

I Corps and Fort Lewis
America's Corps

The Family Readiness Guide has been designed to make life less difficult when you arrive at Fort Lewis and need to make plans to face possible separations due to military requirements. The commitment that soldiers make has a profound effect on their loved ones. That is why I Corps and Fort Lewis is committed to upgrading the quality of the relationship to our families.

We Recognize that some portions of the booklet may not appear necessary, particularly for those of you who have been Army families for several years. On the other hand, we urge you to take the time to review it and discuss the key elements with your family. Mark the pages that apply to your situation and rest assured that Fort Lewis will help make your adjustment to military life as smooth and trouble free as possible.

It is not possible to plan for everything! So, if you have a problem not covered here, call you military unit, Chaplain, Family Readiness Group Leader, or Family Resource Center. Stay in touch; participate in your unit family readiness group. You do not have to work things out by yourself. We care about you and are willing to help.

We want to express our appreciation to each family member for the support you provide as part of the I Corps and Fort Lewis team.

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Introduction

The Fort Lewis Family Readiness Guide has been updated by the FRC. Our hope is that this guide will be given to family members when they first arrive at Fort Lewis. It is designed to:

- Encourage involvement
- Provide information on community resources
- Assist in planning for separations
- Review the soldier/sponsor's responsibilities

We realize how important phone numbers are and have included them in this guide. If a number changes after this is printed, contact the Fort Lewis Information number 967-1110 for assistance.

Your Comments are Welcome:

As you review this guide, note your comments and suggestions on a piece of paper. We encourage you to submit these to the FRC, building 4274, 967-9496. Our mailing address is

Family Resource Center
Box 339500 MS 112
Fort Lewis WA 98433-9500

Thank You

Contact the activities listed below for other important sources of information:

- Fort Lewis Welcome Packet - Army Community Service (ACS), 967-7166
- Find it at Fort Lewis, DCA Marketing Branch - The Fort Lewis Community Guide to Support Services, 967-5200
- Information pamphlets on community and family activities - available through DCA Marketing, 967-5200

Recipe for a Military Spouse

1 ½ cups of flexibility
1 pound of patience
¾ cup of enthusiasm
dash of adventure

Mix above ingredients with a positive attitude. Add two teaspoons elbow grease. Let stand alone for long periods. Marinate frequently with salty tears. Sprinkle sparingly with money. Knead dough until payday. Season with international spices. Bake 20 years or until done. Serve with pride!

Family Resource Center (FRC)

FRC is located on the corner of 9th Division Drive and Idaho Street, building 4274.
Phone: 967-9496

- FRC Hours of Operation:
Monday - Friday 0900 - 1700, closed all federal and training holidays.
- This program provides commanders, Family Readiness Group (FRG) leaders and members training, assistance, support and resources.
- The FRG leadership training is offered twice yearly. The training is also offered on video, which can be checked out from the FRC.
- The production room offers computers with MS Publisher software, a scanner, copier/collator, sample newsletters and knowledgeable staff.
- The facility is available for FRG meetings, trainings and briefings during the day, evening, and on weekends.
- Leaders and commanders are reminded to provide the FRC with updated FRG rosters as changes occur.
- Limited free child care is available for FRG business within the FRC, contact the FRC for more information.

Newcomers Welcome Orientation

Newcomers Briefing - Welcome to Fort Lewis. We are here to help you! That is the theme throughout the day for all soldiers and family members attending the Newcomers Orientation.

- The orientation is on the last Tuesday of each month (except December) from 0900-1400, at the American Lake Club, North Fort Lewis.
- Spouses are welcome and child care is provided free of charge for children up to 12 years of age. You will need reservations for child care; pick up paperwork at the ACS, Relocation Office, Waller Hall, building 2140.
- The briefing consists of overviews from various organizations, to include Chapel activities, Joint Personal Property Shipping Office (JPPSO), Housing, Civilian Personnel Advisory Center (CPAC), and Madigan Army Medical Center (MAMC).
- When the briefings are completed a complimentary lunch is served followed by a windshield tour of the installation. The bus tour will last until approximately 1415.
- Contact the Relocation Office at ACS, 967-3633/3628

Tips on Surviving as a Military Spouse

Join the spouses and FRG. Nobody understands Army life like another Army spouse! The FRGs and spouses' clubs provide mutual support as well as opportunities for social interaction.

Volunteer. Helping others is good medicine for soul and spirit to fill your days. Call the Installation Volunteer Coordinator (IVC), ACS, Thrift Shop or Red Cross for volunteer opportunities.

Take a class. Start that education program you've been putting off. Begin a self-improvement program.

Go to work. A full or part-time job can provide extra income as well as opportunities for interaction.

Participate in your community. Attend community council meetings. Voice your opinion. Contribute to making things better for this installation.

Take advantage of the on-post recreational activities. Visit the sports facilities and libraries. There are a wide range of choices here on Fort Lewis.

Initiate. Don't wait for the phone to ring. Plan an outing or a special dinner, then call several friends to join you. Get to know your neighbors.

Take a break. Take time away from your children! Parenting wears you down, so go to dinner or see a movie with your spouse or with friends once a week.

Laugh. Don't lose your sense of humor. Enjoy simple pleasures.

Family Readiness

The idea of Family Support Groups (FSG) was first initiated as an Army Family Action Plan (AFAP) issue in 1983; final action to establish FSGs was completed as part of AFAP in 1988. The importance of FSGs became obvious during "Desert Storm"; it was lessons learned from that conflict that led to a more formalization of FSGs or as they are now known - Family Readiness Groups (FRGs).

Your FRG

The FRG is a volunteer organization of family members, friends, relatives, community members, and/or service members that helps families meet the challenges of military life by providing:

- A community link between military and families.
- A valuable referral source about community resources.
- A base of caring and sharing especially during separation (deployment).
- Encouragement for spouses to contact each other periodically.
- Skills to organize special events and programs.

Become an Active Part of your FRG

A typical FRG will make an effort to have the following on-going projects. They are most effective at the battalion and company level.

- Command Information Letter (Newsletter):
 - shares military mission and activities of the unit.
 - provides family members with a source of information about community resources and activities.
 - contains items of interest about members of the unit (awards, arrivals, departures, etc.).

Family Readiness

- Telephone calling trees or chain of concern:
- link all family members to share important information.
- encourage caring and sharing during separation/welcome briefs:
- provide unit and FRG information to new arrivals and their family members.
- help new families meet others and understand FRGs.

