

Child and Youth Behavioral Military & Family Life Counseling (CYB-MFLC) School Program

What is a Military & Family Life Counselor (MFLC)?

MFLCs help military families through cycles of deployment and reintegration by providing non-medical, short-term counseling. Through a partnership between the school district, the installation and the office of the Deputy Under Secretary of Defense for Military Community and Family Policy, counselors will be assigned to various schools during the school year.

How are counselors selected?

Counselors are selected for their demonstrated expertise and training and are under the management of the office of the Deputy Under Secretary of Defense for Military Community and Family Policy. Counselors hold a master's degree or a Ph.D., are licensed in their home states and have experience working with children and youth. Counselors go through rigorous background checks before being placed in schools.

Why are the counselors in certain schools and not others?

Schools were selected by the Service Branch to receive MFLCs based on the number of military connected students attending each school. Military families who have students in schools without counselors can receive the same support through the installation's Morale, Welfare and Recreation Department or the A&FRC.

What is the counselor's role in the school?

CYB-MFLC(s) provide consultation, training, and educational presentations/workshops to program faculty, staff, parents, and children. CYB-MFLC support augments services already in place at each school. Counselors take part in everyday school activities and events and help with deployment and reintegration; family dynamics; positive coping mechanisms; staff support and education; parent education and stress reduction. Counselors are also available to facilitate groups and trainings to build leadership skills; manage anger; build self-esteem and confidence and strengthen communication.

Do counselors keep records about students and families?

No. Services provided by counselors are private and confidential with the exception of mandatory federal and military reporting requirements (i.e., child abuse, domestic violence and other life-threatening situations). No counseling records are maintained.