



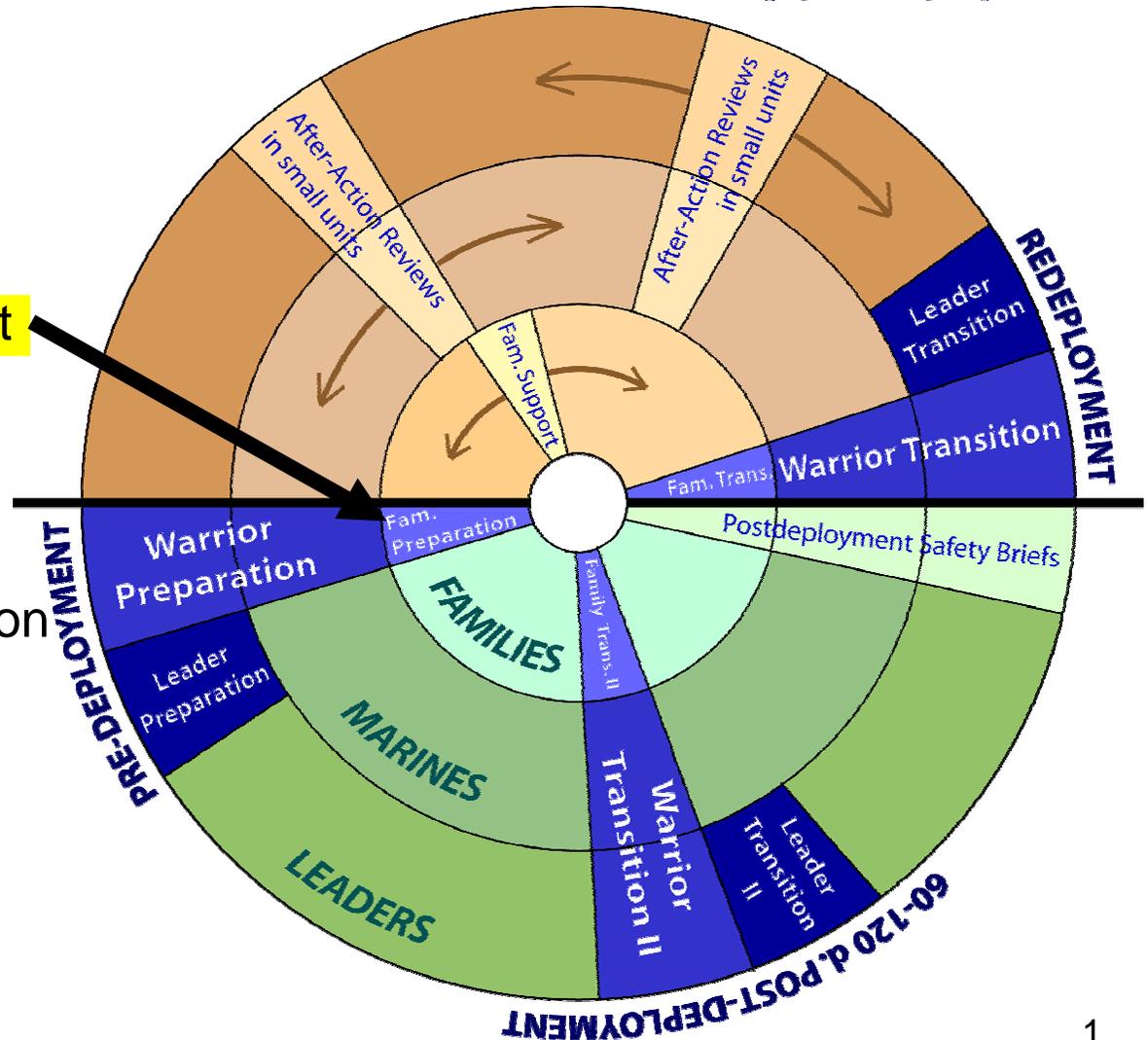
Marine Operational Stress Training (MOST) Cycle for Deployments

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

COSC Awareness Briefs

- **Pre-deployment**
 - Leader Preparation
 - Warrior Preparation
 - **Family Pre-Deployment**
- **Before Redeployment**
 - Leader Transition
 - Warrior Transition
 - Family Return & Reunion
- **Post-deployment (60-120 days)**
 - Leader Transition II
 - Warrior Transition II
 - Family Transition II