Family Events:

- encourage social interaction among family members (parties, dinners, tours, trips).
- educate the military and families on pertinent topics (preparing for deployment, parenting tips, stress management, sports skills).

Top Ten Reasons People do get Involved in FRGs

1. To ensure my family gets through the deployment with the least amount of stress.
2. To keep informed.
3. To do something for me.
4. To meet people who have a common bond.
5. Adult conversation.
6. It makes deployment time fly.
7. To make new friends.
8. I want my children to have something fun to look forward to during the deployment.
9. Being with others who are dealing with a long deployment allows me to see that all the feelings I am experiencing are normal.
10. To be with others who understand the Army lifestyle.

Be Familiar with your FRG

- Ask your spouse or spouse's unit commander.
- The FRC has a database of currently established FRGs.
- Ensure that your unit FRG roster contains your current mailing address and telephone number.
- Keep your unit contact person's name and telephone number posted near your telephone.
- Ask for your unit's newsletter.
- If your unit does not have an established FRG, help establish one.

Support Services

Bi-Cultural Support

ACS Relocation Assistance Center, provides assistance to the foreign born family members English as a second language (ESL) classes are free and presented at Stone Education Center. Registration is required by calling 967-7175.

Immigration and naturalization services are also available to anyone needing immigration help or advice, 967-3633/3628.

Bi-cultural support groups are available to provide assistance and information to foreign born spouses. Some will assist with supportive services including translation, interpretation, crisis counseling, legal services, employment services, and transition into life in the United states.

Council Meetings

The following council meetings provide you with the opportunity to voice your concerns on family - related issues. They are open to anyone wishing to participate and each meeting is announced in the Daily Bulletin and Post Newspaper, Northwest Guardian.

CYS Advisory Council. Meets monthly. Addresses concerns related to Fort Lewis child and youth programs, 967-3056.

PX/Commissary Advisory Council. Meets bi-monthly. Addresses issues related to PX/Commissary operations. Issues submitted by unit representatives and guest/observers, 967-3910.

Volunteer Opportunities *“Count Yourself In”*

You can:

- be of great service to others as a volunteer
- learn more about the Army
- learn new skills

- expand old skills
- gain work experience

There are a wide variety of volunteer opportunities which will fit into your daily schedule.

Call the IVC office, at 967-2324, for more information.

Several volunteer opportunities provide limited free child care, such as ACS, Red Cross, Thrift Shop, and FRC. Join the team and become a vital part of *“Helping Families Help Themselves”*.

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Child and Youth Services

Fort Lewis child & youth activities are open to all eligible patrons whether residing on or off post. This includes all military plus DOD civilians working on Fort Lewis. You are urged to visit our 4 facilities that include 2 child development centers, 1 school-age center and 1 middle school/teen youth center.

Resource and Referral. Provides a one-stop seamless delivery system for all programs in CYS. Stop by the Resource & Referral office, bldg 2410, Stryker Avenue, or call 967-2494, for information regarding child & youth registration, referrals, sports, instructional classes and waiting lists available for children birth through 18 years of age. Hours of operation are 0800-1630, Mon-Fri.

Child Development Centers. Provides center-based child development programs (full day, part day, hourly and special needs care for infants through preschool age children) in state of the art facilities. (Clarkmoor CDC, 967-5996, Madigan CDC, 967-5800, Beachwood CDC, 967-2083).

Family Child Care. Provides developmentally appropriate child care in certified family quarters for children 4 weeks to 12 years of age. Family child care providers' hours are flexible. Extended child care hours are available for shift and evening schedules (967-7364).

School Age Services. Provides school age children (K-5th grade) with fun, age-appropriate recreational and educational activities. Before and after school and summer programs are available. Transportation is provided to and from all elementary schools on post (967-4700).

Youth Sports Program. Provides a variety of sports and cheerleader activities for children ages 5 -16 years of age. Instructional classes include karate, dance and gymnastics (967-4441).

Middle School/Teen Program: Recreational and Boys & Girls of America programs include the Keystone Club, Nike Swoosh Club, Torch Club, Power Hour, Photography Club, Like Skills Classes, Teen Late Night and Teen Councils.

Educational Programs

One of the many goals of the Army Continuing Education System (ACES) is to enrich the quality of life in the military community by making ACES programs and services available to families. For more information, call or stop by the Stone Education Center, building 6242, 967-7291/7295. Programs and services available for adult family members are:

Counseling Services. Professional advisors help soldiers and their adult family members develop a plan for educational progress.

Remedial Instruction & Services. For those who need to improve their basic skills to complete high school or prepare for college, advisors inform about study guides and services such as the:

Tutorial Resources. Tutors are available Mon-Fri, at the Stone Education Center to provide help with English and Math.

Technical & Academic Resource Center (TARC). The TARC provides computer assisted academic, computer literacy, and college level programs via distance learning on IBM compatible computers. Instructors assist in course work and computer applications. Beginning level computer classes are available for family members at no charge. Call Central Texas College at 967-3534/2171.

Testing Services. A variety of interest inventories and college level credit examination programs are available on a fee paid basis to family members. For more information call 967-5657.

College Programs. Several on-post institutions offer under-graduate and graduate level instruction. Classes can be attended on post. Tuition and fees are charged. Federal financial aid programs may be available.

Washington State Residency. Active duty soldiers and family members stationed in Washington are exempt from paying non-resident tuition and fees at state institutions.

Employment

Three sources for Fort Lewis job placement opportunities:

- **CPAC** for placement in Government Service (GS) and Wage Grade (WG) jobs. Call the 24-hour Job Info Line (967-5377) for current announcements, updated weekly. For other information call 967-5091.
- **Army Air Force Exchange Service (AAFES)** call 964-2522 for job information.
- **Non-Appropriated Fund (NAF)** placement office for jobs in DPCA programs (recreation, CYS, clubs etc.) call 967-7776.

Army Career and Alumni Program (ACAP)

ACAP assists personnel and their families separating from the Army by providing individualized counseling referrals to over 40 services including the Job Assistance Center, Retirement Services, and external agencies. Call 967-3250 for more information.

Employment Readiness Program (ERP)

Waller Hall, building 2140, 967-3538

ERP is offered to adult family members of active duty military, civilian personnel, and retirees. Services include:

- Pentium computers are provided for client use. Once registered with the program a client can use the self-help computers to develop their own resume or cover letter, prepare an SF 171 (application for federal employment) or one of the newer optional forms. Programs to aid in the development of these forms are available along with WordPerfect and Windows applications. The new Resumix service is also available for federal job applications.
- *Job Bank* - current job listings are available for professional, technical, managerial, clerical, sales, service and other civilian positions. Complete CPAC and NAF listings and application forms, completed application forms may be dropped off at ACS.

