



The Deployment Cycle and Its Impact on Service Members and Their Families

Center for Deployment Psychology
Uniformed Services University of the Health Sciences



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U.S. Veterans

2010 Veteran Population	
Total	22 million
WWII	2.1 million
Korean conflict	2.6 million
Vietnam era	7.7 million
Gulf War (8/90 – 8/01)	3.5 million
Gulf War (9/01 – present)	2.3 million
Wartime veterans*	17.1 million
Peacetime veterans*	5.8 million

*Statistics from 2009, U.S. Census Bureau (2011)



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Types of Service/Locations

Types of Service and Deployments	Locations
Wartime	Fort/Post/Base in any state
Peacetime	Korea/Japan/South Pacific
Non-combat zone in combat era	Balkans
Natural Disasters (Hurricanes, Floods, etc.)	Alaska/Hawaii
Medical facility	Qatar
Fort/Post/Base/Camp	Spain/UK
Ship/Submarine	Germany/Italy
MOOTW (Military Operations Other Than War)	Middle East
Others?	Africa
	Others?



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Types of Deployments



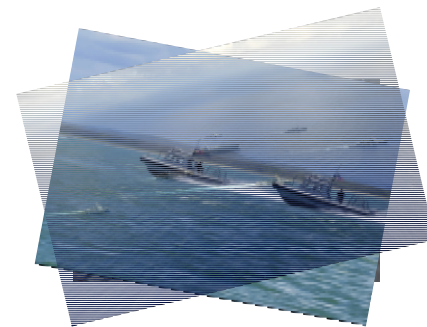
Photos (left to right): courtesy of Dr. Nathan Schwamburger, <http://www.flickr.com/photos/usnavy>, <http://www.defense.gov>



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Types of Deployments



Photos: <http://www.flickr.com/photos/usnavy>



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Wear and Tear

OEF – Operation Enduring Freedom (Afghanistan)

October 7, 2001– present

OIF – Operation Iraqi Freedom (Iraq)

March 20, 2003 – August 31, 2010

OND – Operation New Dawn (Iraq)

September 1, 2010 – December 18, 2011



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Demographics Handout

Department of Defense

Demographics 2012

Profile of the Military Community

www.militaryonesource.mil

www.census.gov



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Active Component vs. Selected Reserve

Active Component	Selected Reserve
“Full-time” military	“Part-time” military
On call 24/7/365	1 weekend month/2 weeks per year
— Army	National Guard
— Air Force	— Army NG
— Navy	— Air NG
— Marine Corps	Reserves
— Coast Guard	— Army — Air Force
Approximately 1.4 Million	— Navy — Marine Corps
	— Coast Guard
	Approximately 1.1 Million



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U.S. Department of Defense (2012)



Branch Strength

2011 Military Personnel by DoD Component and Coast Guard		
Total	2.5 million	100%
Army Active Duty	561,000	22.2%
Army National Guard	365,000	14.4%
Army Reserve	289,000	11.4%
Navy Active Duty	320,000	12.6%
Navy Reserve	103,000	4.1%
Marine Corps Active Duty	201,000	7.9%
Marine Corps Reserve	100,000	4.0%
Air Force Active Duty	329,000	13.0%
Air National Guard	106,000	4.2%
Air Force Reserve	107,000	4.2%
Coast Guard Active Duty	42,000	1.7%
Coast Guard Reserve	10,000	0.4%



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U.S. Department of Defense (2012)

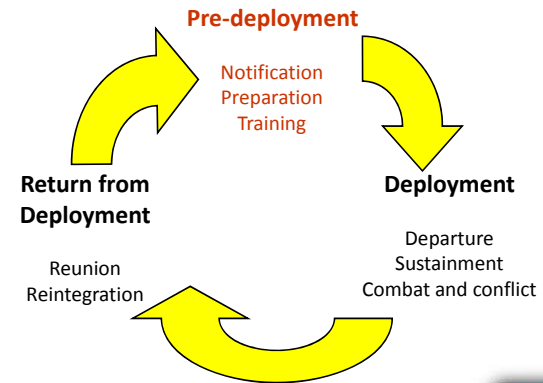


Selected Reserve vs. Active Duty: Implications of Differences

- Suddenly military
- May remain near family support, but not have military installation support
- Feelings of isolation for service member and family
- Family benefits different from Active Duty
- TRICARE issues



