

The Mental Health and Psychology Section (MHPS) - Lavarack Health Centre, will be conducting a comprehensive **Family Inclusive Post Operations Psychological Screen (POPS) campaign for members returned from MTF-5**. Family members are strongly encouraged to participate in the process.

Why include partners and families?

- Australian Defence Force (ADF) commanders recognise the importance of family support, and the commitment and challenges that are faced by Defence families, particularly during deployments.
- Some of the key messages from the Chief of Defence Force Family Covenant (2009) include the recognition of the significant contribution that ADF families make to operational effectiveness; the commitment and sacrifice of ADF families in support of Australia; and an acknowledgement of the unique nature of ADF family and community life.
- Families, partners and social supports are often the first to notice changes in ADF members after deployments.
- There is a strong international evidence base that demonstrates the important role that family and social supports play in post operational transition, treatment and recovery processes for military members.
- POPS campaigns are an important component of supporting and promoting the positive mental health and well being of military members after deployments. Early intervention and assistance is linked with better mental health outcomes, and a Family POPS campaign is likely to provide a forum for post operational issues to be identified earlier.

How will Family POPS work?

- ADF members are strongly encouraged to invite an adult family member to participate in an interview with one of the MHPS staff after the military member has completed his/ her individual POPS interview.
- The intent is to allow an adult family member to actively participate in order to understand the purpose of the POPS process, and for MHPS staff to be able to provide early assistance or advice to members and families who may be struggling with some issues following deployment.
- Where appropriate, the ADF member and family member may be offered a one-off single session follow up by ADF Mental Health and Psychology staff.
- If more than one session is required, a referral may be made to either DCO or VVCS for additional support.

How do I arrange a Family POPS appointment?

- Whilst mandatory for members, families are strongly encouraged to accompany military members to their POPS appointment during the campaign, and can find out more by contacting chain of command and speaking with the Unit's Family POPS liaison officer.
- Flexible after hours and weekend appointments, in addition to business hour appointment, are available.
- **To arrange a Family POPS appointment, please contact the chain of command and ask to speak with the Family POPS Unit Liaison Officer.**

For more information about how Family POPS might help you, you can also contact the **Mental Health and Psychology Section during business hours on 07 4411 2045.**

