



PRE-DEPLOYMENT SOCIAL MEDIA PLAN

RESOURCES FOR SOLDIERS & FAMILIES



This Social Media Plan is presented as a template from Fort Carson Army Community Service for your use to communicate deployment information and resources for Soldiers and Family members.

The links provided in this plan are accurate as of date of publication. Please double check all links before posting. No Fort Carson/Army Endorsement Implied.

HOW TO USE THIS DOCUMENT:

1. Copy and paste messages into your own unit social media page(s).
2. Start at least 8 weeks prior to deployment, posting a new resource message every 1-3 days at various times.
3. Messages do not have to be posted in any particular order, and can be posted based on the trends or questions you are seeing.
4. Add a graphic for attention of those posts that do not have a hyperlink.
5. Replace any text in “orange” to personalize your specific unit information.

SUBJECT

SOCIAL MEDIA MESSAGES

GRAPHIC/VIDEO FILES

Rear Detachment Mission

Our unit has Soldiers who will be serving in the Rear Detachment (Rear-D). The Soldiers in Rear-D along with the unit's Command Family Readiness Representative (CFRR) are responsible for providing support to the Soldiers who are deployed or forward. They also are tasked with supporting and enabling readiness of the unit's Families by providing information on the unit as well as directing Family members to the helping agencies they may need.

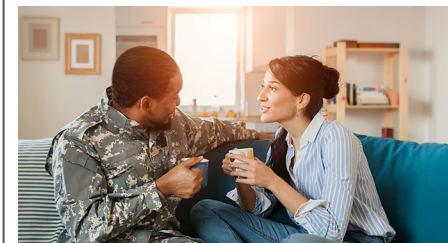
You can reach Rear Detachment at (XXX) XXX-XXXX or emailing xxxxxxxxxxx@xxx.com. Our unit website/vSFRG/Social Media site, etc. is: www.XXXXXXX.com



Communication

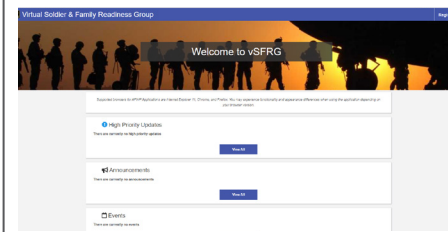
COMMUNICATING WITH MY SOLDIER

How will communication during deployment work? Will mobile phones work, allowed? Special APPS? Mail, when can it start, how will Families get the mailing address? Anything prohibited in the mail? Morale phones available, etc.??



Unit vSFRG site

SFRG is a great way to stay connected!
You must be registered on www.armyfamilywebportal.com to gain access.
To register, go to vsrfg.armyfamilywebportal.com.
Once registered, search for the vSFRG **List vSFRG Unit Name**



Accountability

Discuss any Emergency Data sheet or Spouse Preference Form you would like FM's to complete prior to deployment. Ensure you express that this form will be secured and used for official use only and does not replace the DD93. Inform FM's how you'd like them to update contact information that changes during the deployment.



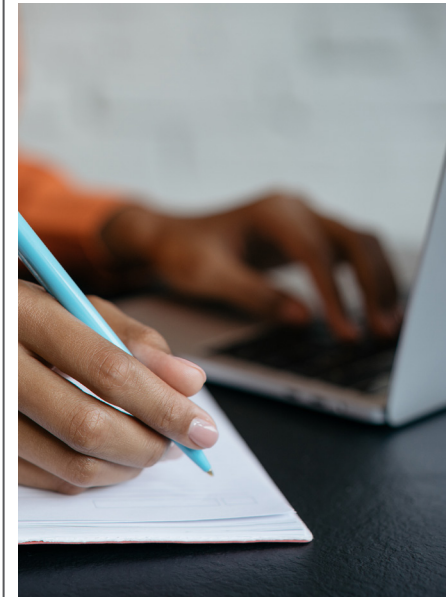
Use the talking points on this page to craft your own social media message highlighting unit resources.
PERSONALIZE these messages to work for your unit.