- **Community Voice Mail.** This is a free service for those transitioning into the Fort Lewis community or moving to another area. Community voice mail gives you the opportunity to record your own voice mail and you will receive your own private phone number and password.

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Recreation Opportunities ***“Meeting the Needs of the Millennium”***

The Fort Lewis DCA offers a huge variety of recreational opportunities.

Sports. Eleven gymnasiums and sports complexes, racquet ball courts, indoor tennis courts, weight training, rock climbing wall, aerobics, football, baseball, volleyball, swimming, track, special tournaments. Call 967-2604 for more information.

Outdoor Recreation. The ***Northwest Adventure Center*** offers sea kayaking, white water rafting, hang gliding, hunting, fishing, shooting sports, a pro-shop and special adventure trips and outings. The ***Travel Camp*** has 25 recreational vehicle (RV) sites and 6 tent sites.

The Equipment Rental Center with RV's, boats, skis, camping gear, and a sales store, is your one-stop equipment source.

Shoreline Park on North Fort is a 15 acre multi-purpose area with swimming, beaches, fishing, canoes, kayaks, paddle boats, and group picnic facilities. The ***Russell Marina*** on American Lake has motor boat rentals, fishing, store, sheltered picnic areas, restaurant, and boat moorage. Call 967-7788 for more information.

Bowl Arena Lanes, Forty lanes, snack bar, video game room and a pro-shop. Call 967-4661 for information.

Golf Course. Twenty-seven holes, driving range, practice putting green, snack bar and pro-shop. This course ranks among the best courses in the State of Washington. Call 967-6522 for information.

Summit Skating Rink. Large indoor arena, state-of-the-art sound system, skate rental, pro-shop and snack bar. Call 967-4458 for information.

Libraries. One main Library, two branch libraries, and a children's library. Over 110,000 books and hundreds of video cassettes available. Call 967-7736 for more information.

Arts & Crafts Center. Ceramics shop, rock club, photography service, frame shop, boat and RV storage, special classes, and resale store. **Auto Skill Center** for engine repair, body repair, and complete vehicle painting. Call 967-5001 for more information.

Leisure Travel Center. Information, Tickets, and Tours (ITT) offers regional tours, discounted tickets for area attractions, packaged tours, hotel and motel reservations. *TicketMaster*, special tour buses and ski lift tickets. Greyhound bus and SEATAC airport shuttle service, commercial airline and cruise reservations, Amtrak and UPS are also available in the Leisure Travel Center.

Nelson Recreation Center. A multi-purpose community center for classes, special events, meetings, workshops, music and cultural awareness programs. Call 967-2539 for information.

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CYS. 6-12th graders are welcome at the Youth Center. Our center has a gym, game room, and a wide variety of sports programs including, basketball, baseball, swimming, and soccer. Other activities offered include summer fun day camp, teen nights, preteen nights, skate nights, dances, field trips and open recreation after school. Gymnastics, karate, and dance classes are also available. CYS offers social and cultural events, community wide activities, crafts, tours, youth sponsorship programs, activities for special needs youth, special interest club and classes, an extensive summer camp program and teen/preteen councils. CYS assists students in grades 7-12 to locate jobs year round through our job ready program. Call 967-4441 for information.

Especially Espresso. Mochas, lattes, cappuccinos and more! These specialty coffee drinks plus a variety of bagels and other snack food, can be found at any of the three Especially Espresso locations on Fort Lewis. Call 964-8838 for information .

If you are interested in learning more about these programs, schedule a briefing for your group by contacting MWR Marketing at 967-5200.

Resources for Families

Being a military family can afford pride in serving one's country as well as provide many rich and new experiences. Military families can also experience problems related to their unique lifestyle. Pressures and frustration often result from:

- lengthy separations or deployments
- single parenting during spouse's absence
- frequent relocations
- separation from friends and family
- a strained military budget
- constant adjusting to varying duty schedules
- career changes at retirement

Nearly every military family has difficulty coping with problems from time to time. Pressures can become so great that many areas of life are affected. The military provides a number of helping agencies to assist families in coping with the stress unique to their lifestyle.

Asking for help is not a sign of weakness! It shows you're concerned about your family and willing to take action to solve any problems. This chapter will provide a short overview of these agencies.

Military/Community Resources

Advice Nurse - 24 hr/day	1-800-750-6946
American Red Cross	
Fort Lewis	967-4288
MAMC	968-1055
After Hours	967-7686
Compassionate Reassignment (AR 614-200 Sec I-IV)	
Fort Lewis	967-4398
TRICARE (CHAMPUS) - Standard, Extra & Prime	
MAMC	1-800-404-2042
McChord	(253) 581-0818
Chaplains - Couples Counseling	967-3126/1723
Child Youth Center (Madigan site)	967-2800
Community Health Nurse	968-4382
Complaints - Patient Representative (MAMC)	968-1145
Education - Special Needs Birth to under 3 years	
Over 3 years, contact nearest elementary school	
Bethel (Child Find)	(253) 539-6066
Lacey/N. Thurston School District	(360) 412-4483
Sumner/Puyallup	863-8800
Tacoma	565-4887
Clover Park School District	
Special Education	589-7453
Records Request	589-7878
Mainstreaming	589-7868
Secondary (Frank Walter)	589-7598
ALERT - expecting orders? Verify EFMP	968-0255

EFMP Enroll/Update	968-1370
ACS - EFMP Resources	967-7166
Free Family Counseling - PIP	968-4159
New Parent Support Program (Expecting - 6 yrs)	967-7409
ADD/ADHD Support Group Contact	912-0517
Footprints	968-1862
Support Group Contact – MAMC	759-9253
Housing	967-4082
Mental Health Finders	1-800-404-5076
Respite Care - WA Dept Dev Disabilities	597-3774
Transportation (Disabilities)	581-8100 or 1-800-772-1213
Social Work Services (MAMC)	968-4159
SS/SSI with Disabilities - Adult/Child	1-800-772-1213
Special Needs Resource Team (SNRT)	967-3738
WIC (MAMC)	968-4772
CYS - Special Needs Recreation	967-4441

Army Community Service (ACS)

ACS is an Army-wide program which provides information, assistance, and guidance to members of the Army community in meeting personal and family problems. ACS makes referrals as needed to other military and civilian agencies. ACS is located in Waller Hall, operating hours are: Mon, Wed, 0900-1730, Tue, Thu, Fri, 0900-1700. For additional information call 967-7166.

