

Guidelines for Evaluating Fitness and Deployability

Sources of Information and Factors For Commanders to Determine Psychological Fitness

Service Member (SM) Is Psychologically Fit and Deployable If:		Source of Information:	Medical and Mental Health Personnel	Chain of Command and Chaplains	Peers and Family Members	Service Members Themselves
In Spite of a Stress Injury or Illness:	In Spite of Mental Health Treatment:		<ul style="list-style-type: none"> <input type="checkbox"/> SM meets medical standards for retention <input type="checkbox"/> SM is currently not significantly impaired in performance of duties due to stress injury or illness symptoms <input type="checkbox"/> The expected demands of future deployments are not likely to cause SM to become significantly impaired <input type="checkbox"/> SM is motivated <input type="checkbox"/> Medical personnel are OK deploying with SM 	<ul style="list-style-type: none"> <input type="checkbox"/> SM has demonstrated competency in all essential knowledge, skills, and attitudes throughout recent training <input type="checkbox"/> SM is confident in their own abilities, and in leaders, peers, and equipment <input type="checkbox"/> If SM is not now fully competent or confident, these can be regained in near future <input type="checkbox"/> SM is trusted by other members of their team <input type="checkbox"/> SM contributes positively to cohesion and morale <input type="checkbox"/> SM displays adequate leadership skills <input type="checkbox"/> SM is motivated <input type="checkbox"/> Chain of command trusts SM 	<ul style="list-style-type: none"> <input type="checkbox"/> SM has not demonstrated any unsafe behaviors (e.g. strong suicidal thoughts or violent impulses) <input type="checkbox"/> SM is not drinking excessively or engaging in any other dangerous behavior <input type="checkbox"/> SM appears to those most familiar with him or her to have returned to their normal or usual self <input type="checkbox"/> Peers and family members are comfortable living and working with SM 	<ul style="list-style-type: none"> <input type="checkbox"/> SM feels confident in their ability to perform effectively and remain well <input type="checkbox"/> SM is motivated to remain on active duty and deploy
			<ul style="list-style-type: none"> <input type="checkbox"/> Needed psychotherapy treatment will be concluded within 6-12 mos. <input type="checkbox"/> Current medications do not cause potentially impaired side effects <input type="checkbox"/> Current medications are on a stable dosage (e.g. 3 months or more) <input type="checkbox"/> Medication is safe to take on deployment <input type="checkbox"/> No risk for serious withdrawal symptoms if medications is stopped <input type="checkbox"/> No risk for serious worsening of symptoms if treatment is stopped 	<ul style="list-style-type: none"> <input type="checkbox"/> SM is compliant with all prescribed treatments <input type="checkbox"/> Chain of command is OK with SM taking prescribed medications during deployment 		