Hanscom Services for All Phases of Deployment

Agency Codes:

A&FRC: Airman & Family Readiness Center – 781-225-2765
CH: Chapel – 781-225-5501
CDC: Child Development Center – 781-225-6128
FCCP: Family Child Care Program – 781-225-6122
MFLC: Military Family Life Consultant – 781-686-3084
MOS: Military One Source – 1-800-342-9647
MH: Mental Health – 781-225-6392

Briefings

Pre-Deployment Briefing: An informative briefing to help all active duty members and spouses, if married, prepare for separation due to military requirements. Families will be advised of the many community resources available during the separation period. Mandatory for military members, spouses are highly encouraged to attend. A&FRC

Reunion Briefing: Information to ease military member’s adjustment to home. Mandatory for military members, spouses are highly encouraged to attend. A&FRC

Preparing for Homecoming: Reunion Briefing for Spouses and Children: Interactive workshops for spouses and children 6 years of age and older, with practical suggestions for coping with reunion and reintegration. The children’s session features fun reunion activities and a personalized gift for the returning parent. A&FRC

Pre- and Post-Deployment Clearances: Mandatory briefings for service members prior to and after a deployment. MH

Counseling

Base Chapel – Provide confidential counseling, spiritual accommodation, marriage and family care and crisis response.

Hanscom Mental Health Clinic -- Voluntary outpatient counseling for active duty members and up to 4 Psycho-educational counseling sessions are offered to all returning deployers and those involved in a traumatic event where Traumatic Stress Response (TSR) services were activated. No record is required if a member is seen for TSR psycho-educational counseling following a potentially traumatic event. These meetings are for the purpose of education and consultation and not for medical assessment and treatment. MH

Military Family Life Consultant -- Up to 12 non-medical, short-term, situational problem-solving counseling sessions per issue are available free of charge to service members and their families. Licensed clinical providers assist service members and their families with issues they may face through the cycle of deployment - from leaving their loved ones and possibly living and working in harm’s way to reintegrating with their community and family. The MFLC program provides support for a range of issues including: relationships, crisis intervention,
stress management, grief, occupational and other individual and family issues. No records are kept.

**Military OneSource** – Offers three kinds of short-term, non-medical counseling options to active-duty, Guard, and Reserve members and their families: face to face, online, and telephone consultations. Military OneSource counseling services are designed to provide service help with short-term issues such as adjustment to situational stressors, stress management, decision making, communication, grief, blended-family issues, and parenting-skills issues. Each eligible service member or family member may receive up to 12 sessions, per issue, per counselor at no cost.

**Child Care Programs**

**Extended Duty Care (EDC)**—a program that enables Air Force members and civilians to extend their duty hours and/or cover child care support beyond normal services used without experiencing significant additional child care costs. Families should establish a plan to meet all their child care needs e.g., short-term TDY’s, shift work care where shift work is the typical assignment, family days, deployments, etc. The EDC Program should be considered the “back-up plan.” Eligibility includes spouses of active duty whose spouse is deployed or TDY. Call the FCCP for more details.

**Give Parents a Break**—Provides 4 hours of free childcare per month for active duty Air Force families experiencing a crisis/stressful event (including deployment and PCS remote tour). Care is offered on the third Saturday of the month 10 am – 2 pm at the base Child Development Center. Receive referral certificate from an A&FRC staff member. **CDC, A&FRC**

**Returning Home Care**—Free child care isn’t something that always comes your way. However, if you’ve just returned from a 30-day or more OPERATION Enduring Freedom (OEF) or Global War on Terrorism (GWOT) deployment or have a 2-week R&R, this program is just what you need to help reduce stress and readjust. Eligible users are active duty members, Air National Guard and Air Force Reserve members assigned to or living on the installation. Guard and Reserve are eligible to use this program also under the Home Community Care Program in the civilian community during weekend care contracted time. The care is provided in the Extended Duty Care FCC homes and in the civilian ANG/AFR Home Community Care contracted homes off-base. Contact the FCCP within 30 days of return from your deployment or upon arrival for your 2-week R&R.

