

## **Military & Family Life Counseling Program – CYBC/CYBS Brief (5 to 10 minutes)**

Hello, I am \_\_\_\_\_, a Child Youth Behavioral (also known as CYB) counselor with the Military & Family Life Counseling Program (MFLC). How many of you are familiar with the MFLC program? For those of you who may not be very familiar with MFLC, I would like to share information about the program.

- The MFLC pilot program started in May 2004 in Germany with a team of four counselors as a response to Army resources being challenged due to extended deployments in Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF). The program has expanded to serve all military branches to address the day-to-day stressors of military life and the impact of deployment and reintegration on families.
- CYB counselors provide walk-around services on or off the installation. We can provide unique opportunities in either traditional or non-traditional settings, inside or outside the center or school setting. However, we cannot provide services in the home or a primary residence.
- Counseling services are provided by masters-level or higher social workers, counselors, and other professionals.
- We provide short-term, non-medical, solution-focused counseling, education and support to military service members and their families.
- Our services are free of charge and are meant to complement, support, and augment existing military support services.
- We maintain confidentiality. However, we are obligated to report cases where there is a threat to self or others, spousal abuse, child abuse, and sexual assault (which is handled utilizing DoD protocol). We also may need to report criminal behavior or intent. The MFLC counselor reviews Mandated Reporting policy with the installation Point of Contact (POC) at the beginning of the assignment.
- We do not diagnose or provide treatment; thus, we do not report or record any personal identifying information of the service member or family.
- Written parental consent is required to work with children.
- All CYB MFLCs must maintain a line of sight when working with a child.
- We work to provide support, psycho-education, and coping skills through formal and informal meetings with individuals and through group presentations. We assist children and their families with their day-to-day stressors, which could include:
  - Communication
  - Family dynamics
  - Grief and loss
  - Deployment and reintegration
  - Transitions (parental divorce, relocation)
  - Social skills/peer interactions
- MFLC counselors provide “program briefings” to educate service members about the support the program offers. These program briefings, as well as a variety of presentations, can be scheduled with MFLC counselors.
- We do not see anyone who is currently receiving services “in the system.”
- Parents can approach MFLC counselors with any concerns that they have related to their child or their interactions with their children.
- CYB counselors typically work between 8 a.m. and 6 p.m., Monday through Friday. MFLCs schedule their own appointments to remain flexible in meeting the needs of the service members and their families. We can be reached through the phone number provided on brochures/cards.
- **Discuss types of MFLC counselors** - Adult, CYB, School, Surge, Summer Camp, On-Demand, Embedded, and SOCOM.
  - Adult Program: primarily work with service members and their families.
  - Child & Youth and Adolescent Programs: work in Child Development and Youth Centers that are a part of the Child, Youth, and Teen Programs.
  - School Programs: MFLCs provide support to military children on and off the installations.
  - Summer Camps: additional counselors can be requested by the installation for summer MFLC support.
  - On-Demand Events: shorter-duration events where large groups of service members are gathered. These include but are not limited to deployment reintegration, Yellow Ribbon events, and special events.
  - Surge: MFLCs support significant events where additional support to existing services is necessary.
  - Embedded and SOCOM: MFLCs provides services exclusively at the battalion, brigade, or squadron level.

## **Military & Family Life Counseling Program – Quick CYBC/CYBS Brief (1 to 3 minutes)**

Hello, I am \_\_\_\_\_, a Child Youth Behavioral (also known as CYB) counselor with the Military & Family Life Counseling Program (MFLC). How many of you are familiar with the MFLC program? For those of you who may not be very familiar with MFLC, I would like to share information about the program.

- CYB counselors help service members and their children address the day-to-day stressors of military life and the impact of deployment and reintegration. Issues can include child behavior, communication, family dynamics, grief and loss, deployment and reintegration, transitions (parental divorce, relocation), and social skills/peer interactions.
- Counseling services are provided by masters-level or higher licensed social workers, marriage and family therapists, psychologists, counselors, and other professionals.
- We provide short-term, non-medical, solution-focused counseling, education and support to military service members and their families.
- Our services are free of charge.
- Counselors (known as MFLCs) typically work on the installation within their assigned location (e.g., CDC, Youth Center, SAC, school).
- We maintain confidentiality. However, we are obligated to report cases where there is a potential danger of someone being hurt (e.g., threat to self or others), spousal abuse, child abuse, sexual assault (which is handled utilizing DoD protocol), and possibly criminal behavior or intent.
- All services are otherwise confidential and anonymous. There are no written records.
- Written parental consent is required to work with children.
- All CYB MFLCs must maintain a line of sight when working with a child.
- The MFLC services complement, support, and augment existing military support services.
- CYB counselors do not see anyone who is currently receiving services “in the system.”
- For inquiries or to request services, you may contact us between 8 a.m. and 6 p.m., Monday through Friday. We remain flexible to meet the needs of service members and their families.
- **Discuss types of MFLC counselors** - Adult, CYB, School, Surge, Summer Camp, On-Demand, Embedded, and SOCOM.
  - Adult Program: primarily work with service members and their families.
  - Child & Youth and Adolescent Programs: work in Child Development and Youth Centers that are a part of the Child, Youth, and Teen Programs.
  - School Programs: MFLCs provide support to military children on and off the installations.
  - Summer Camps: additional counselors can be requested by the installation for summer MFLC support.
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  - Embedded and SOCOM: MFLCs provides services exclusively at the battalion, brigade, or squadron level.