SUBJECT	SOCIAL MEDIA MESSAGES	GRAPHIC/VIDEO FILES
Area of Operations (AO)	Share any information that you can to Family members regarding deployed living conditions, living spaces, food options, amenities, cultural information about the AO, etc.Share any actual (approved) graphics you might have of the living areas.	
Religious Support	Share information about your unit Chaplain and their services	
POA's	A Power of Attorney (POA) is a written instrument that allows the “principal” to authorize the agent to conduct certain business on the principal’s behalf. What types of events do you anticipate needing a POA for during your deployment? POA’s may be needed to renew license plates or dependent military ID’s; handling income taxes; handling real estate or vehicle transactions; applying for an Army Emergency Relief loan or conducting other business on behalf of the Soldier. Add message on unit opportunities or procedures for acquiring POA's.	 07_powers-of-attorney.wmv
Preparedness Checklist (s)	Checklists can be separated into different posts based on subject For Soldiers and Families: use the following checklists before deployment to ensure you have the paperwork needed before your Soldier deploys. LEGAL MATTERS CHECKLIST - Create a Power of Attorney (POA). Contact your legal office for information on types of POAs and advice on which one you should use. - Create and/or update your will. - Plan how bills will be paid. Do you need to set up a joint account? - Review your current life insurance coverage. - Confirm your DD93 (Record of Emergency Data) and SGLV Form 8286 (Service members' Group Life Insurance Election and Certificate) correct and update if necessary. - If you are currently renting your home and need to cancel your lease,notify your property management company of your deployment. Understand your rights under the Service Members Civil Relief Act.	

SUBJECT**SOCIAL MEDIA MESSAGES****GRAPHIC/VIDEO FILES****Preparedness Checklist (s)****LEGAL DOCUMENTS**

Keep copies of the following documents (if applicable) together in a secure place:

- Wills (for both Soldier and spouse)
- Power of Attorney (POA)
- Insurance policies (including life, health, home, and vehicle)
- Tax records
- Court orders (e.g., child support and custody documents or divorce paperwork)
- Social Security cards
- Birth certificates
- Marriage license
- Passport
- Visas and citizenship/naturalization paperwork
- Vehicle titles, registrations, and inspections
- Copy of your most recent LES

**Preparedness Checklist (s)****FAMILY MATTERS CHECKLIST**

- Update your Emergency Data Form with your family's most current contact information.
- Ensure dependents are enrolled in DEERS.
- Ensure ID cards are current and will not expire during deployment.
- Confirm all Family members have all necessary TRICARE and Dental information.
- Create a list of important phone numbers and email addresses.
- Personal Property Checklist (if applicable)
- Notify your homeowners insurance if your home will be vacant during deployment.
- Notify your renters insurance if you are storing your belongings in a storage facility.
- Notify your auto insurance if you will be storing a vehicle.
- Make sure you have the appropriate household goods/personal property insurance.
- Know the location of your car title.
- Have an up-to-date vehicle registration and proof of registration.
- Know when your vehicle will need its next inspection, emissions, oil change, tune-up, etc.
- Make sure the vehicle is in good working order.
- If you own firearms, make sure they are registered with the appropriate authority, placed in a locked, secure location and that your spouse/family member is trained to operate them.



SUBJECT**SOCIAL MEDIA MESSAGES****GRAPHIC/VIDEO FILES****Preparedness Checklist (s)****FINANCIAL MATTERS CHECKLIST**

- Create a deployment spending plan (budget). Anticipate that deployment expenses and income may be different.
- Will taxes become due while you're deployed?
- Notify your credit card companies that you will be deployed.
- Make sure your family will have money available to them on a continuous basis.
- If you have a safe deposit box, make sure a family member has a key.
- Create a record of accounts with account information and bill due dates—store in a secure place.
- Set up automatic payments for bills (if desired) and make sure the credit cards you are using will not expire during deployment.
- Create a list of any computer or banking passwords—store in a secure place.
- Make sure you know where to go if you need financial assistance (e.g., Rear Detachment, ACS Financial Readiness, Army Emergency Relief)
- Understand the status of your finances (including debts, income, etc.).
- Reevaluate savings and financial goals. Consider utilizing the Savings Deposit Program (SDP) and Thrift Savings Plan (TSP).