Marine Operational Stress Training (MOST) Cycle

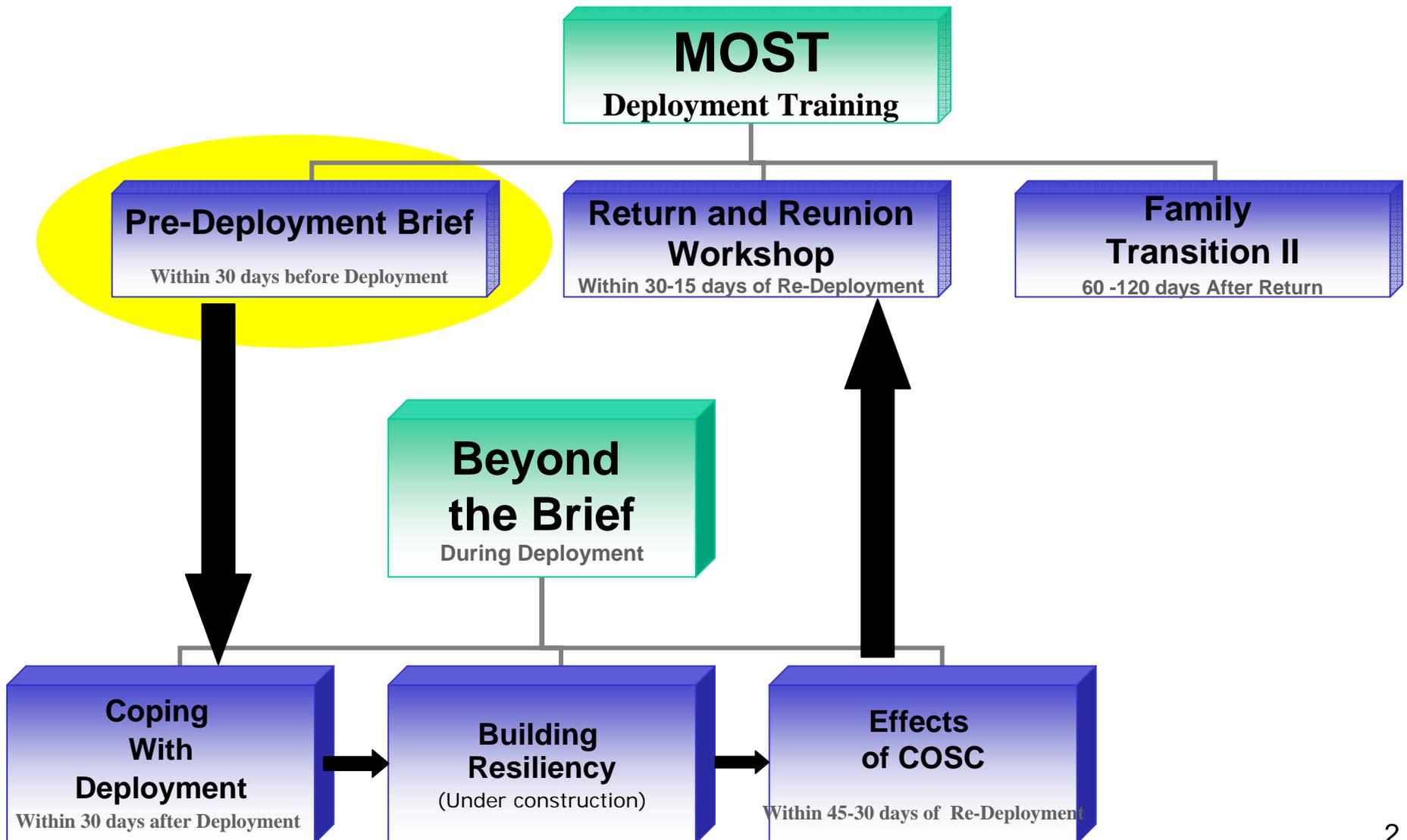




FAMILY COSC TRAINING PROGRAMS

RDSTs - MCFTB

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL



Marine Corps Family Team Building



Married Marine Pre-Deployment Brief II

Oct 2008, v.1



Marine Corps Family Team Building

- **Readiness and Deployment Support**
- **Family Readiness Program Training**
- **L.I.N.K.S.**
- **LifeSkills**



Families and Deployment Stress

- Stress problems are common during deployments
- Stress reactions fall along a continuum
- There is an emotional cycle of deployment
- Tools are available to help build resiliency, cope with separation, and manage deployment stress
- Deployment stress Beyond the Brief workshop will be available