Pre-Deployment



Pre-Deployment

“Physically present
and
Psychologically absent”



Pre-Deployment Stress in Military Families



Pre-Deployment Preparation for Military Families

- Preparedness
 - Practical preparation
 - Power of attorney/will/financial plan
 - Location of important papers
 - Emergency contact procedures
 - Child care arrangements

...but deployment pay can offset negative aspects of deployments



Pre-Deployment Preparation for Military Families

- Emotional preparation
 - Prepare to cope with unexpected problems
 - Trust service member will be protected
 - Prepare for absence of partner/parent
 - Support mission



Pre-Deployment Stressors for Military Families

- Lack of preparation time
 - Unit preparation vs. family preparation
 - Last minute tasks
- Shifting expectations
 - Length of upcoming deployment
 - Open-ended deployments
 - Deployment date



Pre-Deployment Stressors

Military Families

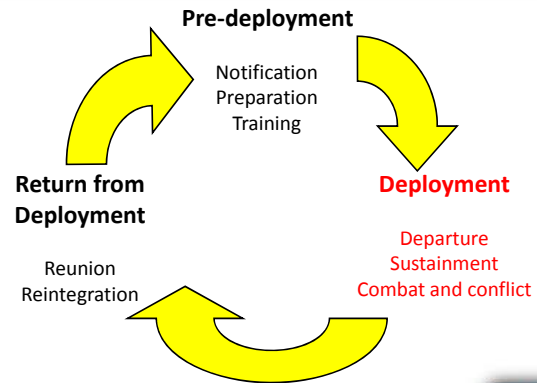
- Clarifying changes in family dynamics
- Anticipation of threats to service member
- Perception of mission purpose
- Lack of information
- Potential rumors
- Striving for intimacy
- Service members often value deployments

Military Children

- Preparing for extended separations from a primary caretaker
- Altered family roles and responsibility
- Increased stress on non-military parent/caretakers
- Community level stress/loss



Deployment



Deployment

“Psychologically present
and
Physically absent”



Deployment Stress in Military Families



Deployment Phases for Military Families

In first month ...

- Adjusting to new responsibilities
- Roller coaster of mixed emotions
- Disrupted routines
- “Hole” where service member used to be



Deployment Phases for Military Families

After first month through penultimate month ...

- Resiliency develops
- Increased confidence
- New routines established
- New sources of support
- Newfound independence

Logan (1987)



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Deployment Phases for Military Families

1 month before return ...

- Intense anticipation
- Rush to complete “to do” lists
- Surge of conflicting emotions
- “What will I have to give up?”
- High expectations

Logan (1987)

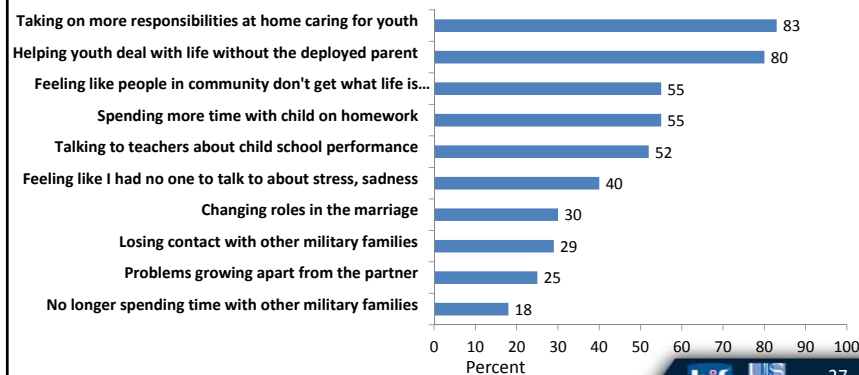


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Spousal Deployment

Caregiver-Reported Challenges for Self



Chandra et al (2011)



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Factors Associated with Increased Youth/Caregiver Difficulties

1. Poor caregiver emotional well-being
2. More cumulative months of deployment
3. National Guard and Reserve status
4. Poor caregiver-youth communication