**Preparedness Checklist (s)****FAMILY CARE PLAN CHECKLIST**

Use the following checklist to develop your family care plan if you are a single parent or in the event that both parents or caregivers for minor children will deploy:

- Assign a guardian for your family in a special Power of Attorney (POA) and confirm the guardian understands his or her responsibilities.
- Obtain ID and commissary cards. To ensure military health coverage for you and your children, register all dependent family members in Defense Enrollment Eligibility Reporting System (DEERS), and check to make sure all ID cards have not expired.
- Make sure Servicemembers Group Life Insurance (SGLI) is correct (SGLV Form 8286).
- Arrange for housing, food, transportation, and emergency needs.
- Inform caretakers of your financial matters.
- Arrange for guardian to have access to necessary funds.
- Arrange for child care, education, and medical care.
- Arrange necessary travel and escort to transfer family members to the new guardian.

Discuss these plans with your children.



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Financial	What are your financial goals during deployment? The SDP can help you get there! The DOD Savings Deposit Program (SDP) was established to provide members of the uniformed services serving in a designated combat zones the opportunity to build their financial savings. Amounts up to \$10,000.00 may be deposited, earning 10% interest annually. Members must be receiving Hostile Fire Pay and be deployed for at least 30 consecutive days, or 1 day in each of 3 consecutive months in order to participate in the program. https://www.dfas.mil/militarymembers/payentitlements/sdp.html	
Resilience	Every deployment is different, whether it's your first tour of duty or your fourth. Make each phase of your deployment cycle successful by being prepared, informed, and dealing with the emotional cycles. From pre-deployment to homecoming and reintegration, Military OneSource and your local Military and Family Support Center provide the information, resources and services you need to master your MilLife. https://www.militaryonesource.mil/military-life-cycle/deployment	
Resilience	Deployment can be a challenging phase of the military lifecycle, but it's important to know that you don't have to go through it alone. The military provides a variety of resources and support programs. The Military and Family Life Counselors (MFLCs) provide short-term, solution-oriented consultations in areas of anxiety, stress, adjustments/transition, marital/couple and deployment cycle issues. MFLCs provide services to individuals, couples, families and groups. Your unit Military Family Life Counselor (MFLC) is available. Call xxx-xxx-xxxx to reach them!	
Resilience / Resources / Mental Health	Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a member of our military family, you are eligible to use this Department of Defense funded program anytime, anywhere. Turn to Military OneSource for tax services, spouse employment help, webinars and online training, relocation and deployment tools, mental health counseling, and more! www.militaryonesource.mil	

SUBJECT

SOCIAL MEDIA MESSAGES

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Emergency Communication

Red Cross Emergency Messages can be initiated by you, a Family member, Rear Detachment, your Doctor or other helper in the case of an emergency.

CALLER NEEDS TO KNOW

- Soldier's full legal name and Rank
- Military full unit address (Company, Battalion, Brigade, Division, Branch)
- Social Security Name or Date of Birth
- Name and contact for Family member experiencing the emergency
- Circumstance of the emergency
- Who they can contact to verify the emergency (hospital, doctor, funeral home, etc)

****The Red Cross does NOT authorize emergency leave, they verify the emergency for the chain of command.***

Call Toll Free 1-877-272-7337, online at [redcross.org](https://www.redcross.org) or download the free HERO Care APP
<https://www.redcross.org/get-help/military-families/emergency-communication.html>



Financial

Learn how the Servicemembers Civil Relief Act and the Military Lending Act provide interest rate relief and limits on loans to active-duty servicemembers.
 Check out the SCRA & MLA Video on more Pre-Deployment videos at Financial Frontline
[\(https://www.financialfrontline.org/soldier/pre-deployment/\)](https://www.financialfrontline.org/soldier/pre-deployment/)



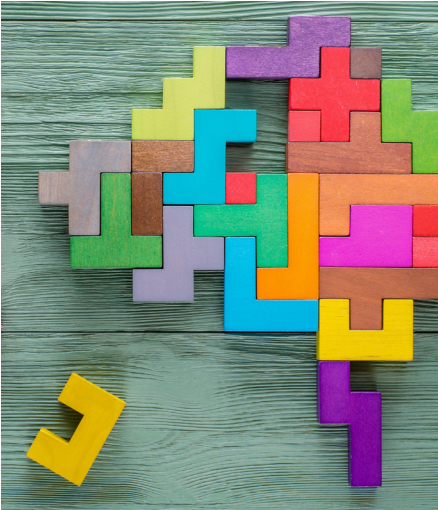
Preparedness

What is your Spouse Emergency Plan? Do you have a plan in case something happens to YOU while your Soldier is deployed?

