

Deployment Cycle Support (DCS) Directive
Seven Stages of the Deployment Cycle Support

- Train up/Preparation
- Mobilization
- Deployment
- Employment
- Redeployment
- Post-Deployment
- Reconstruction

What is Deployment Cycle support?

Deployment Cycle Support (DCS) is a comprehensive process that ensures Soldiers, DA Civilians and their Families are better prepared and sustained throughout the deployment cycle. It provides a means to identify Soldiers, DA Civilians and Families who may need assistance with the challenges inherent to extended deployments.

Who is required to undergo the DCS process?

The Army conducts DCS operations for Soldiers and DA Civilians who are deployed for 90 days or more. The DCS process is mandatory for Soldiers and participation is highly encouraged for DA Civilians and Family Members.

Who is responsible to insure Soldiers complete the DCS Process?

Commanders are responsible for ensuring Soldiers complete DCS tasks and documentation of the tasks. during the redeployment stage, the first O-5 in the chain of command will certify that the unit and/or eligible individuals have completed DCS tasks.



MOBILIZATION & DEPLOYMENT PROGRAM

Mobilization and Deployment Program, of Army Community Service, is committed to assisting with the completion of the Deployment Cycle Support (DCS) Directive
(For more information see back of brochure)

All briefings and training sessions can be requested by calling your local ACS or by going online to <http://www.stewart.army.mil/DMWR/acs/default.asp> and clicking on the register tab.

Fort Stewart
Army Community Service
191 Lindquist Rd. Bldg. 87
(912) 767-5058/5059

Hunter Army Airfield
Army Community Service
171 Haley Ave. Bldg. 1286
(912) 315-6816

FAMILY READINESS GROUP (FRG) TRAINING:

An FRG is described as a command-sponsored organization of Soldiers, Army Civilians, Family Members, and volunteers belonging to a unit.

(FRGs are a requirement in accordance with Army Regulation 608-1, Appendix J)

We recognize and understand it is the volunteers that make the FRG program successful. The structure of your unit's FRG depends on factors such as the size of the unit, the number of volunteers, and the status of your unit's current deployment cycle. No two FRGs will ever operate exactly the same, but all FRGs share a common goal of supporting Families.

The following training sessions are open to Unit Commanders, spouses, Soldiers, and FRG Members.

ACS Overview: This class is an overview of all Army Community Service programs and what they can provide to both Soldier and Family Members.

Basic FRG Training: The training provides the basic Family Readiness Group overview and regulatory guidance. It also provides information on how to structure your FRG for today's Families, FRG Leadership, and Commanders' responsibilities and expectations. (Open to all FRG Members, FRSA's, Rear Detachment Leaders and all FRG Volunteers)

Basic Treasurer: This basic training for FRG funds custodians covers the rules and regulations, Commanders' responsibilities, available financial resources, and fund-raising rules and responsibilities.

Advanced Treasurer Training: Advanced training will detail the supplemental FRG fund account and prepare for the yearly funds audit. Topics will include regulatory guidance, setting up an FRG Informal Fund account, and commanders' responsibilities. Training is designed for FRG Treasurers, Commanders, Rear D Commanders, and Advisors.



Advanced FRG Training: Discussions will include FRG tasks in the deployment cycle, expectations and roles of the FRG Leader, dealing with the media, and crisis management. (Open to all FRG Members, Advisors and FRSAs)

Key Caller: This training covers duties of a Key Caller, communicating with Family Members, dispelling rumors, handling crisis calls, and how the Key Caller fits into a successful Family Readiness Group.

FRG Leader & Treasurer Course for CDR/1SG FRG (Marne Inspectible Item): This training will fulfill the new Marne Inspection Program requirement for Commanders and First Sergeants to attend.

Family Readiness Support Assistant Training (FRSA): Family and Morale, Welfare and Recreation and Department of the Army Family Programs have required all FRSAs to attend training within 60 days after hire. FRSAs are requested to contact Mobilization and Deployment after being slotted as an FRSA.

Mobilization and Deployment Recommended Training and Deployment Cycle Support

Training can be scheduled for your unit event or FRG Meeting. Training sessions are open to Unit Commanders, spouses, Soldiers, and FRG Members.

Training available during all cycles of deployment

ACS Overview: This class gives an overview of Army Community Service programs and what they can provide to both Soldiers and Family Members.

