Coping With Deployments

Psychological First Aid for Military Families Course

American Red Cross

The Coping With Deployments course was developed by the American Red Cross specifically to address the stresses and strains that deployments place on the families of service members. The Red Cross worked closely with subject-matter experts from all service branches—along with National Guard and Reserve components—to complement what is offered in their courses.

How will this course help me? This course was designed to assist military families in managing the changes in their lives when their service members are deployed. It provides useful information on how to strengthen your ability to successfully respond to the challenges you may encounter throughout the deployment cycle. It also explains how to provide psychological first aid to others experiencing stressful feelings or events. It includes an adult section, a children's section and a comprehensive resource and referral section.

Why this course? This is the only national-level course specifically designed for military families, including parents and significant others, that bridges all branches of the Armed Forces and provides hands-on tools to help families cope with deployments. The complete course is approximately 4 ½ hours in length. It can be divided into an adult module (2 ½ hours) or a children's module (2 hours). The children's module teaches adults how to support children as a result of changes they may experience due to deployment of a family member.

Who can take the course? The course is available to the family members of Reserve, National Guard and active duty service members, including spouses,

older children, parents, siblings and significant others, as well as to military members who take it with their family. Veterans and their family members are also eligible.

Who teaches the course? Actively licensed and specially trained Red Cross mental health professionals teach the course.

Can we, as a Family Readiness Group, take the course? Yes, the entire course or individual modules can be taught at Family Readiness Group meetings, Family Day gatherings, briefings before, during and after deployments; and at other activities. The Red Cross will make every effort to meet specific scheduling needs.

Is the course available where I live? Coping with Deployments is available in all 50 states. For more information, contact the Red Cross chapter in your community.

How much does the course cost? The course is free and is taught in a confidential environment.

How do I enroll in the course? If you live in the continental United States, contact your local Red Cross chapter to enroll in Coping with Deployments. To find your local chapter, please visit **RedCross.org**.

©The American National Red Cross. The American Red Cross name and logo are registered trademarks of the American Red Cross.

H20549-06/09