A closer look at ACS:

Army Emergency Relief (AER) Emergency financial assistance for rent, food, utilities, emergency travel expenses, medical/dental, car repairs, and educational assistance.

Financial Readiness. Debt liquidation, credit information and assistance, budget preparation, consumer information and advocacy, insurance, investment, and pre-purchase advice classes on financial topics for military members and family members invited to attend.

ACS Volunteer Program. Volunteers play an important role in support of ACS! Have spare time or need a break from the children? *We welcome you as a volunteer to assist in* ACS, relocation, reception, loan closet, financial readiness and AER. Free child care available.

Information and Referral Crisis counseling, foster care information, support information, referral for food stamps, food resources, emergency food baskets, baby layettes, and community education.

Soldiers and Family Readiness. Prevention and education program for spouse and child abuse, counseling, referral, classes and YWCA shelter referral. Exceptional Family Member Program provides resources, information and referral, and assistance with registration.

Emergency Food Assistance. Available at ACS during normal duty hours. Assistance requires demonstration of need and is limited to 3 assists within a 12 month period. Food stamp information and civilian food bank referrals are provided on request.

Employment Readiness Program (ERP). Offered through ACS to adult family members of active duty military, civilian personnel, retirees, and soldiers (on a space available basis) who are seeking a second job. Soldiers leaving the military must use Army Career & Alumni Program, 967-3258.

Relocation Readiness Program. World wide welcome packets, videos for selected countries, citizenship assistance and classes, *English as a Second Language* classes, and relocation assistance for soldiers and family members moving to or from Fort Lewis

Loan Closet. Thirty day loan of kitchenware, futons, etc., available to families moving to or from Fort Lewis. A copy of orders is required for service

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Waiting Families Support Group (WFSG) Ongoing group for spouses whose sponsors are serving an unaccompanied tour or extended training. WFSG meets the regularly contact ACS for information 967-7166.

Army Family Team Building (AFTB) Volunteer program that offers training for family members. Available for unit FRG meetings, coffee groups, church groups, outreach and others. Call 967-AFTB (2382).

Newcomers' Welcome Orientation. The primary coordinator for this orientation is the Relocation Readiness Program at ACS 967-3628. This is a mandatory orientation for all personnel (CPT and below) arriving at Fort Lewis. The briefing is conducted the last Tuesday of each month 0900-1200, at the American Lake Club. Lunch and child care are provided free of charge. A bus tour of the installation follows lunch. There is no briefing in November and the December briefing is the second Tuesday. Child care reservations are made by calling 967-3628.

Mobilization and Deployment Readiness Program. A program designed to assist commanders in developing useful family care plans for their soldiers. The program also assists FRGs with pre-deployment, post-deployment, and reunion training. Beginning 1 Jul 00, ACS will have 5 video teleconference units that can be utilized for video conferences between deployed soldiers and their families. Contact 967-7166 for further information.

American Red Cross (ARC)

The ARC assists with reporting and communicating in relation to:

- Emergency leave
- Health and welfare
- Birth notification
- Spouse's financial situation

Emergency financial assistance is provided for situations involving travel for the service person or spouse for emergencies involving their immediate family. In addition, ARC can provide funds for disaster assistance (loss of home due to fire or flood). Funds provided include no interest loans and grants based on individual family needs.

ARC also provide counseling and referral, health and safety, youth courses, and blood pressure screening. The ARC is a private non-profit volunteer organization.

Fort Lewis Red Cross Station
 Waller Hall, room 400
 Office Hours are from 0800 -1630
 Monday - Friday
 967-7686
 After hours: 1-877-727-7337
 MAMC Red Cross: 968-1055

In addition to ARC emergency communication services, ARC also provides classes in adult, child, and infant CPR and first aid. There are nominal fees for classes call 967-4288 for class dates, times, and fees.

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Legal Services

The Legal Assistance Office and provide advice and assistance on legal matters which are primarily civil in nature:

- Domestic relations/family law matters
- Will and estates
- Adoptions and name changes
- Non-support and indebtedness
- Landlord-tenant relations
- Taxes
- Civil suits
- Power of Attorney (POA)
- Immigration/naturalization
- Consumer affairs

Legal Assistance Office

Building 2027A, first floor
Fort Lewis, WA 98433

(253) 967-0705/0576

Hours: Monday, Tuesday, Wednesday, and Friday

0830-1130 & 1200-1630

Thursday: 1300-1630

Saturday: 0800-1100

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Chaplain Ministry

There are a variety of religious services on Fort Lewis. The religious community is a vibrant force that actively worships through out the year. Information on religious activities, services, and masses at Fort Lewis is published weekly in the post newspaper or you can contact the Main Post Chapel (967-4849) for assistance.

The Fort Lewis chaplains, and especially your unit chaplain are available and happy to minister to you and your family. They believe that the quality of your spiritual life is of vital importance, and it is their desire to share with you in the process of meeting your needs.

As you experience mission related separations from your spouse from time to time, it may be helpful to view such occasions as opportunities to rekindle, reaffirm, nurture, and sustain your faith.

**The Family Life Center (FLC)
Four Chaplains Memorial Chapel
Building 9120
967-1723**

The Chaplain's FLC offers marriage and family counseling for ID card holders. The FLC Chaplain is a trained counselor and may have civilian counselors working under his/her direction at the center. This service is free.

Premarital Class. If you are planning to be married in a Fort Lewis Chapel, you must attend the one-day premarital class. This class is held monthly on the first Friday (unless it is a federal holiday weekend, then it goes to the second Friday of the month) from 0900-1500. To pre-register, call 967-1723.

Marriage, family and communication classes are offered in the evenings. Call the FLC and see what is currently being held.

Madigan Army Medical Center (MAMC)

Medical Care and Emergencies

MAMC is located in the Northeast area of Fort Lewis. Clinics are open from 0800-1630 unless otherwise directed.

Information	968-1110
Emergency Room	968-1390
Ambulance (on post)	911
Acute Minor Illness Clinic	968-1400
Main Outpatient Pharmacy	968-1963
Mini Mall Pharmacy	967-5264
Automated Call-In Refill Service	968-2999

Ambulance Service: Ambulance Service is available for emergency transportation throughout Fort Lewis.