U.S. Air Force photo by SSG Russ Scalf

Chandra et al (2011) Photo: <http://airman.dodlive.mil>



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Communication

- Technology is easier and quicker
 - Phone, email, IM, FAX, VTC, DVD, Facebook, Skype
- Email and IM most frequently used
- Telephone preferred but less available



U.S. Army photo by SSG Whitney Hughes

Miller et al (2011); photo: www.popularmilitary.com



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As Goes the Parent, So Goes the Child

- Child adjustment problems linked to parental distress
 - Depression and PTSD in parents were predictive of child depression/child internalizing and externalizing behaviors
- Longer parental deployments associated w/ increased risk for child depression/externalizing symptoms
- Children can have a high level of anxiety even after the deployed parent has returned

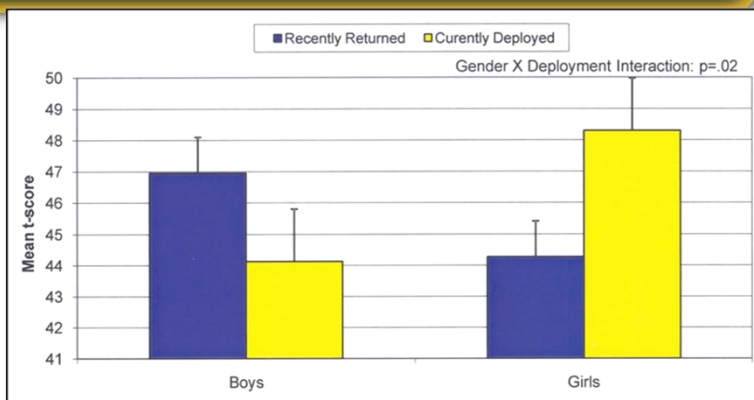
Lester et al (2010)



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Externalizing Symptoms by Gender and Parent Deployment Status



Lester et al (2010)

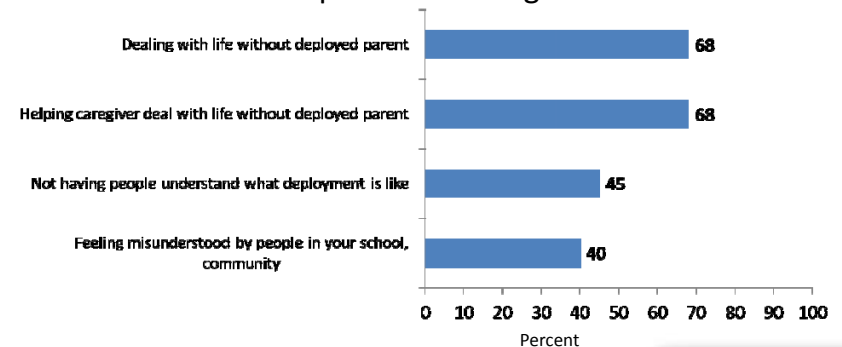


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Parental Deployment

Youth-Reported Challenges for Self



Chandra et al (2011)



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Subgroups and Identified Trends During Deployment

- Older teens reported more academic difficulties/ younger teens reported more anxiety symptoms
- Girls reported more anxiety symptoms than boys
- Caregivers “faring well emotionally” were more likely to have children who were “functioning well”

Chandra et al (2011)



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Deployment Stress in Service Members



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Tough Realities About Combat

- Fear in combat is common
- Unit members will be injured and killed
- There will be communication/info breakdowns
- Leadership failures will be perceived
- Combat impacts every soldier mentally and emotionally
- Combat has lasting mental health (MH) effects
- Soldiers are afraid to admit that they have a MH problem
- Deployments place a tremendous strain upon families
- Combat environment is harsh and demanding
- Combat poses moral/ethical challenges

WRAIR Land Combat Study Team (2006)



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Challenges for OIF and OEF

- No clearly defined “front line” or rear areas
- Highly ambiguous environment
- Complex and changing missions
- Long deployments
- Repeated deployments
- Environment is very harsh

WRAIR Land Combat Study Team (2006); Hosek et al (2006)



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Deployment Challenges for Service Members

- Physical
- Cognitive
- Emotional
- Social
- Spiritual

Figley et al (2007)



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Deployment Challenges for Service Members

Physical

- Heat and cold
- Dehydration and wetness
- Lack of comforts
- Sleep deprivation
- Dirt and mud
- Noise and blasts
- Fumes and smells
- Long work hours
- Illness or injury



