

# MILITARY FAMILY LIFE CONSULTANT

## FREQUENTLY ASKED QUESTIONSS

### ***"What is the Military Family Life Consultant Program?"***

Because military families face unique challenges, especially during this time of war, the Department of Defense provides professional, licensed consultants who offer non-medical behavioral consultation to Service members and their families, children, and the staff of Wilson Elementary School.

Called **Military Family Life Consultants** or **MFLCs** (pronounced "em-flaks"), they serve each branch of the military service at every installation around the world, at no cost to families.

### ***"How do we know consultation will be confidential?"***

Our MFLC works in partnership with the Army and with the school but, as a DOD program, maintains some independence to ensure strict confidentiality. For example,

- MFLCs keep no records of who they spoke with;
- provide consultation at times and locations you select for privacy and convenience (except in your home);
- are moved to a new assignment every semester.
- The only exception to strict confidentiality is federal, state or military reporting requirements for domestic violence, child abuse and duty-to-warn situations.

### ***"So what kind of issues does the MFLC help with?"***

Military families experience many changes so supporting people through change is the most common issue. The MFLC provides behavioral consultation for other issues that are likely to improve in a short period of time. Examples are:

- a. School adjustment;
- b. Deployment and reintegration adjustment;
- c. Parent-child communication;
- d. Resolving conflict;
- e. Managing anger;
- f. Bullying;
- g. Self-esteem and confidence;
- h. Behavioral management techniques;
- i. Enhancing sibling & parental relationships;
- j. Stress management.

***"How does consultation help...exactly what does the MFLC do?"***

The MFLC helps in a number of roles using several methods, for example :

- The MFLC facilitates deployment groups at the school;
- Coaches effective behaviors that put solution plans into action;
- Facilitates skills development groups for staff or parents;
- Helps with referrals to military social services and community resources;
- Observes and engages in activities with children, perhaps on Field Trips;
- Is visible at events for outreach to parents;
- Coaches children on Bullying Prevention strategies and skills.

***"The MFLC has some independence from the Army and the school to help protect our confidentiality...so how can I be sure it's okay for my child to see the MFLC?"***

There are strict quality controls for the MFLC Program. For example:

- The MFLC does not begin one-to-one work with a child unless a parent or guardian has signed a *Parent Permission Form* available from the Guidance Counselor or Front Office staff;
- The MFLC will never meet with a child unless in the line-of-sight of a school employee, a parent or guardian;
- The Department of Defense continuously monitors MFLC Program performance in relation to strict MFLC policies and procedures.

Wilson is very excited to offer the MFLC program, with its flexibility and strict confidentiality at no cost to you. If you have questions about this support resource, please call:

- **Guidance Counselor Mrs. M at 706. 545.5723**
- **or you may contact the MFLC directly at 706.566.5310.**