



COMMANDER'S CALL TOPICS

NOTE: This product has embedded hyperlinks and is best viewed online.

22 — 26 January 2018

Priority Topic of the Week

Military and Family Life Counselors

People are the key to our success. Taking care of our Airmen is critical to ensuring our members thrive in the profession of arms and stand ready to answer our nation's call. The Air Force has a wide range of medical, chaplain, and force support capabilities available to address and take care of the Total Force.

Military and Family Life Counselors

Military and Family Life Counselors provide non-medical counseling addressing life skills such as anger management, conflict resolution, parenting, parent and child communication, relationship issues, and marriage enrichment, as well as the military lifestyle, including deployment stress, reintegration, relocation adjustment, separation, coping skills, homesickness, loss and grief.

This non-medical support is aimed at preventing the development or exacerbation of mental health conditions that may detract from military and family readiness.

What can I expect from counselors?

MFLCs provide confidential, non-medical, short-term, situational, problem-solving counseling services to service members and the families of active duty, National Guard, and Reserve regardless of their activation status.

The non-medical counseling approach is psycho-educational, which helps participants learn to anticipate and resolve challenges associated with the military lifestyle.

MFLCs possess a master's degree or doctorate in mental health related fields such as social work, psychology, marriage and family therapy, and counseling.

How can I contact a counselor?

MFLCs are located at your local Airman & Family Readiness Center.

Child and Youth Behavioral Counselors are available to address deployment related stressors in children and are available through the Child Development, School Age, and Teen Centers.

What kind of privacy is offered?

Services offered through the Military and Family Life Counseling Program are not reported to commanders, and do not impact a service member's security clearance. Additionally MFLC's do not maintain formal notes and records of individual sessions.

Services are private and confidential with the exception of mandatory state, federal, and military reporting requirements to include:

- Domestic violence
- Child abuse
- Duty to warn situations
- Harm to self or others
- Illegal Activity



COMMANDER'S CALL TOPICS

NOTE: This product has embedded hyperlinks and is best viewed online.

22 — 26 January 2018

Priority Topic of the Week Military and Family Life Counselors

Assisting Airmen and Their Families

Military and Family Life Counselors provide assessment, intervention, referral, enrichment, and skill building to assist Airmen and their families.

The activities are educational in nature, offered in group or individual settings. Topics can include:

- Interpersonal communication skills
- Relationship building
- Maintaining long-distance relationships
- Marriage preparation
- Positive parenting
- Eldercare
- Time management
- Team building

Additional Counselor Facts

- MFLCs offer one-on-one, couple or group, and educational sessions (i.e. for commander's calls)
- They may participate and engage in activities with children and youth
- MFLCs provide coaching, guidance, and support to staff and parents
- Commanders cannot direct MFLCs to meet with an Airman
- MFLCs may be embedded in large units to support unit needs
- Counseling can occur on or off installation
- Medical/mental health disorders are outside the scope of MFLCs and must be referred to a military medical health care providers

Additional Information

Military One Source Counseling offers non-medical counseling face-to-face, over the telephone at 800-342-9647, or [online](#).

[National Military Family Association](#)
[Military Family Learning Network](#)

Personnel Topics of Interest

- Second annual Enlisted RPA Pilot Selection Board convenes at AFPC ([AFPC](#))
- Application window open for 2018 USO Service Member of the Year Award ([AFPC](#))

Other Topics of Interest

- CMSAF focuses on resiliency in 2018 ([AF.MIL](#))
- AF leaders implement new warfighting planning process ([AF.MIL](#))
- AFWERX is a smart risk for innovative solutions ([AF.MIL](#))

Commander's Call Topic Archive: <http://www.af.mil/AboutUs/CommandersCallTopics.aspx>

Commander's Call Topics is published weekly by SAF/PA to ensure leaders at all levels remain current on issues concerning Airmen and families. Requests for information to be included in future editions should be sent to SAF/PAX via [email](#).

Submissions should include:

- 1) 1-2 sentence synopsis of the issue
- 2) hyperlink to further details
- 3) a POC name and contact information.

*Only submissions that pertaining to the majority of Airmen or specifically to command leadership teams will be considered. Local or limited-interest items will not be included.