Figley et al (2007); photo courtesy of Christopher Hines, MD



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Deployment Challenges for Service Members



Cognitive

- Boredom/monotony
- Unclear/changing role or mission
- Unclear/changing ROEs
- Experiences that defy beliefs
- Too little or too much information
- Loyalty conflicts

Figley et al (2007); photo courtesy of Christopher Hines, MD



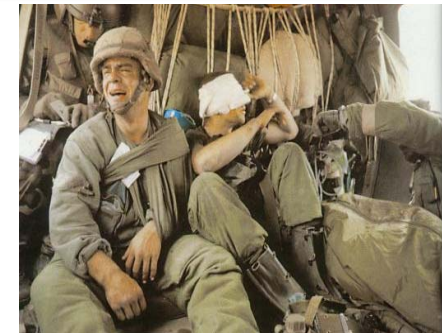
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Deployment Challenges for Service Members

Emotional

- Fear of failure/loss
- Shame and guilt
- Helplessness
- Horror
- Anxiety
- Killing
- Feeling devalued
- Excitement, thrills
- Satisfaction



Figley et al (2007); photo courtesy of LTC Jeffrey Yarvis, PhD, MSW, MEd



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Deployment Challenges for Service Members

Social

- Separation from loved ones
- Lack of privacy
- Public opinion and media
- Turning to their peers for support



Figley et al (2007); above photo courtesy of Christopher Hines, MD; photo: www.navy.mil



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Deployment Challenges for Service Members

Spiritual

- Change in faith
- Inability to forgive
- Loss of trust



Figley et al (2007); Photo: http://www.flickr.com/photos/marine_coprs



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Women's Roles in OIF/OEF

• Roles

- Combat vs. non-combat
- Medics/Mental Health
- Convoy transportation
- Pilots
- Mechanics
- Administrative
- Intelligence
- Security Forces/Military Police



Photo: <http://www.munciefreepress.com/node/20356>



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Female Deployment Stressors

- Genitourinary health issues
- Body armor fit issues
- Feelings of both isolation
- (few females) and yet always being around someone (Battle Buddy system)
- Separation from family/children
- Sexual assault/harassment



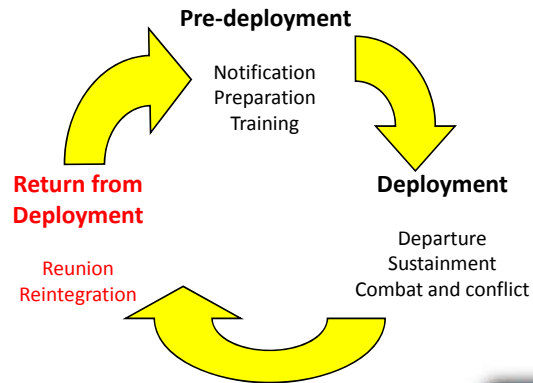
Street et al (2009); Zoroya (2012); Vogt et al (2005); Joint Economics Committee (2007)



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Stressors in the Deployment Cycle Service Members



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Return from Deployment

“Physically present
and
Psychologically absent”

Faber et al (2008)



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Family Reintegration



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Typical Course of Reintegration

Family has...

- New routines
- New responsibilities
- More independence and confidence
- Made many sacrifices
- Worried, felt lonely
- Gone through milestones that were missed

Service member's return can...

- Interrupt routine
- Disrupt space
- Throw off decision making
- Cause family to walk on tip toes
- Not make everything perfect
- Not replace the sacrifices and missed milestones

Adapted from a briefing by COL Kevin Gerdes (May, 2008)



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Typical Course of Reintegration

Child...

