

Military Support Services

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The Counseling Team International (TCTI)

As part of our ongoing commitment to the law enforcement community, The Counseling Team International has organized a program to assist law enforcement personnel surrounding deployment for the U.S. military. The program addresses the needs of law enforcement personnel and their families during the three stages of deployment (before, during and post), as well as outlines and guides the supportive role of law enforcement department supervisors, peer supporters, mental health professionals, and chaplains throughout this process. This program is not designed to take the place of services available to veterans through the Veterans Administration but is an additional resource to help heal our military personnel and their families.

The Military Support Program (MSP) aids the department in order to become better equipped to handle the transition of its officers into soldiers and back into officers again. It allows ventilation and decompression to take place. The MSP provides additional support to the individual and their families through 24-hour crisis response. A set of guidelines is provided to assist the department in dealing with post- deployment and other related issues.

The department engages services for the individual being deployed by contacting ESS/Peer Support with the individual's deployment date and when they will be returning home. Since military experience, length of time, and type of service may vary, programs can be tailored to meet these needs. Departments can also offer outside referrals such as The Counseling Team International for the individual and their families if necessary. During deployment, ongoing assistance for individuals and families is available. It is important for the department to provide resources and information regarding how the MSP will be helpful to the individual and their families while they are deployed. It is important to emphasize how the MSP can help prepare the individual for deployment by addressing common issues such as:

- Facing the unknown/uncertainty.
- Separation from family and way of life.
- Frustration over assignment and waiting around.
- Career concerns upon return.
- Stressors that they may face such as constant noise, danger, traumatic events and the like as well as teach them proper coping techniques prior to deployment.

Family members can be, and often times are, affected while their loved one is deployed away from home. All too often these individuals are over looked in the reintegration process when they can be an asset to the soldier coming home if they are given the proper support and education. Families are included in the integration process of the individuals returning after deployment in several ways. Family members are encouraged to attend a

psycho-educational training regarding what to expect from their loved ones when they return home (a separate session can be provided for children of the soldier). Family support groups are also offered where family members can connect with other families to vent frustration, offer and receive support, and learn coping skills for dealing with stressful situations.

Supervisors are not only a contact point for families and those deployed, but are affected by their supervisee's deployment. Supervisors are expected to fill the position that is left by the individual as well as reintegrating this individual back into the same or similar position post deployment. A great deal of stress can be placed on supervisors while an individual goes through the integration process. The Military Support Program is an excellent resource for supervisors as it assists supervisors in detecting and assessing the appropriateness of various referrals. The MSP is available for supervisors in order to address the needs of the deployed individual, the supervisor, and the department.

The Military Support Program is designed to assist those in law enforcement and their families cope effectively with the stress and uncertainties of deployment. Law enforcement departments are an integral part of implementing the MSP in conjunction with the support of mental health professionals, chaplains and peer supporters. Please contact The Counseling Team International for more information regarding the Military Support Program.