

Need to talk to someone? MFLC can help

By Thomas Zimmerman 03 December 2018



While the holidays are usually a time of joy and excitement, it's also one of the most stressful times of year. If you need someone to talk to, the Carlisle Barracks Military and Family Life Consultants can help.

The Military and Family Life Counselor (MFLC) Program is designed to provide support and assistance to active duty Soldiers and family members, National Guard & Reserves on active duty status and retirees within six months of retirement. Military and Family Life Consultants can help people who are having trouble coping with concerns and issues of daily life.

A licensed professional counselor, the MFLC is available Monday to Friday from 8 a.m. to 8 p.m., with flexibility by appointment. To reach the MFLC, call 717-645-0322

All counselors 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.

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.

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.