Bus Information: Buses are available to MAMC from all areas of Fort Lewis, Tacoma, Olympia, and Lacey. Pick up a bus schedule at the Information Tickets and Tours (ITT) office.

Appointments: Active duty and retired military family members have a choice of three CHAMPUS health care options under the new TRICARE Program: TRICARE Standard, TRICARE Extra, and TRICARE Prime.

For assistance in determining which TRICARE is best for you and your family contact the TRICARE Service Center at MAMC **1-800-404-2042**. For a health care finder, call **1-800-404-2042**

To make an appointment at any of the MAMC clinics, call the TRICARE Central Appointment Center, **1-800-404-4506**.

Dental Care

TRICARE FAMILY MEMBERS DENTAL PLAN:

The TRICARE Family Member Dental Plan is offered by the Department of Defense through the TRICARE Management Activity. United Concordia Companies, Inc., (UCCI) currently administers and underwrites the contract for the TRICARE Family Member Dental Plan.

Spouses and children of active duty uniformed service members are eligible to be enrolled in the Family Member Dental Plan. Sponsors must be on active duty for at least 30 days and must intend to remain on active duty for at least 24 months (unless returning from outside the Continental United States (OCONUS) in order to enroll their family members.

The sponsor must initiate the enrollment of his/her family member(s) by completing DD Form 2494, or DD 2494-1. Enrollment must be accomplished through the sponsor's Designated Personnel Administration Center (PAC). To avoid eligibility problems, sponsors must ensure that family member information in DEERS is accurate and up-to-date.

Enrolled family members may receive dental care from any licensed/authorized dentist

in the civilian community. However, family members will get the greatest value from their Family Member Dental Plan coverage if they receive care from a UCCI, participating dentist.

If you have any questions regarding the Family Member Dental Plan, call UCCI's toll free Customer Service Department, Mon-Fri, 0800-2000 Eastern time, at 1-800-866-8499, or visit their website at www.ucci.com. Further assistance is available by calling the Fort Lewis Directorate of Dental Services at 968-4035.

Alcohol & Drug Abuse Prevention and Control Program (ADAPCP)

Assessment and treatment services, and preventive education are available through the ADAPCP regarding alcoholism and other chemical dependencies and regarding substance abuse. The services, to include an intensive outpatient program when such is clinically determined to be necessary, are available on-post for soldiers, their adult family members, retirees and their eligible family members, and for Army civilian employees. Assessment and treatment for adolescent family members of active duty and retired soldiers may be available through TRICARE. ADAPCP is located in bldg 2006A, on Liggett Avenue, across from the Main Post Chapel. Appointments for clinical services (involving ADAPCP psychologists, social workers and counselors assigned to MAMC can be arranged by call ADAPCP, 967-2202. Information concerning the 12 hour Alcohol & Drug Information School (primarily for eligible personnel apprehended for an alcohol related offense) can be obtained by calling 967-1412.

Information concerning ADAPCP type services available to eligible family members through TRICARE, and about scheduling related appointments may be obtained by calling TRICARE at 1-800-404-4506.

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Emergency Resources *What if I Have an Emergency?*

The military defines an emergency as follows:

“An Emergency is the Death, Critical Illness or Injury to an immediate family member.

- “Critically ill or injured” means the possibility of death or disability.
- “Immediate family” is defined as wife/husband, parents, children, grandparents who raised you, guardians who raised you.

Note: The birth of a child, a broken arm or leg, or the flu are **NOT** considered emergencies.

Follow the steps listed below if you have an emergency.

- Know the name of the person having the emergency
- Know the nature of the emergency
- Get location and name of the hospital involved
- Know doctor's name
- Provide the above information to the Unit Command or Rear Detachment Officer

- Contact the Fort Lewis Red Cross if necessary (967-7686/4288) during duty hours or 967-7686 after 4:30 pm).

If your spouse's immediate family has an emergency and his/her presence is necessary in another state, the Red Cross from that area will need to verify the situation with the Red Cross Office here.

Your spouse's unit commanding officer (or higher ranking officer) is the only one authorized to grant emergency leave. Emergency leave can be granted only when your spouse's presence will significantly contribute to assisting with the emergency or when a death has occurred. Please keep in mind that each soldier is valuable to their unit and is doing a vital, important job. A denial of leave does not mean that the request was not carefully considered. It may be difficult, but necessary, to refuse.

NOTE:

- Your FRG, friends, relatives, the chaplain and on/off post civilian agencies in our community can often turn emergencies around **TRY THEM!**
- Keep emergency information near the telephone.

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Emergency Resources
All numbers are subject to change
Area Code 253

Emergency Fort Lewis Listings:

Fort Lewis Post Operator	967-1110
Fort Lewis Post Locator	967-6221
Fort Lewis Engineer Work Orders	967-3131
Fort Lewis Fire/Military Police	911
Fort Lewis American Red Cross	967-7686

To report a suspected abuse or neglect request treatment:

MAMC to report abuse	967-4160
Social Work Services at MAMC	967-4161
Family Advocacy Program at ACS	967-5940/5901

Medical Treatment and Emergency Intervention :

Emergency Room at MAMC	968-1390
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Drug and Alcohol Problems (active duty or family members):

ADAPCP 967-1413

Unified Mental Health:

Unified Mental Health Clinic 968-2700
ACS (for list of civilian resources) 967-9704
Unit Chaplain is a good resource

Marital Problems:

Unit Chaplain 967-3126/3127
Family Life Center 967-1723
ACS (for list of resources) 967-9704
Crisis Counseling, Financial Assistance
Army Community Service (ACS) 967-7166

Spouse Abuse Shelters:

Domestic Violence Hotline 798-4166
Olympia 1-800-364-1776
Sexual Violence/Abuse Issues 1-800-756-7273

Military Police:

For Military police intervention, call:

MP Desk Sergeant 967-3107/3108/3109
MP Investigations 967-7111/1112
Junior Support Team 967-7111/5920
Physical Security 967-4990/3427
Police Operations 967-4824/2933

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PIERCE COUNTY

*All numbers are subject to change
Area Code 253*

Basic needs:

Food Stamp (Info only) 967-7166
Women, Infant, children (WIC) 968-4772/4773
WIC/Off post 591-6408
WIC/Mary Bridge Hospital 572-5757
Food Commodities 383-1830

Shelters:

Mission Family Shelter 272-1974
Emergency Family Lodge 627-3962
YWCA Women's Shelter 383-2593/3263
Lakewood Area Shelter Association (LASA) 582-5320

Legal:

