



Available to all military branches

The ongoing war on terror and the subsequent increase of deployments have heightened the stress placed on military families. They struggle with issues such as single parenting resulting from deployment, childcare, financial stability, fluctuating family income and frequent relocations. In response, the Department of Defense (DoD) established the Military & Family Life Counseling, or MFLC, Program to provide non-medical, short-term, situational problem-solving counseling.

The MFLC Program addresses issues that occur across the military lifestyle and helps Service Members and their families cope with normal reactions to the stress resulting from deployments, war, and reintegration.

*I have seen a vast improvement in my children's emotional wellbeing. I attribute this change to [the MFLC] and her support group.*

*It has been the key factor in getting my children through this terribly sad and emotional time in their lives.*

*Neither I nor my husband could even begin to thank her enough for what she has done for [my children]. My husband is due home in about two weeks, and we all are thankful for that day to come. When he does return, he will come to group to personally thank [the MFLC], along with pictures of happy children welcoming home their Daddy, a United States Marine.*

*With utmost respect, a Military Spouse*

## MILITARY & FAMILY LIFE COUNSELING PROGRAM

*Supporting Service Members & Their Families*



*A growing number of military personnel and their families are reporting emotional problems resulting from deployment stress.*

*(American Psychological Association, 2007)*



## THE MFLC PROGRAM AT A GLANCE

- » Provides non-medical short-term, situational problem-solving counseling to Service Members and their families
- » Provides psycho-education to help Service Members and their families understand the impact of stress, deployments, family reunions following deployments and the stresses of military life
- » MFLC services augment existing military support services
- » Flexible service delivery
  - Outreach/rotational
  - On-demand
- » Services can be provided on or off military installations
- » Services provided to individuals, couples, families and groups
- » Children's Support Program addresses impact of military life on children
- » Mandated reporters of child abuse, domestic abuse and other duty-to-warn situations
- » Services are otherwise confidential and private, except for duty-to-warn situations

## NON-MEDICAL COUNSELING SERVICES

### life skills

- » Anger management
- » Communication
- » Relationship issues
- » Productivity at work
- » Conflict resolution
- » Parenting
- » Decision-making skills

### military lifestyle

- » Deployment stress
- » Coping skills
- » Relocation adjustment
- » Sadness, grief and loss
- » Homesickness
- » Separation
- » Building resiliency
- » Reintegration: warrior to citizen

## ABOUT MILITARY & FAMILY LIFE COUNSELORS

- » Masters or Ph.D. level licensed clinical counselors
- » Work with families, individuals, couples and children to provide non-medical problem identification and counseling services
- » Address relationships, stress management, grief after loss, occupational and other individual and family issues, providing crisis intervention when needed
- » Work with existing Military Family Support programs to complement services provided

Your contact is:

**ALCONBURY/MOLESWORTH-07766-623560**  
**AFRICOM-07748-255664**  
**CHILD/YOUTH-07827-788993**

## MFLC is intended to serve all Services and Guard/Reserve components.



## GUARD/RESERVE COMPONENT SERVICES

To maximize the support available to Guard and Reserve Service Members while preparing for the issues surrounding pre-deployment, mobilization and post-deployment, the MFLC Program:

- » Provides psycho-educational presentations, briefings and counseling support for drill weekends and family events on a variety of topics, including:
  - Deployment
  - Mobilization
  - Reunion and reintegration
  - Communication
  - Sadness, grief and loss
- » Provides services including:
  - Educational and counseling services to families
  - Pre-deployment events for Service Members
  - Deployment presentations for younger audiences
  - Marriage enrichment
  - Stress reactions and coping mechanisms