Teen Tips: Reintegration with a Deployed Parent (Slide 1)

- Reintegration can be a happy and exciting time, yet, it can create some challenges
- If you have already been through the reintegration process, your experience is likely to be very valuable to others; please share some of the things that did and did not work for your family

Objectives (Slide 2)

- 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; and
  - Use positive problem-solving techniques
- Being able to anticipate and plan ahead can help to avoid and reduce issues
- Change is inevitable during the deployment cycle and it is important to handle changes without getting stressed or overwhelmed

The Cycle of Deployment (Slide 3)

- Even though all families are different, there are some common things that military families tend to go through during deployment
- The stages of the cycle of deployment
  - Anticipation of departure/detachment and withdrawal
  - Emotional disorganization
  - Recovery and stabilization
  - Anticipation of return/Return adjustment and renegotiation
  - Reintegration and stabilization
- **Exercise 1**: Understanding the Cycle: Your Family's Experience

Joys and Challenges of Reintegration (Slide 4)

- Joys
  - Parent is safe
  - Family is together
  - No more worry or missing the service member
  - At-home parent 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

Tips for Family Communication (Slide 5)

- There are ways to better communicate with your parents and other family members that can address reintegration challenges
  - Plan ahead
  - Roll with change
  - Positive problem solving
- **Exercise 2**: Improve Family Communication
- **Handout 1**: Plan Ahead
- Planning ahead can help prevent problems
- **Handout 2**: Roll with Change
- **Handout 3**: Positive Problem-Solving
- Family members who can accept changes without getting upset often have the best reintegration experiences

Review of Objectives (Slide 6)

- What is the Deployment Cycle and how does it work in families?
- How can planning ahead, rolling with change, and using positive problem-solving techniques improve family communication?