

Military Family Life Consultant Program is here to help You

Staff Sgt. Corey Baltos

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Need to talk to someone? The Carlisle Barracks Military and Family Life Consultants can help.

“We provide free confidential short-term non medical counseling to service members, retirees, family members and DoD civilians,” said the Carlisle Barracks Military and Family Life Consultant.

Consultants work under clinical supervision and a military point of contact (POC). The role of these consultants is to assess the needs of individuals in need of services and then provides support and/or refers them to resources as needed.

All consultants are masters and PhD clinical counselors that are trained to offer help in many areas:

- Children and adolescents
- Couples and families
- Grief and loss
- Veterans or Veteran Affairs
- Military personnel and families
- School systems
- Work in various environments
- Rapid assessment and problem resolution

How the MFLC Program Helps

The MFLC program provides counseling services to military families for the following reasons:

- Relationships
- Crisis intervention
- Stress management
- Occupational
- Other individual and family issues

The program also offers psycho-educational presentations to units on many different topics such as:

- Deployments
- Grief/Loss
- Reunion/Reintegration
- Stress and Coping

How Consultants Help

Services provided by MFLC are short-term and non-medical. If it is determined that the patient needs more than 12 sessions, the consultant will then refer them to long-term counseling. All information is confidential, no records are made and information is not shared, unless there is a legal duty to warn.

“The only thing we are required to report to appropriate authorities is if suicide ideations, domestic violence, or sexual assault is revealed. Other than that the patient doesn’t have to even tell us their name,” said the Carlisle Barracks MFLC consultant.

Counseling is informal and guide individuals through the effects of military life and provide support through the many tribulations. They do not diagnose mental disorders or provide psychological treatment.

“MFLC are not authorized to conduct mental health testing, so if we suspect the patient might be suffering from a mental disorder we will refer them to a mental health facility for testing,” said the Carlisle Barracks consultant.

Some of the main ways counselors help are:

- Use techniques to improve problem solving process
- Provide insight to increase individual and family competency
- Empower with information and coping skills to increase confidence in handling military life stressors
- Ensure that personal issues do not hamper operational readiness

Basically, counselors help you understand your situation, find ways to change it and move towards a better place mentally and emotionally.

“Sometimes people just need to talk to someone, and we don’t operate under time constraints. If a patient needs to talk all day they can.”

MFLC For Kids

Kids also have a place in the MFLC. Through the Child and Youth Program, and individual one-on-one counseling MFLC provides a broad-range of support to military children and youth as well as to the

family members who support them. They do this by:

- Engaging in activities with children
- Providing direct intervention in classroom or family childcare situations, including assisting staff in setting and managing boundaries
- Conducting parent and staff training sessions

This greatly helps parents who are temporarily single due to a deployments and need a beneficial place for their children's care.

How to Begin Services

MFLC is available Monday to Friday from 8 a.m. to 8 p.m., and is located in Anne Ely Hall in the ACS area. They accept walk-in appointments or you can call 717-713-9173.

All services provided by the MFLC are offered free of charge, which means that finances can never get in the way of getting the support you and your family need.