

Military & Family Life Counseling

About the Military and Family Life Counseling Program:

Caledonia High School is pleased to offer services to our military-connected students. The primary focus of the Military and Family Life Counseling program is prevention, education, and solution-focused support. Our Military and Family Life Counselor (MFLC) supports military families through the unique challenges of military life by providing non-medical, short-term counseling. Our MFLC has helped students with a variety of challenges including, but not limited to, school adjustment, deployment and separation, academics, communication, behavioral concerns, and stress management. Non-medical counseling sessions are free and confidential.

What is the MFLC's role in the school?

Our Military and Family Life Counselor works with students of military families who are active duty, reserves, or recently retired. Our MFLC is available to support students in the areas of academic improvement, life skills, coping with deployment/separation, family dynamics, PCSing, emotional, social, communication and relational skills, stress management, staff support and education, parent education, positive coping mechanisms, and a variety of other topic areas. Our MFLC provides non-medical, short-term counseling and facilitates psycho-educational groups. MFLC facilitates groups and trainings to build leadership skills, manage anger, build self-esteem and confidence, and strengthen communication. MFLC engages in activities with children, provide behavioral interventions in classrooms to assist staff in setting and managing boundaries, modeling behavioral techniques and provide feedback to staff, and be available to parents and staff to discuss interactions with children and other concerns. MFLC provides consultation, training, and educational presentations/workshops to program faculty, staff, parents, and children. MFLC support augments services already in place at each school. Counselor takes part in everyday school activities and events.

How are counselors selected?

MFLC holds a master's or doctoral degree, are independently licensed, and have experience working with children and youth. Counselors go through rigorous background checks before being placed in schools.

Do counselors keep records about students and families?

MFLCs do not keep any records or files on your student. The MFLC is here to support you and your family and can be a valuable resource for your student. 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.

CONTACT

Caledonia High School's Military and Family Life Counselor can be reached at 662-242-2701.

MFLC **parental consent forms** can be downloaded and printed by students, parents, or referral sources, and must be signed by a parent or guardian.

Helpful Resources for Military Students and Parents

1. 24-hour support through Military One Source <https://www.militaryonesource.mil/>
2. Tutor.com for free tutoring <https://military.tutor.com/home>
3. Military Child Education Coalition <https://www.militarychild.org/>
4. Military Kids Connect <https://militarykidsconnect.health.mil/>