- Have you completed your **family emergency data form** with the unit?
- Do you know your Soldiers full name, rank and complete unit information?
- Do you have a back-up childcare plan?
- Do you need a Delegation of Parent Authority or Child Medical Power of Attorney?
- Do you know and have the phone number for at least two neighbors or local friends?

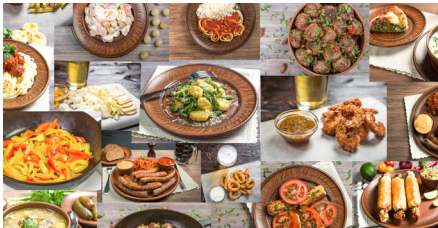
Have a plan!



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Children	CYS offers discounted rates and free respite care for Families of deployed Soldiers. https://carson.armymwr.com/CYS <i>*at time of publishing, childcare for readiness critical only</i>	
Children	The Fort Carson School Liaison Office specializes in education transitions and can support in a variety of ways. Contact the School Liaison Office about school enrollment, access to home school resources, special education resources, Child & Youth Behavioral MFLC's, teen activities and events, and resources and information necessary to achieve academic success. https://carson.armymwr.com/programs/school-support-services	
OPSEC	Operations Security (OPSEC) is means keeping dates, locations, times, equipment and mission information from our adversaries. We can't tell family and friends EVERYTHING we know about our upcoming deployment. We want to keep our Soldiers safe. Don't talk on the phone, email, online, in public or on social mediate about any specific facts about military intentions, capabilities, operations or activities such as: - When your Soldier is leaving or coming home - What your Soldier is doing in the Area of Operations - Where he or she is specifically located https://www.facebook.com/notes/army-operations-security-opsec/opsec-material-for-family-members/1163611047072825/	
ACS	Looking for deployment resources for your Soldier, yourself, your children, or your group? The ACS Deployment & Reintegration page has the information and material you need! https://carson.armymwr.com/programs/mobilization-deployment-readiness-stability-support-operations-mdrso	

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ACS	Are you looking for new employment opportunities while your Soldier is deployed? Would you like more information on Military Spouse Priority, a resume critique or help in identifying job opportunities? The ACS Employment Readiness Program can help! They can provide: - Local and virtual job opportunities - Certification resources - Job fair information - Resume critiques - Interview prep - Military Spouse Priority Placement Program information - Career counseling - Career assessments - Networking opportunities - State Licensure Reimbursement information https://carson.armymwr.com/programs/employment-readiness	
ACS	The Army Community Service Financial Readiness Program provides finance education, budget assistance, personalized budget counseling, credit counseling, debt management along with a host of other financial support programs. https://carson.armymwr.com/programs/financial-readiness	
AER	Army Emergency Relief is a private non-profit organization whose mission is to provide financial assistance to Soldiers, Family members, widows and widowers, retirees and retiree Family members needing financial assistance in an unforeseen emergency situation. On our website you can see all the details of this program and download an application. Note: Spouses will require a Special Power of Attorney https://carson.armymwr.com/programs/army-emergency-relief-aer	

