WHAT IS DHAP

The Deployment Health Assessment Program (DHAP) is a Commander’s program which is critical to building Soldier and Department of the Army (DA) Civilian readiness and resilience. DHAP provides a series of health assessments throughout the deployment life cycle designed to protect Soldiers’ and DA Civilians’ medical readiness and well-being. Under the program, personnel are afforded the opportunity to identify potential medical and behavioral health concerns before and after deployment which may require further evaluation and care. Because of this, DHAP is a key supporting element of enduring Ready and Resilient (R2) across the Army.

DHAP demonstrates the Army’s commitment to increasing the operational readiness of the Total Army, promoting health and well-being, and strengthening the resilience of deploying and redeployed Soldiers and Army Civilians, as well as their families. DHAP includes a series of self-assessments and one-on-one confidential conversations with a healthcare provider, enabling personnel to identify and receive care for deployment-related health conditions, injuries, and complications associated with environmental exposures.

In order to ensure effective and efficient delivery of DHAP services and related care, DHAP is administered by the Army Deputy Chief of Staff, G-1, through DHAP support teams. These teams are imbedded in the Office of the Surgeon General (OTSG)/United States Army Medical Command (MEDCOM), the Army National Guard, the United States Army Reserve Command (USARC), Individual Ready Reserve (IRR), and the Office of the Assistant G-1 for Civilian Personnel. Each team provides direct support and is responsible for meeting program management, evaluation, and implementation timelines in accordance with DODI 6490.03, HQDA EXORD 015-14, and ALARACT 082/2015. The DHAP teams are working to raise the bar through new initiatives, guidance, and training to ensure all Soldiers and units are medically ready and have access to deployment related services.

From the DHAP Program Executive Officer

“The Deployment Health Assessment Program is designed to protect Soldiers' and DA Civilians' health and well-being. The program was designed to provide a confidential opportunity for personnel to identify medical and behavioral health concerns and access care. In order to optimize the outcomes of these events, it is essential in the planning that the necessary resources are on hand, and that the environment supports confidential conversations between personnel and the health care provider. How this program is resourced and valued by Command impacts the outcome to personal and personnel readiness and resiliency.”

- LTC Lisa Lute
The DHAP program is essential to Soldiers and their families as a means to identify medical and behavioral health concerns related to deployments, and to access care for these issues. The DHAP team constantly works to ensure Soldiers are aware of the available resources to information regarding the program and other deployment related support services. One path the DHAP team uses to disseminate information regarding this crucial program is through regular integration at Yellow Ribbon events and via unit outreach.

These events are designed to give deploying and redeployed Soldiers and family members information important to the mission, the ability to ask questions and get answers, and find services that help to alleviate the strains of deployment. At these events, DHAP team members work to reach Soldiers and their families in order to educate them on the program and its importance.

In a recent trip to San Juan, Puerto Rico, Cliff Lewis, DHAP Analyst for the Army Reserve, attended the 301st Military Police Yellow Ribbon event. Here, Lewis spoke with more than 380 Soldiers and family members. He said, “A lot of Soldiers don’t know what DHAP is until you explain it.” Lewis’s mission is to reach these Soldiers, emphasizing that DHAP can get you the help you need to recover physically or mentally from the stresses of deployment.

Lewis also said, “Family members don’t know their Soldier is supposed to take these assessments.” He feels educating family members on how the stresses of deployment can manifest themselves upon return (lashing out at family members, becoming isolated, having nightmares, etc.) is important to the success of Soldiers. Lewis taught these families to encourage their Soldier to seek help and get referrals for additional care through Deployment Health Assessments; that it’s essential for getting through some of these difficult situations.

The hope is to get all Soldiers to complete their Deployment Health Assessments and to educate family members to encourage their Soldier’s participation. By keeping Soldiers mentally and physically healthy, units can focus on the overall mission and families can focus on bonding, resulting in the Army community running more efficiently.
The 2017 DHAP Leader’s Guide will soon be released for Army-wide distribution. Its completion has been a total Medical Readiness effort, including input from each of the Army’s Components and Senior Leadership.

For more than a year, the DHAP team has worked tirelessly to bring Commanders a complete guide to the Deployment Health Assessment Program. Covering more than 10 different topics (including roles & responsibilities, DHAP support teams, and resources available to DHAP program managers), this all-inclusive tool is intended to be the ultimate resource for all matters regarding the program.

Unit and Garrison Commanders, as well as the medical and personnel communities, will be able to reference this user-friendly doctrine to help guide the program, manage expectations, and better realize the overall impact and effects of the Deployment Health Assessment Program.

The Army Reserve and National Guard are in development of new DHAP websites for each Component.

The idea is to create a more consistent message about the program for all Components. With thousands of troops being called to Active-duty each year, the knowledge and awareness to complete each Deployment Health Assessment is critical to the overall medical readiness of the Army.

These upgraded sites will not only give Reservists and Guardsmen complete information about the program, but will give specifics for each Soldier on how to complete each assessment and the need to comply with each timeline.
SOLDIER & FAMILY RESOURCES

DHAP

http://www.armyg1.army.mil/hr/dhap/index.html
https://g1arng.army.pentagon.mil/Programs/DHAP/Pages/default.aspx

Real Warriors covers topics concerning care giver support, combat stress, family resilience, suicide, domestic violence, and coping with deployment in children.

www.realwarriors.net/family

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www.realwarriors.net/family

Military Family Life Counselor provides short-term, non-medical counseling support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues.

www.mhngs.com/app/programsandservices/mflc_program.content

Soldier and Family Fitness is designed to build resilience and enhance performance of the Army Family — Soldiers, their families, and Army Civilians.

csf2.army.mil/

Military One Source is a one-stop source for information and help covering topics from confidential help to assistance with every phase of military life.

www.militaryonesource.mil/

Army Substance Abuse Program has a mission to strengthen the overall fitness and effectiveness of the Army’s workforce, to conserve manpower, and enhance the combat readiness of Soldiers.

https://asap.army.mil

Army Suicide Prevention Program improves readiness of the Army through training and strategic communications designed to minimize suicide behavior; thereby preserving mission effectiveness through individual readiness and resilience for Soldiers, Army Civilians and family members.

www.armyg1.army.mil/hr/suicide/default.asp