Military Family Life Consultants (MFLCs) Overview: This class covers how Clinical Counselors provide short term, situational, problem counseling services to service members and their Families.

Children and Deployment: Parents learn many useful tools to help children cope with the emotional stress associated with the deployment cycle.

SGT. Rocky's Neighborhood Puppet Show

SGT Rocky's Neighborhood is an interactive puppet show designed to help children (ages 9 and under) cope with the challenges of having a parent/Soldier deployed. Performances cater to all stages of the deployment cycle.



PREDEPLOYMENT: Time-line 120 Days prior to deployment

Preparing for Separation: The training is intended to help individuals, both Soldiers and spouses, gain a good understanding about the importance of pre-deployment planning.

Supporting Families during Combat Deployment: This training focuses on how to help Families thrive (i.e., maintain physical and emotional well-being) during a combat deployment.

Family Care Team Training: A Care Team is a small group of trained individuals that provide support to the next of kin for a short period of time following a trauma or crisis. This training is critical prior to establishing a Care Team for your company or battalion.

ACS Sponsored Rear Detachment Commanders Course (Marne Inspectible Item): This training, based on requirements of AR 608-1, Appendix J, focuses on Family Readiness, specifically the leadership role and issues involved in taking care of Families in different circumstances.

ACS Sponsored Pre-Deployment Soldier and Family Brief and Deployment Fair: Is your Soldier preparing to deploy? Are you prepared to handle the household once your Soldier is away? Army Community Service hosts a Pre-Deployment Briefing and Fair that assist Families with preparing for deployment and how to maintain during deployment. Various garrison support agencies will also be present.

DEPLOYMENT/SUSTAINMENT: 60 days after Deployment

Children and Deployment: Parents learn how to use different tools to help children cope with the emotional stress associated with the deployment cycle. (Also offered during Pre-deployment stage)

OPSEC (Operational Security) Briefing: Anti-Terrorism personnel provide detailed tools and resources to help Family Members identify possible threats. This briefing is a great resource for Family Readiness Groups (FRGs) and Family Members.

DEPLOYMENT/SUSTAINMENT continued: 60 days after Deployment

Coping with Separation: Training designed to prepare the Soldier and his or her Family for the emotions and stress related to separation during a deployment or separation.

Crisis Intervention: Training in which key military and civilian agencies provide additional information on handling crises and to help identify what types of crises should be referred to a professional agency.

Trauma in the Unit: This training is designed to help leadership know what steps can be taken to support the entire unit when a casualty occurs. Learn insight into what reactions can be expected and how to deal with these reactions.



RE-DEPLOYMENT: 90 days to Re-deployment date

Operation READY- Preparing to be a Family Again for Spouses: This training is conducted upon the unit's request in preparation for the Soldiers/unit return. Reintegration topics include challenges, Family concerns, communication, intimacy, expectations, finances, children, and emotional/health indicators.

Children and Reunion: Parents learn how to use different tools to help children prepare for the return of a deployed parent.

POST DEPLOYMENT: 0-120 days after Re-deployment date

Reintegration Training for Soldiers: ACS conducts "Preparing to be Together for Soldiers". Topics include reconnecting, sharing experiences, communicating, healing, forgiveness, and warning signs. Instructions can also be given at FRG meetings and Noncommissioned Officer Professional Development and Officer Professional Development training.

Operation READY-Families Achieving Communication Tactics for Success (F.A.C.T.S) Workshops:

1. Everyone has an Opinion is for couples to begin to accept the individual differences. In negotiating matters of opinion, it is not a question of being right or wrong but on what you can agree on.

2. Talking without Talking focuses on couples who cannot or will not communicate. It is important to pay attention not just to the messages we are sending verbally but also to the messages that are sent nonverbally. The unspoken message is often heard more clearly than the spoken message.

3. Top 5 Barriers to Communication rethinks how to put into action the importance of healthy communication, which involves talking and resolving differences.

4. Getting Your Message Across will reinforce listening skills, the importance of understanding what someone is trying to tell you, and learning about barriers that may hinder getting your message across clearly.

Children and RESET: Training will cover how children can be affected when a parent deploys and returns home, what are normal emotional reactions to deployment and redeployment, ways of helping your children cope with the stresses of reintegration.

All training highlighted in red are recommended for Commanders and First Sergeants to attend.

Soldiers and leaders are recommended to attend all training in order to better serve the 21st Century Total Army Family.