

## Deployment and Operational Stressors -- Checklist

IDENTIFYING AT-RISK PERSONNEL	WINGMAN ACTIONS	COMMAND ACTIONS
<ul style="list-style-type: none"> <li><input type="checkbox"/> Younger Airmen/families</li> <li><input type="checkbox"/> Those who are deploying for the first time</li> <li><input type="checkbox"/> Those who are at their first duty station and may be away from family for the first time</li> <li><input type="checkbox"/> Recent arrivals to the unit who may not have had time to develop supportive relationships in the community</li> <li><input type="checkbox"/> Families that recently experienced a birth or other significant change</li> <li><input type="checkbox"/> Families/personnel that have had difficulties with stress in the past or are known to have additional stressors (i.e., marital problems, financial problems, physical/mental health issues, etc.)</li> <li><input type="checkbox"/> Families/personnel/units that experience repeated deployment</li> <li><input type="checkbox"/> Families that move away from a military installation (and all of the services provided by them) during a deployment</li> <li><input type="checkbox"/> Families that are known to already be experiencing significant stressors when notified of the deployment</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ensure continuous personal and family readiness for deployment</li> <li><input type="checkbox"/> Be particularly aware of the needs of deployed families</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Emphasize the need for continuous preparation for deployment to avoid last minute preparation</li> <li><input type="checkbox"/> Keep personnel and families aware of any changes (i.e., dates) or challenges (i.e., difficulties with communication, etc.) related to deployment</li> <li><input type="checkbox"/> Utilize helping agencies to prepare and meet the needs of personnel and families</li> <li><input type="checkbox"/> Consider requesting PEP or other briefings</li> <li><input type="checkbox"/> Ensure a robust unit program to monitor the needs of deployed families</li> <li><input type="checkbox"/> Consult with the MHC regarding deployability of any personnel who are in treatment with the mental health, ADAPT or FAP programs</li> </ul>