

Dear Parent, Guardian or Caregiver:

The Department of Defense and Crestview High School is excited to introduce a new resource on our campus this year, a Child & Youth Behavioral Counselor from the Military & Family Life Counseling Program (CYB-MFLC). This program provides two full time counselors on our school campus who will be available to provide valuable services and support to military families at no additional cost to the families or the school district.

The CYB-MFLC services are designed to offer extra support to assist with the unique challenges that military families experience. CYB-MFLC counselors are licensed clinicians who have demonstrated expertise in working with children. They can provide short-term, non-medical counseling support in a variety of different ways: through individual meetings with children, presentations about life skills issues, skill-building group discussions, and meetings with parents and families at their request for additional counseling/coaching support. While meeting with children, CYB-MFLC counselors always remain in the line of sight of a teacher, staff member or a parent.

The primary focus of the Military & Family Counseling Program is prevention, education and counseling support; the services are provided confidentially and no case records or documentation is kept. The counselors do not assess or diagnose and when they encounter more in depth issues/diagnoses, they offer to connect military families with other helping agencies available on the installation or in the community.

Some of the common issues that CYB MFLCs help with are:

- Stress management and coping skills
- Anger management/conflict resolution
- Deployment and reintegration issues
- Feelings associated with separation and divorce
- Grief and loss reactions
- Self-esteem and confidence
- Communication skills
- Leadership skills

All military families will be given the opportunity to consent for their children to opt-out from this free service, provided by the Department of Defense. For more information about MFLC services, contact your school or request the direct number for the CYB-MFLC on campus.

Military & Family Life Counselors:

Supporting Service Members and Their Families

**Crestview High School – Room 237
CYB School MFLCs**

MEMORANDUM FOR: Military Families, Parents and Caregivers - Crestview High School

FROM: Bob Jones, Principal – Crestview High School

SUBJECT: Child and Youth Behavioral Military & Family Life Counseling (CYB-MFLC)

1. This letter is to inform you about the Child and Youth Military & Family Life Counseling (CYB-MFLC) Program services. Due to the unique challenges faced by military families, the Department of Defense is offering this private and confidential non-medical counseling service to Service members, families, children, and staff of Child and Youth Programs (CYP), Department of Defense Education Activity (DoDEA) Schools, Local Education Agencies (LEA), DoDEA CYP summer programs, National Military Family Association Operation Purple Camps, Guard/Reserve Camps, and Operation Military Kids Camps
2. The CYB-MFLC may support staff and work with children and families in the following ways:
 - Observe, participate and engage in activities with children and youth
 - Provide direct interaction with children
 - Model behavioral techniques and provide feedback
 - Suggest courses of age appropriate behavioral interventions to enhance coping and behavioral skills
 - Outreach to parents when they drop off or pick up their children or at family events
 - Available for parents to contact for guidance and support
 - Facilitate psycho-educational groups
 - Conduct training for staff and parents
 - Recommend referrals to military social services and other resources as needed
3. CYB-MFLCs may assist parents, teachers, staff, and children in the following ways:

Communication	Self esteem/self confidence
Resolving conflicts	Behavioral management techniques
Helping children deal with their angry feelings	Sibling/parental relationships
Bullying	Deployment and reintegration issues
4. The counselor may also work with children in settings such as field trips and other center, camp, or school sponsored activities.
5. The counselor is available to accommodate appointments and meetings/activities after hours and on weekends with advance notice.
6. At no time will the counselor meet individually with a child without being in line of sight of a CYP, DoDEA, LEA, or camp employee or a parent/guardian.
7. The counselor may use only use OSD approved materials for trainings, groups, and any other activities.

Name of installation and/or CYP, school, summer program, camp: Crestview High School

I acknowledge that a CYB-MFLC is available and authorize my child _____
to receive CYB-MFLC support.

PARENT OR GUARDIAN SIGNATURE DATE

I acknowledge that a CYB-MFLC is available and **DO NOT** authorize my child _____
to receive CYB-MFLC support.

PARENT OR GUARDIAN SIGNATURE DATE