

MILITARY FAMILY LIFE CONSULTANTS (MLFCs)

- **BLUF:** MFLCs augment existing military support services by providing non medical, short term, situational, problem-solving counseling services.
- MFLC is a DoD funded program designed to prevent Family distress by providing education and information on Family dynamics, parent education, available support services, the effects of stress, and positive coping mechanisms.
- MFLC services may be delivered to individuals, couples, Families, and groups. Services are delivered either on or off the military installation.
- MFLCs work directly with ACS, Guard Headquarters, and Reserve Regional Commands to provide deployment and reintegration support, outreach to Guard and Reserve by providing support on weekends, and responding to specific requests for support when there has been a unit death or injury.
- Flexibility of the program allows the Army to deploy and redeploy MFLCs where and when they are needed to meet surges throughout the deployment cycle and other emergent needs.
- MFLCs are not authorized to treat for Post Traumatic Stress Disorder (PTSD) and any mental disorders defined in the Diagnostic and Statistical Manual of Mental Disorders (DSM IV). MFLCs refer these cases via a warm hand-off to medical treatment facility, mental health professionals, or TRICARE.
- Consultants with specialized skills may be requested to respond to installation and Reserve Component needs.
- MFLC augment outreach efforts: direct consultation, classes, groups and sessions for emotional well being, relationship issues, couples issues, parenting issues, change management, stress management, grief and loss, depression, anxiety, prevention of domestic violence, everyday issues, deployment related issues, transition assistance for wounded Soldiers and Families and surviving spouses.

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- MFLCs are assigned on 30, 45, 60 and 90 day rotations.
- OSD recently expanded the MFLC program to from 112 to 144 MFLCs; 97 at CONUS locations and 47 at OCONUS locations.
- Army funded 36 additional MFLCs to meet a critical Army shortfall that supports commander's Family readiness requirements. These MFLCs are placed at 21 CONUS and 15 OCONUS locations for 6-8 month periods.
- DoD JFSAP provides MFLC services to Families who are geographically dispersed from a military installation. They are located at National Guard Joint Force Headquarters in Alabama, Arkansas, California, Colorado, Florida, Hawaii, Indiana, Minnesota, Nebraska, New Hampshire, Ohio, Oregon, Tennessee, Texas, and West Virginia.
- The top 5 presentation types during Dec 08 are listed below. In the same month, 42% of the indirect services were activities supporting children.

<u>Presentation Type</u>	<u># of Activities</u>	<u># of Participants</u>
Stress Management/Coping Skills	102	6,530
Relationship/Communication	49	4,285
Conflict Resolution/Anger Management	10	626
Parenting/Child Related Topics	09	607
Understanding Self/Personal Growth	10	505

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Q: How is the Army meeting the high demand for supporting Family members while their spouses are deploying or being re-deployed?

A: In addition to ACS programs and services, MFLCs work directly with ACS Directors, Guard Headquarters, and Reserve Regional Commands to provide deployment and reintegration support to Soldiers and their Families.

Q: Where does the Army get the MFLC support needed to support our Soldiers and their Families, and what are their qualifications?

A: MFLC Program is a DoD funded program that provides the services with masters or PhD level, licensed, and credentialed clinical providers to supplement existing programs and services.

Q: What type of services do the MFLCs provide to service members and their Families?

A: MFLC activities include: meeting the planes of returning Soldiers; providing support and training for Families during pre-deployment, deployment, and reintegration; providing outreach to Guard and Reserve on weekends; and responding to specific requests for support when there has been a unit death or serious injury.

Q: How can Families access MFLC services?

A: Service members are provided with brochures, cards, and information sheets that contain contact numbers to make self referrals. In addition, chaplains may refer individuals for short-term counseling support.

Q: What types of concerns are addressed by MFLCs?

A: MFLCs may address deployment issues, military lifestyle challenges, and financial counseling.

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Q: Can service members and their Families utilize MFLC services even if they do not live on an installation?

A: Yes. Often MFLCs are deployed to Guard and Reserve locations; they are also available at the Joint Family Support Assistance Program (JFSAP).

Q: Can MFLCs provide treatment to Soldiers or Families?

A: No, MFLCs provide short-term, solution-focused, non-medical counseling (for deployment, reintegration, and other military lifestyle stressors) to Soldiers and Families.