



Deployment Readiness

Yokota AB Air Force Airman and Family Readiness Center's (A&FRC) mission is to offer pre-deployment, sustainment, and reintegration services that provide information, improve skills by fostering competencies and coping skills, and offer support and assistance that will help personnel and their families deal with the demands of the expeditionary military mission and their family responsibilities. To improve outreach to the Air Force community, in 1997 Airman & Family Readiness NCO positions were developed to assist A&FRC staff in

managing the challenges of evacuations, emergencies, deployments and separations including TDYs and remote tours.

PRE-DEPLOYMENT

Pre-deployment support for service members and families begins with a pre-deployment consultation/class that is mandatory for the deploying Airman; families are strongly encourage to attend. The class includes information on deployment stress, staying connected, sustainment services offered during the deployment, and return and reunion support. Personal & Family readiness is emphasized in three key areas: finances, legal matters, and personal details.

Call A&FRC at DSN (315) 225-8725; COMM: 042-507-6548 to register yourself and your spouse for the Pre-Deployment Class on Thursdays 1000-1100 held at Bldg. 535.

REINTEGRATION

Reintegration following a deployment or remote tour involves becoming reacquainted with the local unit, base, and for those married, their family. Yokota AB A&FRC is here to assist this important process. Continuing reintegration services for both Airmen and families include welcome home events, classes and workshops on reintegrating back into family, community, and workplace, non-clinical counseling and referral to other helping agencies as needed.

Call A&FRC at DSN (315) 225-8725; COMM: 042-507-6548 to register yourself and your spouse for the Pre-Deployment Class on Thursdays 1100-1200 held at Bldg. 535.

CAR CARE BECAUSE WE CARE (Sponsored by the Air Force Aid Society)

Spouses of deployed active duty Air Force members are authorized a free oil change and safety check on their primary vehicle. Members must be deployed for over 30 days and there is a limit of one service per deployment with a max of 2 per year.

GIVE PARENTS A BREAK (Sponsored by the Air Force Aid Society)

The Air Force Aid Society (AFAS) recognizes that Air Force families are subject to unique stresses due to the nature of military life -- deployments, remote tours of duty, frequent moves, extended working hours, etc. Families are separated from the military member as well as from extended family who might otherwise offer support. In an effort to help, AFAS, in cooperation with AF Services, funds a monthly "Give Parents a Break" program at YAB child care and youth centers. Give Parents a Break certificates are issued for a specified period of time and may be renewed if necessary.