Project Idea for Kids” by Donna M. Purkey

My Daddy is a Hero or My Mommy is a Hero by Hannah Tolson

While you are Away by Eileen Spinelli

You and Your Military Hero “Adult guided Activities & Games”

Don't Forget, God Bless our Troops by Jill Biden

We Serve Too Series

The Homecoming Box

A Child's Deployment Book

A Child's Reunion book

Little Daisy's Worst/Best Day

A Paper Hug by Stephanie Skolmoski

Sparrow

For Adults

Surviving Deployment, A guide for Military Families

Separated by Duty, United in Love, A guide to long distance relationships for Military Couples

Tour of Duty, Preparing our Hearts for Deployment, A bible study for military wives

Faith Deployed, Daily Encouragement for Military wives

ADDITIONAL DEPLOYMENT SUPPORT LINKS

<https://www.militaryfamily.org>

<https://seasonedspouse.com/deployment-tips/>

<https://www.military.com/spouse/military-deployment>

[https://www.militaryspouse.com/?s=Deploy \(search "deploy"\)](https://www.militaryspouse.com/?s=Deploy(search%20deploy))

And many more....again, contact the A&FRC at 723-3950, email us at 5fss.family.support@us.af.mil, or stop on by to get more resources/information!