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL



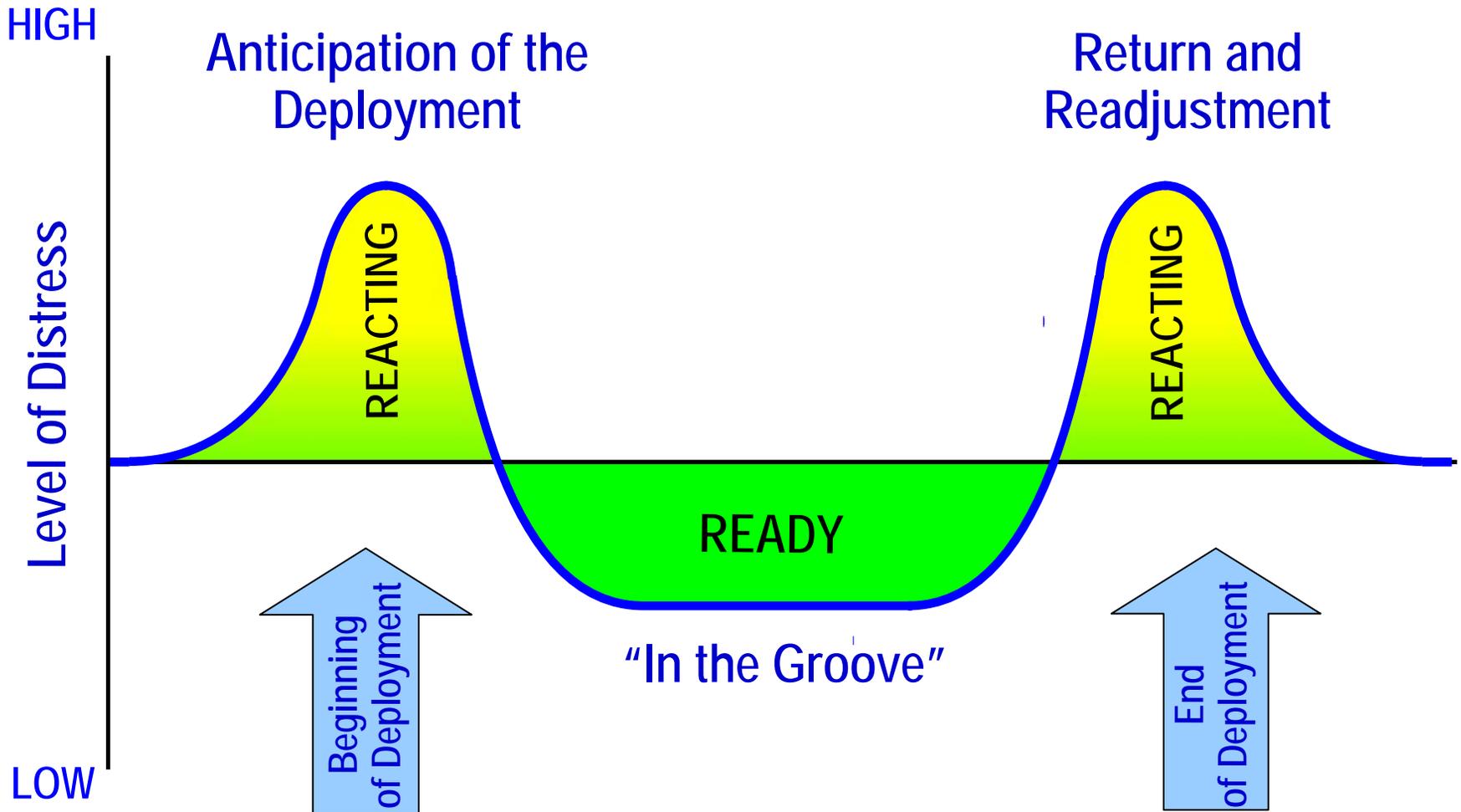
Sources of Stress for Families



PHYSICAL	<ul style="list-style-type: none">• Fatigue from increased responsibilities• Illnesses in the family
MENTAL	<ul style="list-style-type: none">• Lack of information• Money problems• Conflicting values or beliefs
EMOTIONAL	<ul style="list-style-type: none">• Fear• Grief• Helplessness• Anger toward civilians or military
SOCIAL	<ul style="list-style-type: none">• Isolation, loneliness• Lack of support• Dealing with extended family
SPIRITUAL	<ul style="list-style-type: none">• Life doesn't make sense any more• Loss of faith• Loss of purpose



Emotional Cycle of Deployment: Stress and Coping



Common Stress Symptoms for Families

READY	REACTING
<ul style="list-style-type: none">• Confident and competent• Getting the job done• In control of emotions• Sense of humor• Sleeping enough• Eating well• Working out, staying fit• Playing well• Active socially• Coping well• Functioning well in school, at work and home• Relating well with Marine	<ul style="list-style-type: none">• Anxious, irritable, short tempered• Fighting, tantrums, opposition• Unusual sadness or crying• Trouble sleeping• Eating too much or too little• Loss of interest• Keeping to self, not socializing• Negative, pessimistic• Loss of confidence• Developmental regression• Deteriorating school or work performance• Communication breakdown



Coping tips and tools

Take Care of:

Yourself

Your family

Your neighbors!



