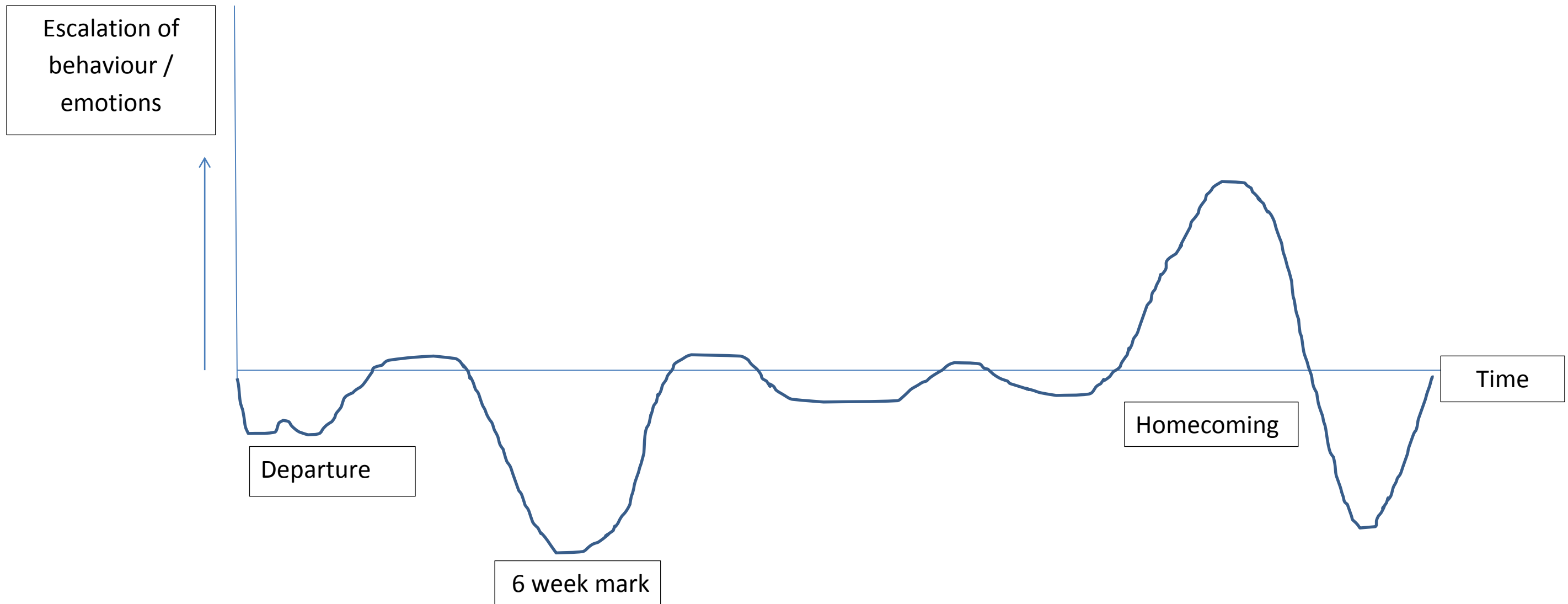


# Emotional Cycle of Deployment



**Stage 1: Pre-Deployment** – Begins with a warning order to service members for deployment from home through to their actual deployment. Students may feel – anticipation of loss and the tension in the home may build as both parents get ready for the deployment. This time often includes an element of training for the service member which may also include time away from home.

**Stage 2: Deployment** – This is the period of time immediately following the service members departure from home through the first month / six weeks of deployment. The student and family may feel a sense of relief (that the build-up is over) but may also feel sad and alone. They may suffer sleep difficulties and problems with security and safety. This is particularly relevant if the service member has deployed into a war zone.

**Stage 3: Sustainment** – Lasts from the first month / six weeks till the end of deployment. During this time new family routines are established, new sources of support are developed and the family adjust to day to day life without the service member.

**Stage 4: Re-deployment** – Is defined as the month before the service member returns home. There is an anticipation of the homecoming along with excitement and apprehension.

**Stage 5: Post-Deployment** – This stage begins when the service member arrives home through to about the 3-6 month mark. The service member has to re-integrate back into the family. There is initially a 'honeymoon' phase followed by a time when the family adjust and renegotiate routines. This time is often very difficult for both the families and returning member.