

## Surviving Your Loved One's Deployment; Some Ideas

### **Safety:**

- The CISM team has established protocols and training for all staff being deployed on this response. Every effort is made to keep all personnel safe.
- Inform families of safety precautions for loved ones (screening, protective equipment, sleeping quarters) **(to be developed for site specific deployment)**
- Health & safety resources/facts **(to be developed for site specific deployment)**
- Inform family members on health and safety

### **Communications:**

- Inform how to communicate with their loved ones **(to be developed for site specific deployment)**
- Establishing routine times for communications with your loved one is often helpful. Of course, because your loved one is responding to a disaster site, sometimes work interferes, sometimes there may not be phone coverage in their area, and sometimes they may be working odd hours and sleeping during normal call times. Be flexible.
- It is often helpful to keep your loved one "in the loop" of what is happening at home. A word of caution however: it is often helpful to ask your loved one to handle something routine from their remote site, that you could handle from home. It is certainly all right to get input from your loved one, but understand that they may not be able to do all the things they would normally do if they were home.
- It is OK to ask about how your loved one is doing, but be aware that they may not be able to share or discuss much about their deployment due to EPA rules. They may also be protecting you from hearing too many "war stories" until they get home.
- Your loved ones might encounter or see some horrific scenes. They may or may not want to talk about them over the phone. The CISM team is available to them (and to you) during the deployment and after they are home.

### **Mass Media:**

- Screen mass media reports of disaster (especially for kids); be careful not to stress your self or your family by too much exposure.
- You might want to monitor the TV shows or movies that you or the family watch to not accidentally open issues of where your loved one is, or the imagined dangers they are facing.

## **Family Issues**

- The deployment is not only difficult for you and your loved one, but can be stressful for other family members as well
- Plan for some extra time with small children
- Plan fun family time (movies, zoo, etc.)

## **Household “Emergencies”**

- Understand that things that happen at home, while important and emergencies to you, may seem less significant to your loved one, who may be seeing/experiencing some major sights/sounds/smells and stories from victims. This is not to imply that your home problems are insignificant, only that you may not always get the response from your loved one that you would like.
- Identify people who can take the lead on these things vs. resources Plumber/electrician/mechanic etc and develop a written list for yourself
- Have someone named who can help with daily things they may need support with

## **Web site/fact sheets**

## **CISM Team**

If you have questions or concerns about anything that is on this handout, please contact us at \_\_\_\_\_.