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Domestic Violence	The ACS Victim Advocacy Program provides emergency and follow-up support services to adult victims of domestic abuse. Advocacy services are available to service members, their current or former spouses, and those who can be seen by a military medical facility. Services are available 24/7 through our 24 HR Victim Hotline: (719) 243-7907	
Community Information	Are you looking for the latest information on the Fort Carson community programs, services and events? Keep yourself current with this great resource! https://carson.armymwr.com/programs/community-information-newsletter-pass-it	Keep up to date with local events and deals with the 
ACS/Parenting	Looking for ways to cope with the stress of deployment for you and your children? The ACS New Parent Support Program (NPSP) promotes healthy Families through a variety of services including home visits, support groups, and parenting classes. Check out their Facebook page at: https://www.facebook.com/Fort-Carson-ACS-Nurturing-and-New-Parent-Support-Program-100742954895152/	
ACS/Volunteering	Looking for a way to learn a new skill, meet new people, advance your employment goals or give back to the community during deployment? The ACS Army Volunteer Corps can help! Call us today to find information on current volunteer recruitment needs! 719-526-4590 https://carson.armymwr.com/programs/army-volunteer-corps <i>*Volunteer access to the installation may be limited at time of publication</i>	
ACS/Resilience	Is your Soldier deployed, on an unaccompanied tour or apart from you due to other mission requirements? The ACS Waiting Families Program can help make the separation more bearable! This group provides extra connection and more information on resources while linking you with other Families! Call 719-526-4590 or visit the website to enroll https://carson.armymwr.com/programs/relocation-readiness-program	

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ACS/Special Needs	Need some help navigating the path of special needs while your Soldier is deployed? The ACS Exceptional Family Member Program (EFMP) offers personalized services to provide you family focused and consistent EFMP family support, and to assist you in connecting with military and community resources so that you and your family can gain the care and support you need. Check out their Facebook page at: https://www.facebook.com/FortCarsonEFMP/	
ACS/Multi-Cultural	ACS has Multicultural Meet-Up Groups! Get acquainted with ACS offerings and find new friends in a community at Fort Carson that includes people with similar backgrounds and experiences. Children are welcome. https://carson.armymwr.com/programs/multicultural-program	
Housing	Do you live on Fort Carson? Fort Carson Family Homes offers assistance through their Deployed Spouse Program. Among other services, they can provide pre-deployment preventive maintenance inspection and services, backyard mowing and assistance with standard household tasks such as hanging pictures, moving furniture, etc. https://www.fortcarsonfamilyhomes.com/custompage.aspx?sectionid=16570538	
Health	Is your Family planning to move while you're deployed? Make sure you plan before you go to ensure their TRICARE moves with them! https://www.tricare.mil/LifeEvents/Deploying	

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Health	Searching for help with sleep, weight management, nutrition or wellness coaching? The Army Wellness Center at Fort Carson assists Soldiers and Families in facilitating a healthy lifestyle! https://www.facebook.com/FortCarsonArmyWellnessCenter/	
Education	Looking for education opportunities, starting college, or using Tuition Assistance? Have questions about the GI Bill or on-post classes? The Fort Carson Education Center can help! https://www.facebook.com/Fort-Carson-Army-Education-Center-123625425699127/	
Religious Support	Whatever your religious background, there are many worship opportunities representing a wide variety of faith groups here on Fort Carson! https://www.carson.army.mil/organizations/chaplain.html	
Community Support	Are you looking for a way to get involved while your Soldier is deployed? The Mountain Post Spouses Club is a non-profit, all ranks, spouses group at Fort Carson, dedicated to giving back to Soldiers and their Families. Membership is open to all spouses of Active Duty, Reserve, National Guard and retired personnel of the Armed Forces. We are also honored to extend membership to Gold Star spouses. https://www.mpsc.us/	

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Parenting and Children	As a service member, you have access to a number of resources that can assist you with each phase of parenthood – from those sleep-deprived nights with your newborn to the busy days of helping your teen prepare for college. Military OneSource has some essential resources and services you can use for help along the way at https://www.militaryonesource.mil/family-relationships/parenting-and-children/parenting-and-children-resources/.	
Community Support	Citizen Soldier Connection is a local community partner that provides opportunities for growth and connection. They host many events free to military members such as photography classes, car care classes, music lessons, speed networking, community activities, etc. They also provide Holiday Connections that help connect local families with Soldiers for holiday dinners. https://citizensoldierconnection.org	
Community Support	Military Child Education Coalition (MCEC) provides programs and services to meet the needs of military-connected students, parents and professionals. Looking for ways that a parent can support their student from afar, or how to navigate through your students transition at reintegration? Check out all the resources that MCEC has to offer! https://www.militarychild.org/	
Community Support	Military Kids Connect is an online community for military children ages 6-17, and provides access to age-appropriate resources to support children dealing with the unique psychological challenges of military life. MKC offers informative activities, helpful videos, and an online community that can build and reinforce understanding, resilience, and coping skills in military children and their peers. https://militarykidsconnect.health.mil/	

