

Team Pre-Deployment CMB

Sample Outline

1. Introduction

You are being deployed as a result of an organized 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 absence.

2. Today's Objective

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

3. Acknowledge their (family members') contributions

- Family members play an important role in your 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 your deployment.

4. Ask about experiences (optional)

- Have any of you been deployed before?
- How long were you 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. Some Suggestions

- Inform how to communicate with their loved ones
 - a. Review the handout information
- Household "Emergencies"
 - a. Understand that things that happen at home, while important and emergencies to your family, may seem less significant to you, because of what you are exposed to during your deployment. Try to be understanding of the issues at home, even though you probably can't do anything about them directly.
 - b. Identify people who can take the lead on these things vs. resources Plumber/electrician/mechanic etc and develop a written list for your family prior to deployment.

- Reassure your family members on health and safety issues
 - a. The CISM team has established protocols and training for all team members being deployed on this response. Every effort is made to keep all personnel safe.
 - b. Inform families of safety precautions (screening, protective equipment, sleeping quarters) **(to be developed for site specific deployment)**
 - c. Health & safety resources/facts **(to be developed for site specific deployment)**
- Don't forget to practice your personal stress management activities while deployed

6. Post Deployment PASS

Within five (5) to seven (7) days after your return from this event, we will be scheduling a Post Action Staff Support meeting to process your experience and remind you of things that you can do to take care of yourself post deployment.

7. Give Handouts

- Things you need to take
- Information Sheet For Significant Others
- CISM Handout

8. Any further questions?

9. Thank you for coming today.