Children

- **Talk with children about Deployment**
- **Make DVD of Deploying parent reading a story or special messages**
- **Comfy items**
- **Letters to your children**
- **Ensure you and your Child/ren attend a Kids-N-Deployment Workshop**



Communication

- **Phone**
- **Letters**
- **Moto-mail**
- **Email**



Mail & Care Packages

1-800-610-8734



www.usps.com



To Do List

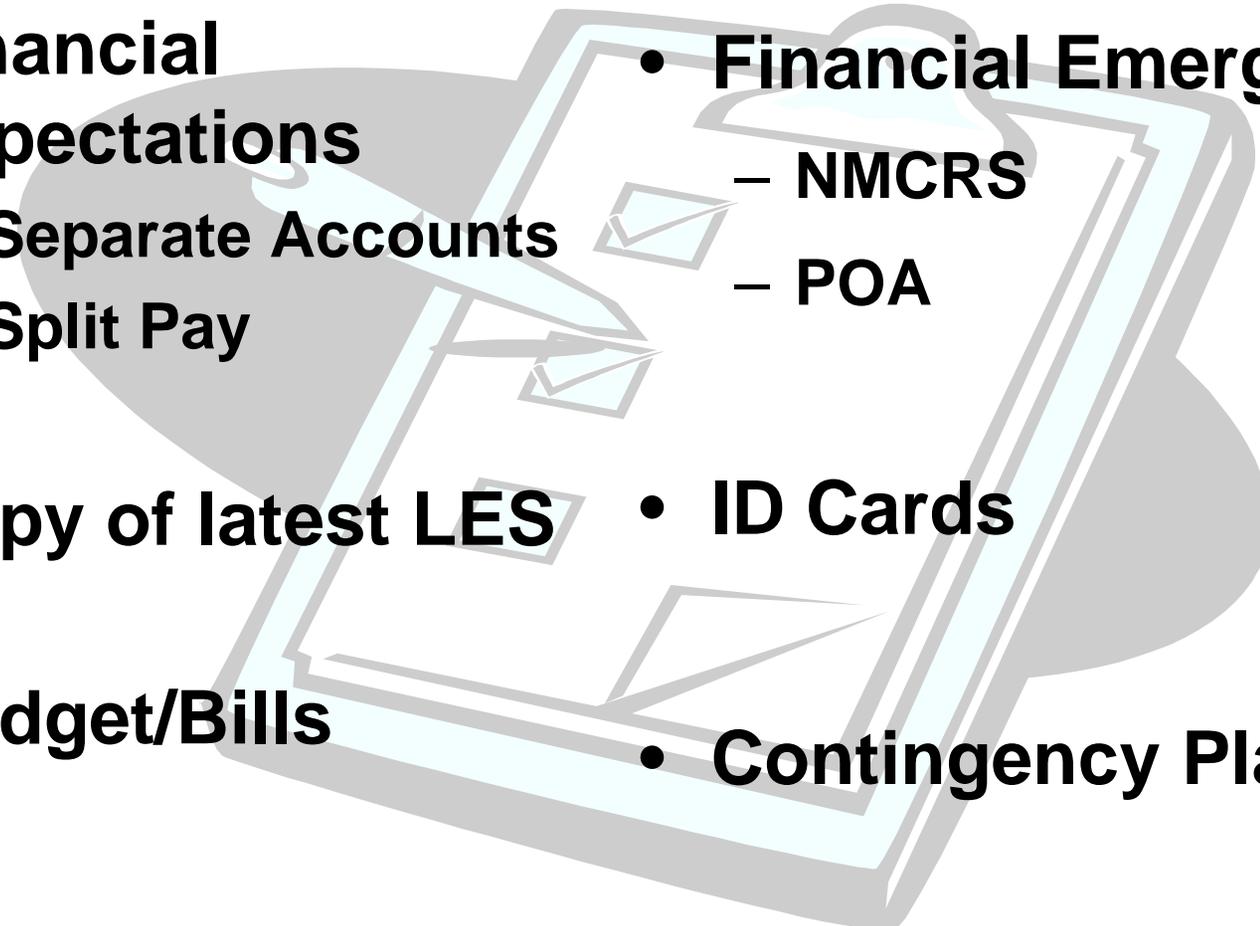
- **Family Care Plan**



- **Exceptional Family Member Program**



To Do List

- **Financial Expectations**
 - Separate Accounts
 - Split Pay
 - **Financial Emergencies**
 - NMCERS
 - POA
 - **Copy of latest LES**
 - **ID Cards**
 - **Budget/Bills**
 - **Contingency Plan**
- 



Other Important Notes

- **TRICARE**
- **Power of Attorney/Wills**
- **Tax Center/Military OneSource**
- **American Red Cross**



Resources

- **Stress & Anger Management**
- **Chaplains**
- **Counseling Service**
- **Military OneSource**
- **Combat Operational Stress Workshops**



Questions?

**Make sure you know who your Family
Readiness Officer is before leaving.**

**Thank you for your service as a Marine
Family**