**Respite Care**—Provides a break for a few hours a week or month to active duty Air Force families who have the responsibility of 24-hour a day care for an ill or disabled family member. Assistance is based on financial need. Refer to the Special Needs Coordinator at the Base Clinic, 781-225-6196. For info, **A&FRC**

**Support/Activities/Other Programs**

**Hearts Apart**—An informal support group that meets once per month at the Airman and Family Readiness Center or other designated fun location. Families of deployed and remote
military members come together to share experiences and provide friendship and mutual support. A&FRC

**Key Spouse Program** -- Key Spouse volunteers serve as communication links between families, leadership, and base helping agencies. Key Spouses initiate contact with families of deployed unit members, offering support, information, and referral as needed. Key Spouses offer a supportive and comfortable way to connect the family to sources of assistance and enhance individual, unit and family readiness. For more info, A&FRC

**Car Care Because We Care** -- Spouses of active duty Air Force members deployed for more than 30 days or assigned on a remote tour are eligible for a free oil change and car care check up at the base Auto Hobby Shop. Pick up your referral from the Air Force Aid Officer or the Readiness Officer at the A&FRC. Sponsored by the Air Force Aid Society. A&FRC

**Readiness Emergency Sleeping Tool (REST)** -- Do you have a child or loved one who can’t bear the thought of being without you? Come in to the Airman and Family Readiness Center and get your well-deserved REST. We’ll take a digital picture of you and transfer it onto a pillowcase so you’ll be right there when they go to sleep. A&FRC

**Daddy/Mommy Doll**—If you have a young child who needs to keep you close while you’re away, provide us with back and front digital pictures of the deploying parent, from head to toe, and we’ll sew an simple doll for your child to hold on to. A&FRC

**Workshops – Military Family Life Consultant (MFLC)**

**Pre-Deployment Phase:**

**When a Parent Deploys ages 2-5**
Addresses the relevant developmental issues, how to prepare young children for deployment and suggestions for helping children cope with the separation.

**The Emotional Cycle of Deployment**
Participants will experience an in-depth review of the emotional stages of deployment: Pre-deployment, Deployment, Moving into Reunion and Reunion, the possible effects of these stages as well as tips for managing the potential stress.

**The Stages of Deployment**
Addresses the seven emotional cycles of deployment: Stage 1: Anticipation of Loss, Stage 2: Detachment and Withdrawal, Stage 3: Emotional Disorganization, Stage 4: Recovery and Stabilization, Stage 5: Anticipation of Homecoming, Stage 6: Renegotiation of Marriage Contract, Stage 7: Reintegration and Stabilization. Also covers possible effects of the deployment phases and tips for managing them.

**Pre-Deployment & the Single Service Member**
Outlines the various steps that should be addressed prior to a service member’s deployment including strengthening support networks, updating addresses and contact information, seeking support and taking precautions to safeguard legacies.
Preparing for Your Parent’s Deployment
Having a parent deploy can be a difficult experience for the whole family. Participants will learn what to expect during deployment, the possible stress reactions and resulting effects as well as how to cope with that stress.

Deployment Survival
This presentation offers pre-deployment considerations, tips for managing the separation and staying in touch.

Challenges Faced By Dual Military Couples
Participants will learn about: the challenges of dual military couples and coping methods for dealing with the challenges and what to do when the dual military couple has children and both parents deploy.

Redeployment
An overview of important information for families facing deployment – through all the cycles of deployment and from the points of view of all members.

Deployment Phase:

Children & Separations Issues of Deployment
Addresses the positive aspect of separation from the deployed parent and ways to strengthen the relationship long distance. Also discusses detrimental coping strategies to watch for and signs to recognize that it is time to seek professional help.

Issues Families Face When the Military Deploys
Helps families recognize the symptoms of deployment stress and teaches personal strategies that cope with stress.

