



## MC&FP FACT SHEET

### Data

-  *35% of active duty service members reported using non-medical counseling services in 2010 compared to 10% in 2003.*
-  *In a survey of the program by Virginia Tech, 98% of respondents rated the MFLC services they received as good or excellent; 99% would recommend MFLC to a friend; and 96% said MFLC services met most or almost all of their needs.*

### Additional Information

DoD Instruction (DoDI) 6490.06, "Counseling Services for DoD Military, Guard and Reserve, Certain Affiliated Personnel, and Their Family Members," April 21, 2009, Incorporating Change 1, July 21, 2011.

[www.dtic.mil/whs/directives/corres/pdf/649006p.pdf](http://www.dtic.mil/whs/directives/corres/pdf/649006p.pdf)

Resource Request Form

<http://jfsap.militaryonesource.mil>

## Military and Family Life Counselor Program

### Background

The Military and Family Life Counselor (MFLC) program provides confidential, non-medical counseling services to active and Reserve component members and their families. The MFLC program began in 2004 as an initiative of the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy (MC&FP). Non-medical counseling is designed to address issues that occur across the military lifestyle and help service members and their families cope with the normal reactions to the stressful/adverse situations created by deployments and reintegration. Topics addressed include anger management, stress, parenting, family relationships, and deployment adjustment. The counseling approach is psychoeducational, which helps participants learn to anticipate and resolve challenges associated with military life. Support is aimed at preventing the development or exacerbation of mental health conditions that may detract from military and family readiness.

### Highlights

- MFLCs provide services through three channels:
  - rotational assignments on military installations lasting up to 180 days (counselors may be located in Family Support Centers, be embedded within military units, or work within children and youth programs)





- surge counseling support to units returning from combat
- event support at National Guard and Reserve Components' activities such as deployment-related events, drill weekends, annual training, Yellow Ribbon Reintegration Program events, and family readiness events
- Full-time MFLCs are assigned to Joint Family Support Assistance Program (JFSAP) teams in all fifty states, four territories, and the District of Columbia.
- MFLCs hold master's or doctoral degrees, are licensed to practice independently, and are trained to work in the military community.
- MFLC services at installations are requested by commanders through the Service Headquarters Family Program Manager. Surge and on-demand services for Guard and Reserve units may be requested using an online resource request form.
- MFLC services are available during off duty hours, and on or off the installation.