Tel-law Tapes	383-3624
PUGET Sound legal Assistance	572-4343
Lawyer referral Service	383-3432
Victim/witness (juvenile)	593-4841
Victim/witness (adult charged)	591-7448

Family Violence:

Crisis Line (24-hour)	769-6700
YWCA Battered Women's Shelter	383-2593/3263
Child Prevention Service	968-4161
Sexual Assault Center of Pierce County	1-800-756-7273
AA or Alanon/Ala-teen	272-3081

Pregnancy Aid:

Crisis Line (24-hour)	383-2988
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Parenting Classes:

Bates Voc-Tech	596-1760
Eastside Neighborhood Center	474-5673
Pierce College	964-6691
Clover Park Voc-Tech	589-5671
GATES	535-9882

Emergencies:

Fire/Police	911
Poison Control	594-1414

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Thurston County

All numbers are subject to change

Area Code 360

Basic Needs:

Food Stamps	753-5983
Food Bank	352-8597
Clothing Bank	943-1518/352-7554
WIC	754-2936 or 1-800-624-1234 ext 6969

Shelters:

Emergency Shelter	352-8596
Bread and Roses Shelter (women, children, families)	754-4085
Safeplace	1-800-364-1776

Legal

Legal Aid 943-6260

Family Violence:

Crisis Line (domestic violence) 1-800-562-6025

Crisis Clinic (24-hour crisis info) 352-2211

Child Protective Services (CPS) 753-0613

Pregnancy Aid:

956-7413

Parenting Classes/Support Groups:

352-2211

Emergencies:

Fire/Police 911

Poison Control 1-800-732-6985

Pre-Deployment

Prepare Children to Cope With Parent's Absence

- Spend time explaining at the child's level - Why? Where? With Whom? How long will parent be gone?
- Sit down with the whole family and talk about feelings. What will happen when parent is gone and how it will be different when he/she returns.
- Let older children share their opinions of previous deployments with younger children and how they felt.
- Dad/Mom: Spend time individually with each child - just the two of you.

- Take a picture of each child with dad/mom.
- Consider enrolling youth in activities (or more activities than before). Scouts, bowling, arts & crafts classes, youth sports, tours, etc.

Sole/Dual Parent Deployment

Families with both parents on active duty must carefully plan for their children:

- Always have your approved Family Care Plan ready.
- Give the person caring for your child Power of Attorney for medical care.
- Make financial arrangements for all the extra child-related expenses.

Make sure the Rear Detachment Commander has easy access to your Family Care Plan, documents, etc.

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Pre-Deployment

Prepare for Deployment

- Job demands on soldier
- Emotional readjustments
- Family relationships
- Physical preparation
- Checklist for family readiness

Prepare Yourself

- Resolve family problems before the separation, otherwise they'll be there and worse at reunion.

- Express your feelings and encourage others to do the same (“I Love you”, “I’ll miss you”, “I’m frightened”).
- Recognize that anger is OK, but don’t take it out on your spouse or children.
- Plan a family activity or a special family time without distractions.
- Work through the following family member checklist to cut down on potential household management problems.
- Set personal goals to meet during deployment.

Pre-Deployment Financial Issues

- Budget: Consider making or redoing your budget. Plan for the loss of separate rations during deployments.
- Banking: Arrange for automatic payments of loans, car payments, mortgage, transfers to savings through allotment. Balance the checkbook. Make joint accounts. Put important documents in a safe deposit box (make sure it is in joint names) and leave keys behind with spouse.
- Power of Attorney: Discuss arranging for power of attorney. When your sponsor is absent, a general power of attorney is required to request emergency financial assistance (AER). A separate Power of Attorney may be required by your bank. Check with legal Assistance Office.
- Pay Issues: Consider authorizing your spouse to receive LESs during deployment. Contact Rear Detachment in case there is a pay or other financial problem.

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Deployment

Deployment is the movement of a unit from this installation to an exercise area or to the site of an actual mission:

- Short term training
- Extended temporary duty (TDY) of four to six months
- Unaccompanied tours
- War

Rear Detachment

The rear detachment consists of military members of the unit that stay on-post during deployment. They are responsible for the remaining personnel and equipment and for assistance to families of deployed soldiers. Some of their responsibilities are:

- Handle all family matters that require official actions or approvals.
- Work with FRG to plan family briefings and share information.
- Communicate with deployed unit.
- Facilitate mail to deployed soldiers.
- Distribute leave and earning statements (LESs).

During deployment, keep your FRG and rear detachment informed of any address/phone changes and if you go out of town.

Unaccompanied Tour

Your spouse may be assigned to a location for a longer term and not allowed to move family members there. You can adapt to this major separation with help:

- Attend levy briefing (outbound brief) with your spouse for important information
- Participate in “waiting families FRG made up of spouses in similar situations from all around the post (meets monthly) call 967-7166.

Family Member Checklist

Spouses manage the family during their sponsor’s absence, therefore it’s important that both of you sit down together to answer and discuss the questions in this checklist. You should also prepare personal financial/business files for important documents. It will help you organize your important papers and make handling your family affairs easier. Remember: Review this list annually - make sure that all documents are up to date.

Section I - Medical	YES	NO
1. Are all the immunizations (shots) for each family member up to date?		

2. Are all health and dental records for each family member easily located?		
3. Do you know how to contact the right medical assistance if needed?		
4. Do you know a reputable babysitter.		
5. Do you know where the nearest military Medical Center is located?		
6. Do you know about TRICARE?		
7. Do you know how to use TRICARE?		
8. Do you have family members with special needs?		
9. If so, have you informed the unit commander of these needs?		
10. Do you know Army policy on dental care?		
11. Are all family members enrolled in DEERS?		

Section II – Finance

	YES	NO
1. In the absence of your spouse, is there money immediately available on a continuing basis?		
2. Has an allotment been initiated to be sent to your home address or directly to the bank?		
3. Will the allotment provide enough money to buy all the necessities needed to maintain a household?		
4. Do you know the account numbers and the names and addresses of banks in which you have accounts?		
Do you know the types of accounts that you have? JOINT ACCOUNTS ARE ESSENTIAL.		
6. Do you know the location of the bank checking/and or savings account books?		
7. Do you have a safe deposit box? Do you know where the key and box are?		
8. Are all credit cards accounted for? Are all numbers logged and kept in a safe place? Does your family know the company address? (Notify card company immediately of any loss.) MINIMIZE CREDIT CARD USE.		
9. Are you prepared to take control over checking accounts, know the balance at all times, and never write a check unless certain of sufficient funds in the bank?		

