



EFMP Managing Deployments

1. Hello and welcome to the Exceptional Family Member Program's guide to managing deployments. You may pause this video at any time during the presentation to take note of phone numbers or web addresses.
2. The objectives of this video are to:
 - a. Outline steps to prepare for deployment.
 - b. Provide information on childcare opportunities.
 - c. Review the Respite Care Reimbursement Program.
 - d. Provide helpful communication tips.
 - e. Discuss the importance of creating a routine.
 - f. Coping with your emotions.
 - g. Informing you of additional resources.
3. Preparing for Deployment:
 - a. Start by calling your EFMP Family Case Worker and setting up a meeting to discuss specific plans to support your family and your exceptional family member during deployment. Your Family Case

Worker is a phenomenal resource to leverage in a time of need.

- b. Next, review your support system. What personal associations and relationships have you developed in your community that enhance the quality and security of your life? Do you have close friends, family, a neighborhood watch or a support group? Your Family Case Worker can help facilitate the development of your support system.
- c. Additionally, look for opportunities to Time Bank with spouses that are remaining behind. Time banking requires you to provide a service to another spouse (like child care, taking children to soccer practice, taking the cat to the vet, picking up dinner at the grocery store) and in return you can request support from the spouses you have helped out. This works best within your support system.
- d. It is also important to get organized. We highly recommend registering for a Family Readiness Binder



Class hosted by the local Marine Corps Family Team Building Branch, within the Marine and Family Services Division of MCCS. You can register for the class by using this link: www.mccslejeune-newriver.com/mcftb

- e. If you have not attended a Pre-Deployment brief, GO! Take plenty of notes, ask plenty of questions. These briefs will provide guidance on additional steps to take to prepare for deployment such as:
 - i. Legal matters
 - ii. Financial matters
 - iii. Family Care Plans
4. When the Marine leaves for deployment you lose a care provider. How are you going to fill in that gap? Your installation's Child and Youth Programs has a Resource and Referral Office. Their primary role is to educate you on the child care options available on the installation and outside the gates. Additionally, they can register you for full time



or part time child care services on the installation. Your installation Child and Youth Provides:

- a. Child Development Centers for children 6 weeks to 5 years old.
 - b. Youth Centers provide:
 - i. Before and after care school
 - ii. Spring, summer and winter break camps
 - iii. Care on teacher workdays
 - c. Family Child Care provides Home Base Child Care options for children.
 - d. Take a moment to pause this video to capture the contact information provided here.
5. Respite Care: Financial assistance for specialty care may be available if you qualify.
- a. TRICARE: if you are enrolled in TRICARE ECHO you qualify for 16 hours of Respite Care financial assistance.
 - b. Medicaid: Your state may offer financial assistance for specialty care.

- c. EFMP Respite Reimbursement Program: provides financial reimbursement for specialty care for up to 20 hours each month if you qualify. You are encouraged to visit our webpage and watch the short educational video on the EFMP Respite Care Reimbursement Program at www.mccslejeune-newriver.com/efmp
 - d. Again, your Family Case Worker can help you navigate the Respite Care options available to you.
6. Everyone will tell you that effective communication is vital. It is difficult to capture the importance of communication in a short presentation. Provided here is a very short list of people you should communicate with. For a more elaborate explanation on deployment communication you should enroll with the FOCUS Project. Their information can be found at www.mccslejeune-newriver.com/focus
7. Creating routine in a world of unpredictability can be challenging. Throw in the added stressor of deployment and you have a potential problem. Establishing a routine



during deployment helps to keep your family at a base line. Provided here are a few tips and tricks to get started. We recommend speaking with your units Military Family Life Counselor or contacting the installations Military Family Life Counselors at www.mccslejeune-newriver.com/mflc . These professionals can help you create normal. Your Family Case Worker can also help you develop routine and provide you with community resources to support a routine.

8. Emotions are powerful and can affect you mentally and physically. How you cope with emotions and avoid emotional triggers can be helpful during deployment. Some would say that emotions are primal and play a distinct role in life, at the end of the day, emotions are normal. Feeling sadness towards the deployment is normal. Let's review tools to consider for helping with emotions during deployments:

- a. Build upon your social network of support. Surround yourself with positive and inspiring people with

similar likes, beliefs, values and traditions. You can watch our Building Networks of Support video on our website www.mccslejeune-newriver.com/efmp for more information on building your network of support.

- b. Create a list of all your responsibilities. Prioritize them, rate and rank them, compare and contract them and start to eliminate the ones that do not add true value to your family or your life.
- c. Take care of yourself physically, spiritually and mentally. You cannot care for others if you cannot care for yourself.
- d. Avoid emotional triggers. Identify the objects, situations, information sources that trigger heightened emotions and limit your exposure or eliminate your exposure to them.
- e. We recommend speaking with your units Military Family Life Counselor or contacting the installations Military Family Life Counselors at www.mccslejeune-



newriver.com/mflc these professionals can help develop healthy coping skills during deployment and refer you to advanced professionals if needed.

9. There is no surprise in stating that deployments are difficult. Add in a child or multiple children and the circumstances shift drastically. Fortunately for military families the support resources are numerous. Listed here are a few steps to help your child or children adjust to deployment. Please reach out to your family case worker and share your experiences frequently so they can provide you with community resources and opportunities to support you during your deployment. Mentioned previously were the Military Family Life Counselors and the FOCUS Project. These are two tremendous resources for families with children during a deployment. Finally, please take time to review our “Accessing Community Resources” video on our website. You can pause the video now to take note of any information necessary.



10. Provided here is a short list of contacts for additional resources and support during deployment. Please pause the video to take note of the items you may be interested in.
11. Provided here are family readiness systems of support. Please pause the video to take note of the items you may be interested in.
12. That concludes our video workshop on managing deployments with EFMP. Please note our contact information provided here. Have a great day.