

# Barriers to Care: Deployment Concerns



In order to deploy, you must be both **physically and mentally fit**. It's important to know that **only a few mental health conditions or medications** may affect deployability.

**Myth:** I will not be able to deploy if I seek mental health care, list a mental health concern on an assessment, or have a mental health diagnosis.

**Fact:** Although some serious diagnoses may limit deployability, most mental health conditions do not.

**Evidence:** DoDI 6490.07 and clinical practice guidance lists the various mental health concerns that may prevent a service member from deploying. This policy states that you should be able to deploy if:

- You've demonstrated stability for at least three months
- Your medications have been unchanged for at least three months, and are also available to you while deployed



## What opportunities do I have to be screened for mental health before I deploy? If I report any symptoms, what happens?

If you are concerned about your mental health, you will have an opportunity to be screened before deployment. Endorsing mental health symptoms on the Pre-Deployment Health Assessment (Pre-DHA) won't prevent you from deploying in most cases.

If concerns are identified, you'll have opportunities to talk to a mental health provider who will make a determination on whether you're fit for a deployed environment.

In a study of 1,029 military personnel who were seen for mental health concerns in Iraq, 29% had a psychiatric diagnosis in their medical records before they deployed.



## What mental health treatment is available for me during my deployment?

Treatment is available if mental health concerns come up while you are deployed.

- **Combat Stress Control (CSC)** teams, clinics, and programs can provide you with resources and support to manage stress resulting from deployment.
- **The Deployment Prescription Program** delivers some prescription medications in theater to an APO/FPO address.

### Service-Specific Resources:



**Army Behavioral Health Officers (BHOs)**



**Marine Corps Operational Stress Control and Readiness (OSCAR)**



**Navy Embedded Mental Health Providers**



**Virtual Behavioral Health**



**Air Force Tactical Combat Casualty Care (TCCC)**



## What are the most common mental health conditions in theater?

- In a study of deployed Army personnel, reasons for seeking treatment broadly fit into three categories: (a) to decrease psychological symptoms (e.g., insomnia, depression; 70.3%); (b) to improve relationships (e.g., marital concerns, communication; 56.4%); and (c) to improve professional skills (e.g., managing time; 41.6%)
- In a study examining the mental health histories of 1,078 American military personnel deployed to Iraq, the most frequent in-theater diagnoses were anxiety (24%), adjustment (23%), and mood (19%) disorders.