	YES	NO
10. Do you know all payments that must be made (account numbers, address, phone numbers), an due dates for the following:		
a. House/Rent		
b. Telephone		
c. Water		
d. Electricity		
e. Trash collection		
f. Insurance		
g. Taxes		

h. Gas		
i. Credit debts		
j. Other debts		
11. Do you know who to contact if the allotment check does not arrive?		
12. Are all bank accounts in both names? (savings and checking)		
13. Are credit cards in both names?		
14. Do you know that Army Emergency Relief (AER) can assist in financial crisis? (rent, food, etc.)		
15. Do you know what a LES is? How to read one?		

Section III - Vehicle/Transportation

1. Are you familiar with the responsibilities of owning a vehicle (i.e.. Licenses, insurance, etc.)		
2. Do you know the name and address of the company financing your personal vehicle?		
3. Do you have the vehicle's title or know its location?		
4. Do you have the vehicle registration?		
5. Do you have the vehicle insurance policy		
6. Do you have the renewal date for the license plate tabs?		
7. Are family members insured to drive?		
8. Does each family member have a valid state driver's license? When does it expire?		
9. Is your vehicle in good operating condition and do you know where to go for repairs?		
10. Do you have duplicate for all keys?		
11. Can you make emergency repairs on the car if the situation arises (overheating, flat tire, dead battery, etc.)?		
12. Have you made arrangements of not licensed to drive, to have transportation available? Budgeted for taxi and bus?		

Section IV - Housing

1. Do you know the location of the following:		
a. Electrical control box (fuse/circuit breakers)		
b. Water control valve (for shutting off) in case of emergencies (broken pipes, leaking pipes, freezing weather)?		
c. Gas control valve (for shutting off) in case of emergencies (leaking gas, fire, etc).		
d. Do you have the name and phone number of an electrician, plumber, housing office, etc., to notify in case repairs are needed?		
2. Do you have a set of duplicate keys for the house?		

3. Where is your family going to reside while your soldier is deployed?		
4. If planning to apply for government housing on Fort Lewis, do you qualify? How long is the wait, etc.?		
5. If you are currently residing in government quarters, how does the deployment affect your status?		

Section V - Legal/Administration

1. Are your family's ID cards up to date and valid until after your soldier's return from deployment?		
2. Do you know how to obtain new ID cards?		
3. Has sponsor executed a Power of Attorney so that your family can take necessary action on important family matters during the soldier's absence?		
4. Do you know where the Power of Attorney is?		
5. Do you have the birth certificates of all family members?		
6. Do you have a copy of your marriage certificate?		
7. Do you have copies of any adoption papers? Know where they are?		
8. Do you have a social security card? (if not, get an application from the post office)		
9. Do you have copies of your federal and state tax records?		
10. Do you know where all your insurance policies are?		
11. Do you know where any stock, bonds, or securities that you own are kept?		
12. Do you know where any deeds or mortgages are?		
13. Have you safeguarded all your important papers?		
14. Do you understand the following regarding contracts?		
a. Never sign any contract without reading. EVER!		
b. Ask a legal assistance officer to read any contract.		
c. Never believe verbal promises which are not written into the contract. Don't agree over the phone.		
d. Never buy on credit if you can obtain a cheaper loan elsewhere.		
e. Don't buy at all if the purchase is not necessary.		

Section V - Legal/Administration

15. Has the sponsor filled out the necessary paperwork authorizing the spouse to sign for on-post housing, should it become available during the sponsor's absence?		
16. Do you and your spouse have wills and are they up to date? Do you know where they are?		

These vital documents should be readily available to family members at all times:

- Current ID Card
- Marriage Certificate
- Birth Certificate
- Vehicle Title/Registration
- Wills
- Power (s) of Attorney
- Insurance policies (life, auto, etc.)
- Letters of adoption
- Letter of Naturalization

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During Deployment
The Stages of Separation

Denial, anger, guilt, depression and acceptance are emotions that military families experience as soldiers prepare to deploy and leave. Knowing those feelings are normal can help families cope. There is no denying that the military lifestyle, especially unexpected deployment, can disrupt the family unit.

Denial/Shock:

- Disbelief
- Numbness

Anger:

- Frustration with preparation demands
- Feeling guilty about spouse's departure
- Resentment of military, spouse, job

Guilt:

- Guilt for not saying or doing more before deployment
- Children feel they caused the departure

Depression:

- Intense sadness
- Fatigue
- Loss of appetite
- Withdrawal from routine

Acceptance:

- Realize and accept the situation
- Resolve to continue on positively
- Confidence in handling day-to-day living
- Awareness of increase in self-esteem, personal abilities

These stages occur in a universal order; however, a slide back to previous stages can be triggered by a number of causes. Individual situations and types of deployment can influence the intensity and duration of each stage

Hints for Spouses**How to Manage Separation**

- Take good care of yourself. Make sure you eat right. Shop and cook for nutrition. Get enough rest.
- Make time for physical exercise - walk daily, join an aerobics class, jog, bowl, etc.
- Treat yourself to a special outing - dinner, movie, shopping trip, night out. You deserve it!

- Help manage stress by setting aside time to do something you enjoy everyday.
- Avoid trying to do everything yourself.*
- Take advantage of military community support.
- Contact family, friends, neighbors and spouses of other deployed soldiers whenever you need practical or emotional support.*
- Set goals. Get involved in some activity, hobby, project, church - volunteer.
- Don't run to "mother" if the going gets rough - the fix is only temporary and can be an added expense!
- Talk about your feelings, doubts, fears with a trusted friend, neighbor, co-worker, etc.*
- Seek professional help if you feel overwhelmed by your emotions, or if you suspect that someone in the family is having emotional problems.

Keep in Touch

- You can help encourage a feeling of togetherness in the family during deployment by keeping the lines of communication open. Possibilities include:
- **Letters.** There're inexpensive, they allow you to think about what you'd like to share, and they can be "personalized" for individual family members.
 - share feelings directly
 - write as if writing a journal or diary

- express affection and appreciation
- answer questions
- be honest (share how you managed the bad news)
- **Phone calls.** They're more direct and personal, although they can be inconvenient and expensive (always know the cost of each call so you can budget).
- **Pictures (including photographs and artwork by children).** They can be easily carried, proudly displayed and looked at often, helping family members remember each other.
- **Tape recordings and video cassettes.** They offer realism and can be played regularly, although they require special equipment. Hearing voices can make the absent on seem more real, closer, interested. Let children make a tape.
- **Calendar Tag.** Send a small fold over calendar back and forth in letter. Deployed parent and child can take turns marking off the days.

