

Family Pre-Deployment CMB

Sample Outline

1. Introduction to CISM

Your family member is being deployed as a result of a ____ response to a disaster. The following information has been put together by the Critical Incident Stress Management Team to help you and your family cope with your loved one's absence.

The CISM Team is made up of volunteers who have undergone specialized training to help their peers with any post deployment stress. The team is available to their family members. While is not therapy, we do have information that other people have found helpful in reducing or coping with Critical Incident Stress.

If you have any questions about Critical Incident Stress you can call _____.

2. Today's Objective

- To learn from other people's experience
- To learn some coping skills to practice during your loved one's absence
- To be better prepared for your loved one's experience in the field

3. Acknowledge their (family members') contributions

- Family members play an important role in their loved one's well being during deployment
- When deployed, additional stress is placed on the entire family
- There are some things we are going to talk about today that may be helpful to you and to your loved ones during their deployment.

4. Ask about experiences

- Have any of you had family members who have been deployed before?
- How long were they gone?
- What was the hardest part?
- What did you find helpful for getting through the experience?
- What did you find not helpful for getting through the experience?
- What was one positive thing that resulted from the experience?
- What are some of the ways you have coped?
- May we suggest other resources?

5. Give Handouts

- Things your loved one needs to take with them
- Emergency Phone numbers for repairs

- Information Sheet For Significant Others
- CISM Handout

6. Any further questions?

7. Thank you for coming today.