

# Marine Corps Family Team Building



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**Readiness & Deployment Support Trainer**  
**1<sup>st</sup> Marine Division**



# Marine Corps Family Team Building

- **Readiness and Deployment Support**
- **Family Readiness Program Training**
- **L.I.N.K.S.**
- **LifeSkills**

Sign up for our classes at  
**[mccscp.com](http://mccscp.com)** or (760) 725-9052



# Spouses In the Midst



Spa

8 January  
1600-2000

13 November  
0900-1300



**USMC Olympiad**

22 May  
0900-1300

9 September  
0900-1300



***Around the World***

17 March  
0900-1300

29 July  
1600-2000





# To Do List

## Check List: Pages 44-54

- **Financial Expectations**
  - Separate Accounts
  - Split Pay
- **Copy of latest LES**
- **Budget/Bills**
- **Financial Emergencies**
  - Navy Marine Corps Relief Society
  - Power of Attorney
- **ID Cards**
- **Contingency Plan**



# Personal Preparation



**Vehicle Storage**  
*(760) 725-5963*



**Vehicle Insurance**



**Leases**



**Voter Registration and Voting**

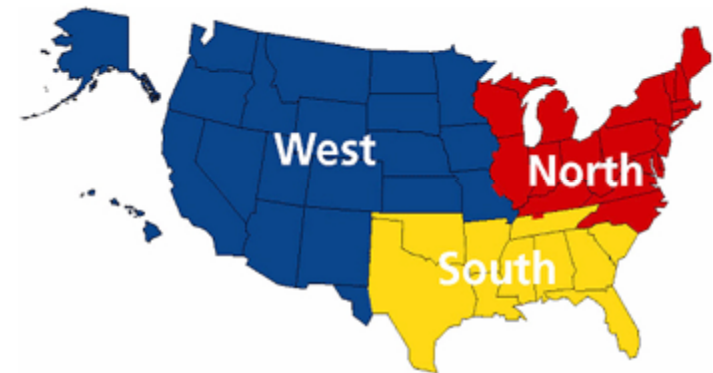


# Should I Stay or Go?



## Some things to consider:

- **Lease Agreements**
- **Tri-Care**  
**1-888-363-2273**
- **Vehicles**
- **Moving expenses**
- **Service members Civil Relief Act**



# Children

- **Talk with children about Deployment**
- **Make DVD of deploying parent reading a story or special messages ([www.unitedthroughreading.org](http://www.unitedthroughreading.org))**
- **Comfy items**
- **Letters to your children**



# Single or Dual Active Duty Parents



**Family Care Plan**

**Exceptional Family  
Member Program**

**Navy Marine Corps  
Relief Society**



# Preparing Loved Ones

- **Parents & Extended Family**
- **Significant Others/ Fiancés**
- **Relationships Changes**
- **Military OneSource**



# Combat Operational Stress Continuum for Marines

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> <li>• Good to go</li> <li>• Well trained</li> <li>• Prepared</li> <li>• Fit and tough</li> <li>• Cohesive units, ready families</li> </ul>	<ul style="list-style-type: none"> <li>• Distress or impairment</li> <li>• Mild, transient</li> <li>• Anxious or irritable</li> <li>• Behavior change</li> </ul>	<ul style="list-style-type: none"> <li>• More severe or persistent distress or impairment</li> <li>• Leaves lasting evidence (personality change)</li> </ul>	<ul style="list-style-type: none"> <li>• Stress injuries that don't heal without intervention</li> <li>• Diagnosable               <ul style="list-style-type: none"> <li>• PTSD</li> <li>• Depression</li> <li>• Anxiety</li> <li>• Addictive Disorder</li> </ul> </li> </ul>