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Community Support	Sesame Street for Military Families is a free, bilingual (English and Spanish) website where families can find information and multimedia resources on the topics of military deployments, multiple deployments, homecomings, injuries, grief, and self-expression. There are free Apps to download, and free printable activity pages along with kid's games, videos, and more! https://sesamestreetformilitaryfamilies.org/	
Community Support	Do the kids need a little extra homework help? Tutor.com is an online tutoring and homework help for U.S. military and their families provided 24/7 at no cost by the U.S. Department of Defense. https://military.tutor.com/home	
Community Support	Did you know that having a deployed parent may qualify your child for free preschool or Head Start eligibility, regardless of income? Community Partnership for Child Development offers a variety of programs that prioritize military families. Start your application today! https://www.cpcdheadstart.org/	
Community Support	The Warrior Warehouse can help you turn your house into a home! Soldiers and Families in the grades of E1-E5 can pick up five free household items a month from this Fort Carson partner organization every Wednesday and Thursday from 9am to 1230pm. https://www.facebook.com/Warriors-Warehouse-and-The-Redistribution-Center-Inc-Fort-Carson-512905145507687/	

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Community Support	United Through Reading unites military Families facing physical separation by facilitating the bonding experience of reading aloud. Download their APP today to find new ways to stay connected to your children during deployment! https://unitedthroughreading.org/service-members/recording-locations/app/	
Community Support	The HOME FRONT MILITARY NETWORK connects service members, veterans and their families to the local resources provided by trusted community partners. They help Families connect to any community service they might need—from education or child care to behavioral health and much more. Check out their website to find programs and services near you! https://pikespeak.co.networkofcare.org/veterans/	
Community Support	From entertainment and holiday celebrations to spouses coffee connections, the United Services Organization (USO) has something for deployed Soldiers AND their Families at home! https://www.facebook.com/usocolorado	
Community Support	The Colorado Springs Southeast & Armed Services YMCA brings Operation Kid Comfort to children of deployed parents by providing a free photo quilt for children six and under and pillows for children seven and up. Visit their website for more information on this program, reduced membership rates and other military programming. https://ppymca.org/programs/military/operation-kid-comfort	

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Community Support	The Comfort Crew Programs are provided to military families completely free of charge, and combine customized in-person live experiences, animated DVD's, and guided journals to open kids up to talking about the “tough stuff.” These unique edutainment experiences allow us to talk about serious subjects in a way that is accessible to children. All Comfort Crew Kits are designed to support children ages 6-12. https://www.comfortcrew.org/militaryheroes.html	
Money Matters	As a Soldier, you will face many changes in your military career. Your finances can remain steady through every milestone, with proper planning. Financial Frontline is providing financial education throughout these many milestones including deployment. Check them out at https://www.financialfrontline.org/	
Money Matters	MilSpouse Money Mission provides financial education to support military spouses throughout their military journey including pre-deployment. Check out their website today at https://www.milspousemoneymission.org. Link to pre-deployment materials by selecting MilLife Milestones.	
Parenting and Children	Military Child Education Coalition (MCEC) parent programs empower parents to become informed, proactive supporters, allowing them to make a positive impact in the needs of their children. Parent to Parent™ provides informative and interactive parent workshops to groups to and organizations in the local community that address academic, social, TM and emotional issues associated with a military family lifestyle. Check out all they have to offer at https://www.militarychild.org/audience/parents.	

SUBJECT**SOCIAL MEDIA MESSAGES****GRAPHIC/VIDEO FILES****Health**

As the traumatic brain injury (TBI) Pathway of Care manager within the MHS, the Traumatic Brain Injury Center of Excellence (TBICoE) promotes state-of-the-science care from point-of-injury to reintegration for service members, veterans, and their families to prevent and mitigate consequences of mild to severe TBI.

TBICoE works at the macro-level, screening and briefing troops heading into theater, performing pre-deployment provider training at military treatment facilities, gathering data mandated by Congress and DOD, and overseeing research programs. TBICoE develops educational materials for both military and civilian providers, families, service members and veterans.

<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence>

