Slide 1: Teen Tips: Reintegration with a Deployed Parent

Slide 2: Objectives

- Understand the cycle of deployment and recognize how it works in families.
- Improve family communication.
  - Anticipate and plan ahead for reintegration challenges.
  - Roll with change.
  - Use positive problem-solving techniques.

Slide 3: The Cycle of Deployment

- Anticipation of Departure/ Detachment and Withdrawal
  - Family members may be nervous and worried
  - Your parent who is leaving may be “checked out” and thinking about the mission
  - Your at-home parent may be distracted and stressed
- Emotional Disorganization
  - Family members may experience a change in routines
  - Family members may miss their deployed parent, worry about her or his safety, or feel overwhelmed
- Recovery and Stabilization
  - Family members settle into new routines
- Anticipation of Return/ Return Adjustment and Renegotiation
  - Family members may experience excitement, stress, anticipation, or worry about new changes
  - It may take time to figure each other out again
- Reintegration and Stabilization
  - Family members try to establish a new normal

Slide 4: Joys and Challenges of Reintegration

- Joys:
  - Parent is safe
  - Family is together
  - No more worry or missing the Service member
  - Parent at home is not so distracted and overwhelmed
  - Fewer responsibilities
- Challenges:
  - Deployed parent feels different and unfamiliar
  - Deployed parent is irritable and angry
  - Parents fight
  - Deployed parent wants to be the boss
  - Routine is disrupted again

Slide 5: Tips for Family Communication

- Plan ahead
- Roll with change

- Positive problem-solving

Slide 6: Review of Objectives

- Understand the cycle of deployment and recognize how it works in families.
- Improve family communication.
    - Anticipate and plan ahead for reintegration challenges.
    - Roll with change.
    - Use positive problem-solving techniques.

Slide 7: Teen Tips: Reintegration with a Deployed Parent