



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

After the success of the 2004 MFLC Pilot Program, a 5-year contract was awarded to MHN in February 2007. The MFLC Program addresses issues that occur across the military lifestyle and helps Service members and their families cope with normal reactions to the stressful events created by deployments, war, and reintegration.

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

*(American Psychological Association, 2007)*

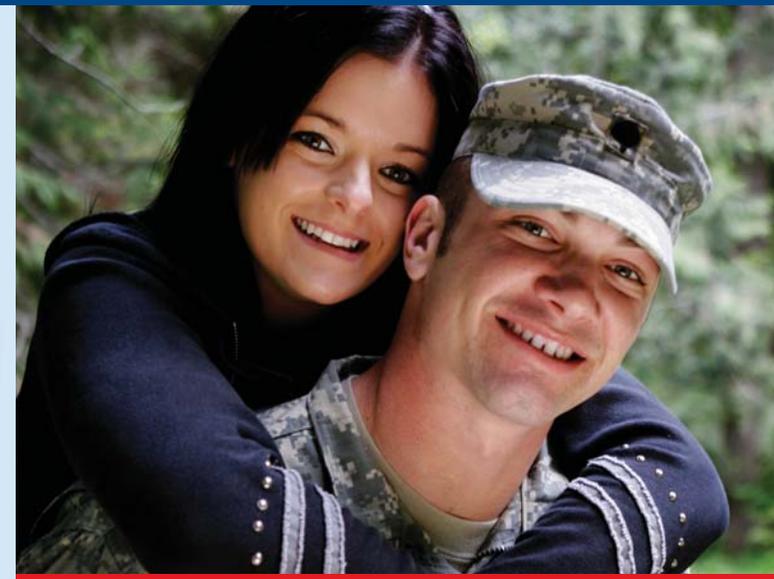


*I have seen a vast improvement in my children's emotional well-being. I attribute this change to [MFLC counselor] and her support group.*

*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 [MFLC] along with pictures of happy children welcoming home their Daddy, a United States Marine.*

*With utmost respect, a Military Spouse*



Available to all military branches

## MILITARY & FAMILY LIFE CONSULTANT PROGRAM

*Supporting Service Members  
& Their Families*





## NON-MEDICAL COUNSELING SERVICES

### LIFE SKILLS

- » Anger Management
- » Conflict Resolution
- » Communication
- » Parenting
- » Relationship Issues
- » Decision Making Skills
- » Productivity at Work

### MILITARY LIFESTYLE

- » Deployment Stress
- » Reintegration: Warrior to Citizen
- » Relocation Adjustment
- » Separation
- » Coping Skills
- » Building Resiliency
- » Homesickness
- » Loss & Grief

## KEY FACTS ABOUT MFLC

- » Provides short term, situational, problem-solving counseling services to service members and their families
- » Provides psycho-education to help military service members and their families understand the impact of stress, deployments, family reunions following deployments and the stresses of the military lifestyle
- » MFLC services augment existing military support services
- » Masters and Ph.D. level MFLCs provide service
- » 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 military impact on children
- » MFLCs are mandated reporters of child abuse, domestic abuse, and duty to warn situations.
- » Services are otherwise confidential and private

## ABOUT MILITARY & FAMILY LIFE CONSULTANTS

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



Call **(888) 755-9355**  
for MFLC support



Visit [www.mhngs.com](http://www.mhngs.com) for more information about the MFLC Program.

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 & family events for the National Guard & Reserve Component on a variety of topics, including:
  - Deployment
  - Reunion and reintegration
  - Communications
  - Grief and loss
- » Provides services including:
  - Reintegration Briefings
  - Educational & Consultant Services to Families
  - Mobilization Briefings
  - Reunion & Reintegration Briefings
  - Pre-Deployment Events for Service Members
  - Presentations on Deployment for the Younger Audience
  - Marriage Enrichment
  - Stress Reactions & Coping Mechanisms