- Is used to depending on other parent or caretaker
- May have made new friends
- May have developed new interests
- May have achieved milestones or rites of passage



Photo: <http://www.flickr.com/photos/thenationalguard>



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Post-Deployment Stressors

- Unmet or unrealistic expectations
- Post homecoming let-down
- Changed roles/responsibilities
- New independence of spouse
- Tug on loyalties
- Extended family
- Unresolved marital issues haven't vanished

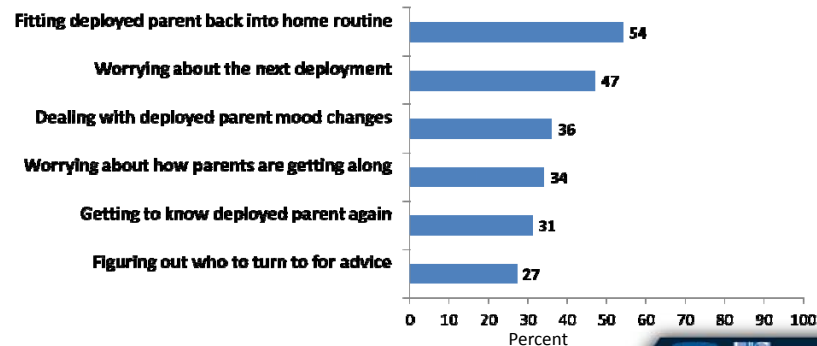


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Parental Reintegration

Youth-Reported Challenges for Self



Chandra et al (2011)

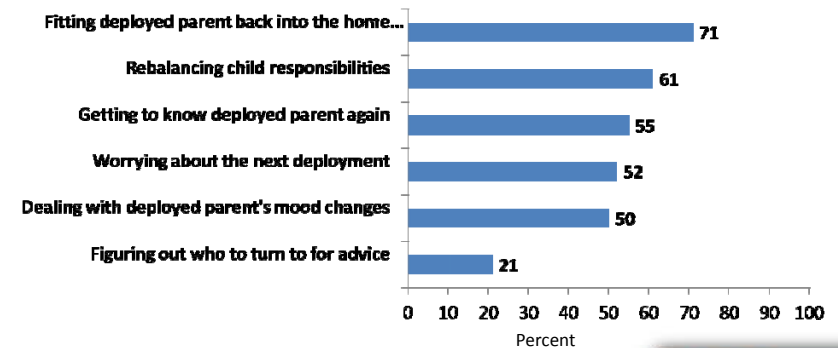


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Spousal Reintegration

Caregiver-Reported Challenges for Self



Chandra et al (2011)



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Subgroups and Identified Trends Related to Parental Reintegration

- Older teens and girls reported more difficulties related to reintegration
- Caregivers with a spouse in the Guard or Reserve were more likely to report that their children faced deployment and reintegration challenges.



Service Member Reintegration



BATTLEMIND Skills

WHILE DEPLOYED

Buddies (cohesion)
 Accountability
 Targeted Aggression
 Tactical Awareness
 Lethally Armed
 Emotional Control
 Mission OPSEC
 Individual Responsibility
 Non-Defensive Driving
 Discipline and Ordering

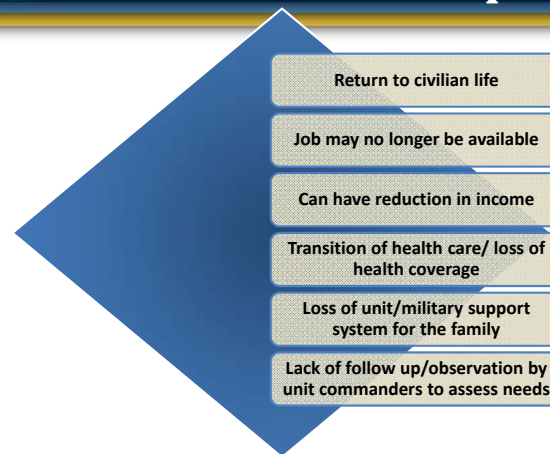
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HOME

Withdrawal
 Controlling
 Inappropriate Aggression
 Hypervigilance
 "Locked and Loaded" at Home
 Anger/Detachment
 Secretiveness
 Guilt
 Aggressive Driving
 Conflict



Post-Deployment Challenges for Reserve Component





Reintegration

5 critical challenges service members need to master

- Overcome alienation
- Move from simplicity to complexity
- Replace war with another form of high
- Move beyond war and find meaning in life
- Come to peace with self, God, and others

Adapted from CH (LTC) John Morris, Minnesota National Guard. Beyond the Yellow Ribbon Reintegration Program



