



- ⌵ If you plan on traveling to a port of call, provide your Ombudsman with your itinerary. After a list of names is consolidated, it will be forwarded to the ship.
- ⌵ Remember: Ship schedules change frequently with little notice. Watch for restrictions when making plans with travel agencies. Price may not be as important as restrictions on travel. Keep a file of all meetings or phone calls with agencies.

### **COPING STRATEGIES**

- ⌵ Take care of yourself. Physical activity can help you deal with the blues and stress. Learn to enjoy time alone. Get to know and appreciate yourself.
- ⌵ Plan your days and weeks. Be in charge instead of just letting things happen to you. Alter your attitude to live life each day.
- ⌵ Become aware of your support systems: family, friends, family support group, place of worship.
- ⌵ Stay active. Take a class, learn a new hobby, go back to school or work. Set both short- and long-term goals for yourself.
- ⌵ If you use this time wisely, you will have many positive things to talk about both during the deployment and at homecoming.

**A lot of information has been covered within this handout. There is plenty here to help you start discussing with each other how to prepare for deployment and make it the best it can be.**

**Remember to prepare financially and emotionally, and know your resources.**

### **IMPORTANT PHONE NUMBERS**

OMBUDSMAN \_\_\_\_\_ PHONE \_\_\_\_\_

NAVY-MARINE CORPS RELIEF SOCIETY \_\_\_\_\_

RED CROSS : 1-800-272-7337

WEBSITE: [www.ffscnorva.navy.mil](http://www.ffscnorva.navy.mil)



**FLEET & FAMILY SUPPORT CENTERS**  
OF HAMPTON ROADS

Little Creek • 462-7563	Northwest • 421-8770
Newport News • 688-NAVY	Oceana • 433-2912
Norfolk • 444-2102	Yorktown • 887-4606

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# **DEPLOYMENT PLANNING FOR SUBMARINE FAMILIES**

**Read through this handout and then discuss with each other what you need to take care of BEFORE the deployment begins.**

**Preparation and communication are the keys to having a positive deployment experience. Planning ahead can prevent partners at home from feeling they have to handle it all alone and service members from worrying about things left undone.**

### **KNOW YOUR SUPPORT SYSTEMS**

#### **Ombudsman**

- ⌵ Your liaison between the families and the command. Keep the Ombudsman's phone number at hand.
- ⌵ Contact your Ombudsman for any problems or concerns you have. She will be able to put you in contact with the resources you need.
- ⌵ Notify the Ombudsman if you are going out of town. She will then know where you are if there is a need to contact you.

#### **Family Support Group**

- ⌵ Participation is important. You will be with other spouses who are experiencing the deployment.
- ⌵ In many instances, because of sensitive matters, you may have to attend a meeting for information which cannot be passed along on a phone tree.
- ⌵ Often activities and projects are planned during the deployment for spouses and children.



## SUBMARINES and COMMUNICATION

### Security

- ↓ Security is of utmost importance to the command. Submarine schedules cannot be discussed over the phone.
- ↓ A good rule of thumb is NOT to discuss schedules at all, including: dates of deployment; where the submarine may be operating; port visits; or even the name of the submarine.

### Family Grams

- ↓ A 40-word message (including the crew member's last name and the name of the sender) sent to deployed submarines from family members. Transmitted via Navy communications.
- ↓ They must be signed and have a clear meaning with no riddles or risqué phrases. They are reviewed to ensure proper usage. Birth and death information is sent by Red Cross or special message by your Submarine Squadron Support Unit.

### Letters

- ↓ Letters should be numbered to avoid confusion. Mail will accumulate in port until the submarine arrives.
- ↓ Mail delivery depends on the type of deployment the submarine is experiencing. Check with your Ombudsman.

### Liberty Port Phone Calls

- ↓ Be aware of security issues, time differences between foreign ports and home, and cost per minute. Have you discussed and budgeted calls beforehand?

## FINANCIAL MATTERS and DEPLOYMENT

Plan now for your family's finances while you are separated. Some specifics you may want to consider:

- ↓ Establish a good financial spending plan/savings plan. What bills are coming in and when are they due? Agree on amount to be paid to creditors. Agree on amount to save/invest.
- ↓ Decide what types of allotments are needed: car payments, rent, mortgage, savings, etc.



- ↓ Set limits for credit cards and discuss what you will use them for. Will each of you use the same account? Most important—control spending on credit.
- ↓ Be prepared for emergencies—set up an allotment. Discuss what the fund will be used for: repairs for cars and appliances, emergency leave, etc.
- ↓ Will you need a power of attorney for either purchasing or selling property, or depositing tax refunds?
- ↓ Include money in your spending plan for “fun outings” for the spouse at home as well as the deployed spouse. Discuss what those outings might be: dinner, movies, tours, children's outings, etc.

## PRACTICAL PREPARATION and DEPLOYMENT

- ↓ Check expiration date on all family member ID Cards.
- ↓ Renew ID Cards before they expire. Family members may be dropped from DEERS (Defense Enrollment Eligibility Reporting System), which is needed to access both Navy Medical Services and dental care.
- ↓ Children turning 10 years old require their own ID card—get the paperwork completed before the deployment.
- ↓ Base legal can draw up wills for spouses. Check with your command to find out if legal will be coming to the boat to prepare wills for service members.
- ↓ Verify and update service member's Service Record Page 2 and SGLI with your command.
- ↓ Make certain both spouses know where important papers such as birth certificates, deeds, insurance, and marriage certificates are kept.
- ↓ Set up a plan for emergency care for family members before a situation arises. This will be one less worry for you if an emergency should happen. It is unlikely a service member will be able to return immediately (or at all) in case of an emergency.
- ↓ Check expiration dates for all automobile requirements such as license plates, base stickers, city stickers, and state inspections.
- ↓ Make sure your vehicles are in good repair. Let your spouse know where to have the car repaired and where and when to have routine maintenance completed while you are deployed.