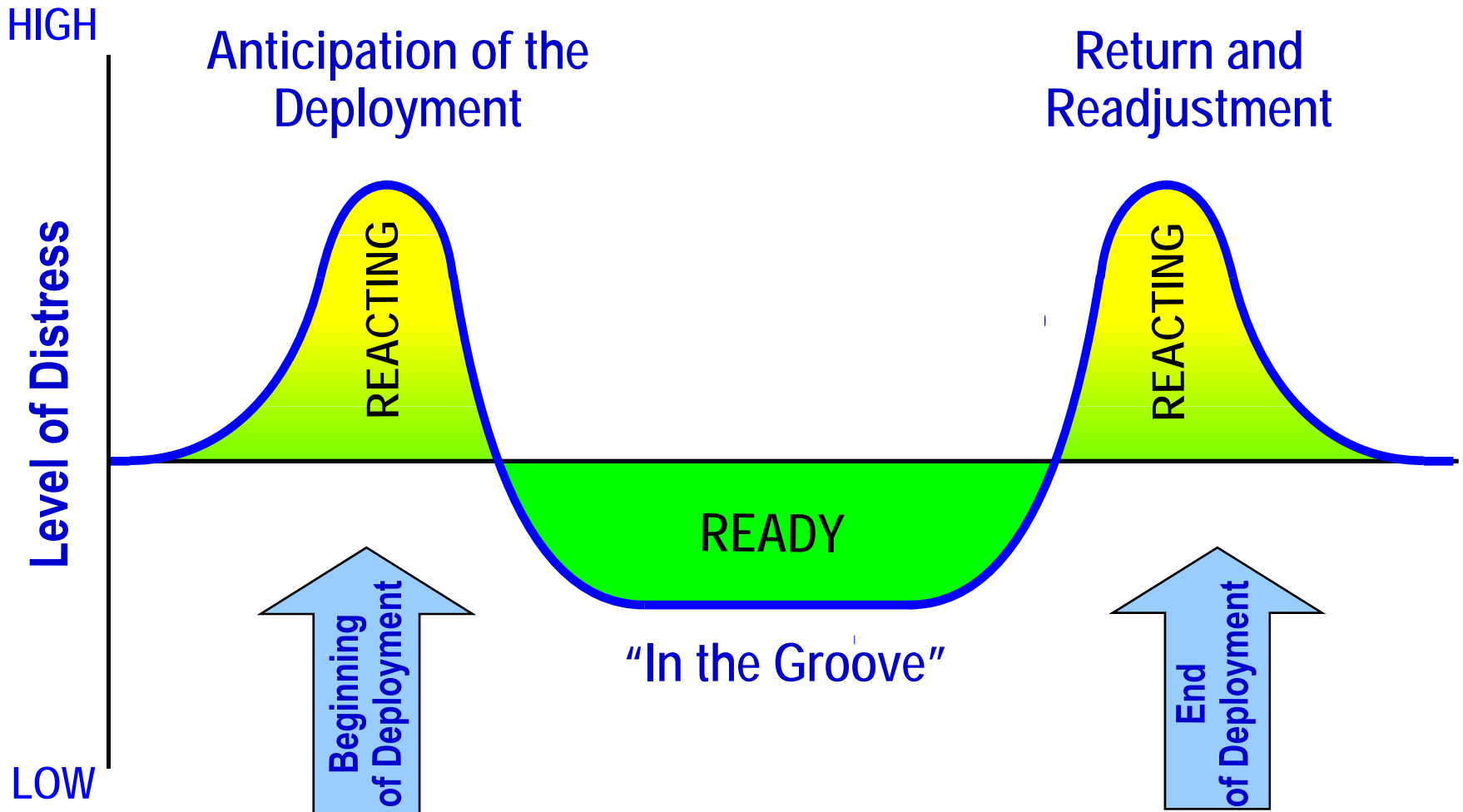
Leader Responsibility

Individual Responsibility

Chaplain & Medical Responsibility



# Emotional Cycle of Deployment: Stress & Coping



# Casualty Notification Process

**What is a casualty?**

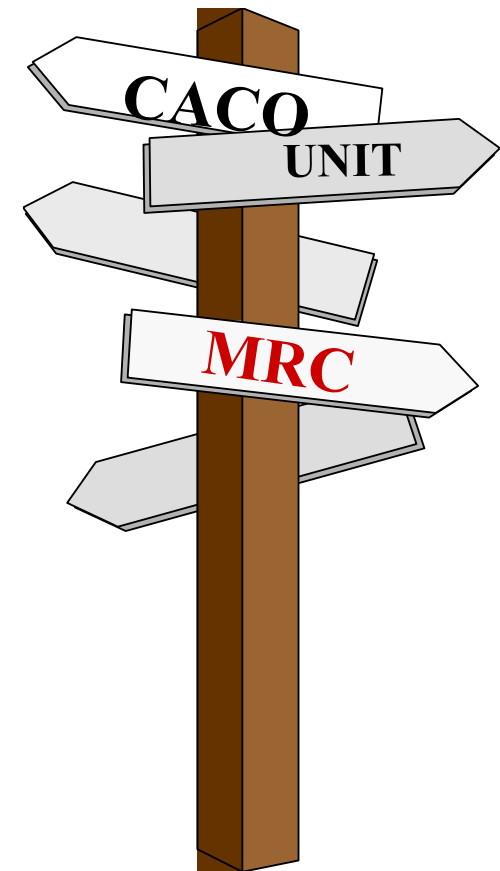
- **Any Marine lost to the organization having been declared injured, deceased, DUSTWUN, missing, or ill in non-hostile or hostile situation.**

**Can occur any time...any place!**



# Casualty Notification Process

- A casualty incident occurs!
- **GOAL** is notification within 8 Hours of learning of casualty incident...
- Notification Hours: **0500-2400**



# Casualty Notification Process

- Service “A” Uniform
- CACO and one other Marine/Sailor.
- Chaplain (If available)
- NEVER GOES ALONE



# American Red Cross

**1-877-272-7337**



## How do you send a message?

1. Only emergencies of a birth, death or serious illness.
2. Must have contact information for hospital or Doctor.
3. Message is sent to the command within a few hours after American Red Cross is contacted.



# Emergency Leave

- **Official Communication**
- **Immediate Family**
- **Emergency Leave is decided by your command.**



# Communication

- **Letters**
- **E-mail**
- **Moto-Mail**
- **Telephone calls**



# Care packages – 1-800-610-8734



[www.usps.com](http://www.usps.com)



# Resources

- **Stress & Anger Management**
- **Chaplains**
- **Counseling Service**
- **Military OneSource**
- **Combat Operational Stress Workshops**



# Questions?



**Be sure to meet your  
Family Readiness  
Officer**

**Paul Walters**

**Thank you for your  
service to our  
Country.**

