



# What is Deployment Cycle Resilience Training?

TASK: What is Deployment Cycle Resilience Training (DCRT)?

CONDITIONS: Discussion and Q & A

STANDARDS: Soldiers will learn what the DCRT training entails and the purpose of DCRT.

REFERENCE(S): <http://csf2.army.mil/>



# What is Deployment Cycle Resilience Training?

## DCRT

- The training is part of the Deployment Cycle Support Directive and DCS Checklist (DA Form 7631)
- Requirement for all United States Army, Army Reserve, and Army National Guard Soldiers who are deploying or have recently deployed away from their home station for 90 days or more



# What is Deployment Cycle Resilience Training?

## Pre-Deployment Resilience Training Modules

- Pre-Deployment Resilience Training for Soldiers
  - Provided 1-6 months prior to deployment
    - Focus on preparation for deployment, strategies to remain resilient while deployed and encourages Soldiers to think about what they want to achieve during deployment
- Pre-Deployment Resilience Training for Leaders [Pending FY15]
  - Provided to leaders (E-5 and Warrant Officers, and O-3 and below) in conjunction with Pre-Deployment Resilience Training for Soldiers
    - Discusses the nature of combat and operational deployment stressors and their effects on Soldiers and Leaders
- Pre-Deployment Resilience Training for Spouses
  - Not mandatory but must be offered
  - Delivered 1-6 months prior to deployment
    - Helps Spouses and/or significant others to strengthen their relationships prior to the separation, and helps them plan how they will communicate with one another during the deployment



# What is Deployment Cycle Resilience Training?

## Post-Deployment Resilience Training for Soldiers

- Post-Deployment Resilience Training for Soldiers (Reintegration)
  - Provided +/- one month after deployment is completed
    - Discussion includes transition from a deployment environment to a garrison environment. A focus is placed on strengths developed during deployment and the need to adapt them for a successful transition home
  
- Post-Deployment Resilience Training for Soldiers (3-6 Months)
  - Provided 3-6 Months after deployment has been completed
    - Serves as a “progress check” from the common challenges discussed during the reintegration period. Self-aid, buddy aid, and assets and resources are also discussed
  
- Post-Deployment Resilience Training for Spouses (Reintegration)
  - Not mandatory attendance but must be offered
  - Ideally Soldiers’ Spouse or Significant other receives +/-30 days after a deployment has been completed
    - Focus is on re-establishing and strengthening ties as a Soldier continues to transition back into the family unit