Think “Safety” and “Security”

Don't make it public knowledge that your spouse has been deployed. Tell your children to do the same.

Discuss what they should say on the phone.

Keep emergency telephone numbers close to the phone at all times.

Contact the police/security force for additional suggestions or at the first sign of suspicious activity.

Know your neighbors. You may need their help on an emergency basis.

Family Phone Guide	
Spouse's Social Security Number	_____
Unit	_____ Company _____
Battalion	_____ Brigade _____
Spouse's Company Commander	_____
NCO in Charge	_____ Phone # _____
Rear Detachment #	_____
Family Readiness Group Contact Person	_____
Phone #	_____
Unit Chaplain	_____ Phone # _____

Children and Separations

Children likely experience the same psychological patterns as their parents, due to their own feelings of loss and their awareness of the overall emotional situation.

Children often test parents to find out if they will bend more when the spouse is gone, particularly at the time of departure and again upon return.

Some spouses overcompensate for their mate's absence by becoming permissive and/or overprotective with their children. Rules once ironclad, now change. Some decisions are harder to make alone.

Children need stability. Look at it this way, if one of the two most important people in your life were constantly coming and going, here two weeks, gone four to eight months, home two days, wouldn't your security be shaken a little? Imagine what it does to children.

Insecurity, loss of status, and change in routine all add up to two complex emotions, hurt and anger, which are usually directed at the returning parent.

Children express their feelings in different ways, and their outward behavior is not always a good reflection of what's going on emotionally. Some children cover up their true feelings, others are more open.

Ideas for Managing Children

Dealing with all these problems requires the honest expression of feelings in the family. Even if there are no apparent conflicts, the following are recommended to make separations easier.

- Talk about feelings. All feelings are OK
- Keep busy during the separation.
- Maintain the same rules for the children. They need the stability of unbroken routines.
- Encourage letter writing, sending pictures, artwork, and school work. Absent parent needs to write separate letters to each child - each needs direct communication.
- Plan special outings regularly for something to look forward to.
- Keep in touch with teachers and other youth leaders to work together on changed behaviors or developing problems.
- Contact CYS about youth support groups, where kids talk and support each other.

The families of deployed soldiers may find themselves approached by local and national news media representatives for interviews.

Here are some tips about coping:

- Know your rights. It's your choice whether or not to speak to reporters. If you do choose to speak, remember it is your right to stop at any time. Media persons on post must be accompanied by a public affairs office representative.
- Know the role and purpose of the American press. They are doing a job vital to democracy. Understand that it is not harassment when they call you at home or stop you at the supermarket asking for an interview. Only when they persist after having been told "no" does it become harassment.
- Know who will hear you. Even family members might have information useful to opposing forces. Thanks to technology, the enemy can have access to what you say the moment you say it. On the other hand, when you are enthusiastic about your spouse's mission, your response can build morale and show American resolve.
- Know your limits. It's best not to talk about anything of which you do not have first hand knowledge. There is nothing wrong with saying "I don't know" in response to questions to which you have no answer. Don't speculate.
- Finally, if your spouse calls home with information about the unit's return or with news about how the mission is going, remember to take what they say with a grain of salt and keep it to yourself. Combat and training exercises spawn rumors, and some of what they tell you can be sensitive, wrong or subject to change.

Reunion is an exciting event, but like separation, it requires making adjustments. You

can help make the adjustments easier by considering:

- **Expectations.** Don't expect things to be perfect after reunion. Allow time. Be understanding and enjoy each other's company as much as possible. Remember, open, honest communication can help solve any problems or conflicts that arise.
- **Role Changes.** Roles and responsibilities may never return to "pre-deployment" status. (people grow and change as time passes). Plan to discuss responsibilities until roles are clearly defined again.
- **Budget changes.** There are bound to be added expenses due to reunion: higher food bills, greater transportation costs, etc. Try to plan for them carefully, and draft a "reunion budget" to help point out new spending limits.

Some tips to make reunion day a joyous event.

- **Expect the unexpected.** The soldier's arrival is bound to reveal surprises to all. Try to avoid making judgments. Getting reacquainted really can be an adventure!
- **Go slow.** Set aside family time during the first few days rather than planning a busy schedule of events. Even though reunion is exciting, it can be stressful, too.
- **Think before you spend.** In all the excitement there may be a natural tendency to shower each other with expensive gifts and fancy meals. Unless you can afford such luxuries, it is important to try and stick to your budget.

Reunion

Reunion is a time of readjustment after separation, whether long or short, planned or unplanned. Reunion can be both joyful and stressful because it's a big change that affects everyone with *intense emotions*.

Ideas for family members

- Avoid tight schedules
- Understand the soldier's discomfort, exhaustion
- Allow time to adjust
- Stick to your budget
- Expect unusual feelings

Make it easier for children

- Give them time, too
- Expect them to test limits
- Plan family time
- Plan individual time with returning parent
- Stay involved with school, activities and interests

Make reunion a joyful time to build a strong family

- Create reasonable expectations
- Take time to readjust
- Communicate your feelings

Post Deployment Stress

Homecoming and reunion of soldiers, friends and family has its own brand of stress. The following techniques may help restore a sense of belonging and control:

- Talk openly about problems.
- Find people who can help with emotional support and day-to-day problem solving (friends, chaplain, social worker).
- Cut big problems into smaller parts and use the step-by-step approach - look for solutions.
- Join social activities (religious, hobby, sports, clubs, etc.)
- Accept some setbacks (emotional, financial, physical, or job-related) as typical.
- Avoid excessive self-blame for readjustment problems.
- Don't use alcohol and drugs to escape or forget about problems.

SEEK HELP:

- Family Services counselor/ACS (967-7166)
- Your family readiness group/key leader.
- Your unit chaplain or Post chaplain (967-5483)
- MAMC Social Worker (968-4161)

Deployment can be a challenging, yet rewarding, part of family life in the military.

- Communicate your thoughts and feelings before, during and after deployment.
- Plan ahead, if possible, and stay prepared to make separation and reunion go as smoothly as possible.
- Seek help if you need it.

Extend Your Family Through a Family Readiness Group

Get involved in activities and planning

- Join a support group
- Use Fort Lewis resources.
- Volunteer today; your FRG depends on volunteer energy.
- Offer your time and talents; share ideas.
- Attend meeting and activities regularly.