Maintaining a Healthy Marriage During Deployment
Addresses some important steps to take to safeguard a marriage during deployment.

School-Aged Children with Deployed Parents
This workbook includes five sessions with activities for school aged children with deployed parents. Activities include staying connected with deployed parents, feelings and coping with yucky feelings.

Talking to a Deployed Loved One
During deployment, service members and spouses may have opportunities to stay in touch through telephone calls, video conferencing arranged by the units, or during real time connections by web cam at home or in yellow ribbon rooms. Learn how to make the most of that time with this presentation.

The Military Spouse: Commander and Chief on the Home Front
Covers the positive aspects of being a military spouse as well as the responsibilities, challenges and sacrifices that military spouses deal with and where to turn for support.
Reunion/Reintegration Stage:

Anger Management from Combat to Home
Designed for service members, this presentation explores anger, how it is used very differently but appropriately in a number of situations and how to best reintegrate healthy anger management coping skills for tense situations on the home front – and not anger management skills learned in combat.

Challenges of Reunion and Reintegration
Reviews the positive aspects and the difficulties of reunion and reintegration - both for single and married service members. Also explores the effect that reintegration has on children and discusses tips on how to make reintegration successful for the whole family.

Combat-Related Stress Reactions
Teaches coping skills for the service member as well as how the family members (and employers and coworkers) can take an active role in the healing process.

Coping with Challenges While on R&R
R&R provides a short respite from active duty but can sometimes pose many challenges for rest and relaxation. This presentation addresses the common challenges of R&R and provides tools to keep the visit positive for all.

Coping with the Challenges of Transitioning Home
Helps service members learn to respect the changes that have occurred, share the experiences to loved ones, and build tools for a positive readjustment to civilian life.

From Combat to Home
Addresses the challenges and benefits of military life and returning home from deployment. These challenges have varied effects on service members, spouses and children; this presentation teaches coping techniques for everyone.

Helping Children Cope with Post-Deployment Issues
This presentation talks about a child’s concerns and potential challenges with the return of a parent from deployment and suggests coping techniques that a parent can employ to support a satisfying and positive reintegration process for the entire family. Includes parent guides and activities for toddlers/preschoolers, grade-school children and teenagers.

Helping the Service Member Reconnect with their Child
Looks at the possible reactions children have to their returning service member parents and offers way that can help the child reconnect.

Homecoming & Reunion
Addresses concerns and guides participants through a proactive approach to encourage a positive reintegration.

Making Marriage Work after Deployment
Addresses issues couples face before and after deployment and upon reintegration.

**Post-Combat Risk-Taking Behaviors**
Reviews behavior common to service members post-combat and suggests healthy alternatives.

**Reigniting the Passion after Deployment**
Addresses some of the common reasons that couples may face difficulty reconnecting after deployment and offers suggestions for rekindling the passion.

**Reintegration**
Discusses the process and challenges of reintegration and offers tools and coping strategies for a successful journey.

**Reintegration Challenges for a Single Soldier**
Defines what reintegration will mean for the single soldier and offers guidelines for a successful reunion with civilian life.

**Return and Reunion Workshop for Spouses**
This presentation provides information that can help influence a smooth reunion with the service member by addressing the changes both spouses have experienced, where they are now as individuals, expectations and transitioning two separate lives into a successful reunion.

**Reunion Briefing**
Explores all of the questions surrounding a reunion and from all perspectives – the single service member, a returning spouse, the spouse waiting at home and children, the workplace; all of the changes that have taken place in the time apart and tips for a successful homecoming.

**Reunion: It’s a Process, Not an Event**
Addresses preparing for redeployment and the challenges that everyone has faced during deployment: family members and Service Members.

**Welcome Home! Reconnecting with your Child**
This presentation will walk through potential issues the returning parent will face as a result and tips for easing the situation and making homecoming an enjoyable and healthy transition for the whole family.