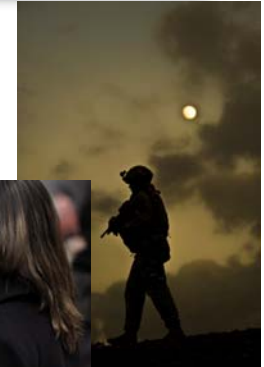
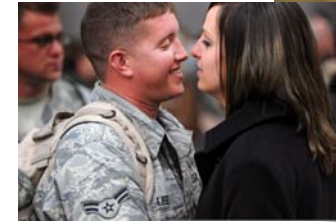
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Reintegration

Overcome alienation

- From family, friends
- From coworkers
- From community



Photos: www.defenseimagery.mil



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Reintegration

Move from simplicity to complexity



- From self to others
- From survival to thriving
- From others thinking for you to responsibility
- From no choices to overwhelming choices

Photos: www.defenseimagery.mil



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Reintegration

Replace war with another high

- War is an adventure
- Nothing in civilian life matches the intensity
- Speed kills: So do drugs, alcohol, etc...
- How do SMs learn to accept life as it is?



Photos: www.defenseimagery.mil



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Reintegration

Move beyond war

- Find meaning and purpose outside of combat
- We were someone before war and will be someone after war
- Will we be stuck in Iraq/Afghanistan, etc., forever?



Photos: www.defenseimagery.mil

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Reintegration

Make peace with self, God, and others

- SMs may have done, or not done things that violated their moral code
- SMs may have participated in the killing of other humans
- SMs may ask, "Is there absolution or do I live with guilt, (real, false, survivors) forever?"



Photos: www.defenseimagery.mil

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CDP Website: Deploymentpsych.org

Features include:

- Descriptions and schedules of upcoming training events
- Blog updated daily with a range of relevant content
- Articles by subject matter experts related to deployment psychology, including PTSD, mTBI, depression, and insomnia
- Other resources and information for behavioral health providers
- Links to CDP's Facebook page and Twitter feed



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Online Learning

The following online courses are located on the CDP website at:

<http://www.deploymentpsych.org/content/online-courses>

NOTE: All of these courses can be take for free or for CE Credits for a fee

- Cognitive Processing Therapy (CPT) for PTSD in Veterans and Military Personnel (1.25 CE Credits)
- Prolonged Exposure Therapy for PTSD in Veterans and Military Personnel (1.25 CE Credits)
- Epidemiology of PTSD in Veterans: Working with Service Members and Veterans with PTSD (1.5 CE Credits)
- Provider Resiliency and Self-Care: An Ethical Issue (1 CE Credit)
- Military Cultural Competence (1.25 CE Credits)
- The Impact of Deployment and Combat Stress on Families and Children, Part 1 (2.25 CE Credits)
- The Impact of Deployment and Combat Stress on Families and Children, Part 2 (1.75 CE Credits)
- The Fundamentals of Traumatic Brain Injury (TBI) (1.5 CE Credits)
- Identification, Prevention, & Treatment of Suicidal Behavior in Service Members & Veterans (2.25 CE Credits)
- Depression in Service Members and Veterans (1.25 CE Credits)

All of these courses and several others are contained in the Serving Our Veterans Behavioral Health Certificate program, which also includes 20+ hours of Continuing Education Credits for \$350.

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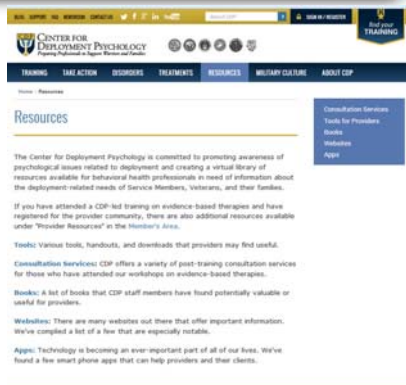
Provider Support

CDP's "Provider Portal" is exclusively for individuals trained by the CDP in evidence-based psychotherapies (e.g., CPT, PE, and CBT-I)

Features include:

- Consultation message boards
- Hosted consultation calls
- Printable fact sheets, manuals, handouts, and other materials
- FAQs and one-on-one interaction with answers from SMEs
- Videos, webinars, and other multimedia training aids

Participants in CDP's evidence-based training will automatically receive an email instructing them how to activate their user name and access the "Provider Portal" section at Deploymentpsych.org.



How to Contact Us

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