

COUNSELING/MENTAL HEALTH RESOURCES

COMMUNITY COUNSELING CENTER

Camp Lejeune: Bldg 799, Behind Bldg 40, Brewster Blvd | 910.451.2864
New River: Bldg AS-90 Curtis Rd | 910.449.6110*

About Us



The Community Counseling Center (CCC) staff will assist in integrating behavioral health services from other helping agencies. The purpose of the CCC is to ensure that Marines, Sailors and their families are properly assessed, treated, and if indicated, provide referrals to other, appropriate agencies.

*Community Counseling Center counselors will provide general counseling in areas that include, but are not limited to: Adjustment Problems, Parent-child Problems, Grief and Loss Issues & Marital Problems

*Community Counseling Center counselors do not provide: Mental Health Evaluations, Psychological Fitness for Duty Screenings, Deployment-related Mental Health Screenings

The Community Counseling Center (CCC) offers improvements for commanders, Marines, Sailors, and their family members concerning resource navigation. Individuals can be referred to the CCC providing there are no Family Advocacy Program (FAP) or substance abuse issues. Marines, Sailors and their family members can self-refer to the CCC. Active duty members can continue to access medical clinical counseling through their medical providers.

MILITARY FAMILY LIFE COUNSELORS

Building 797 Camp Lejeune

There are five MFLC counselors available to assist. Please feel free to contact any of the numbers below each of which are attached to an individual counselor.

Camp Lejeune

MFLC-910.915.6801 MFLC-910.915.6871

MFLC-910.734.7843 MFLC-910.734.8700

MCAS New River
MFLC-910.459.3508

Sexual Assault Support for the DoD Community

Safe Helpline: 877-995-5247

7 Things To Know About (MFLC) MILITARY FAMILY LIFE COUNSELORS

1. All MFLCs are licensed professional mental health counselors (LCSW, LPC, LMFT, etc.) who provide **non-medical solution-focused “counseling” (no longer called “consultation”)** to military personnel and their families. MFLCs assist people to explore alternate solutions to current daily life stressors.
2. MFLCs are considered an **augmentation**, not a replacement, for existing family support services.
3. Anything shared with a MFLC IS **confidential** unless it is a Duty to Warn situation, as the MFLC is a mandated reporter and not a restricted reporter. Duty to Warn is when someone tells a MFLC they want to hurt themselves or others, to include domestic violence, sexual assault or child or elderly abuse.
4. MFLCs maintain contact with Marines/Sailors (and their families) through their confidential cell phones and face-to-face communications. The MFLC's cell phones are manned from 0800 to 2000 Monday through Friday. They will respond expediently. The new cell numbers for the Camp Lejeune adult MFLCs are: **910-734-7843, 910-734-8700, 910-915-6801 or 910-915-6871.**
5. The MFLCs' work day is flexible; however, it is a 40 hour work week. This provides the MFLCs the opportunity to meet with people prior to work, after work, and to support those who work a shift schedule. Additionally, it enables the MFLCs to provide support at base or command events and to facilitate workshops or other groups.
6. MFLCs **do not keep records** and are able to meet people anywhere except their homes unless it is a command related event such as an FRG meeting, etc.
7. People can meet with the MFLC for up to **12 sessions**.

FOCUS (Families OverComing Under Stress) PROJECT

LCH 4012-B, Midway Park, Camp Lejeune, NC 28547
camplejeune@focusproject.org

Jessica Moore-Tyson (910) 450-5633

Lidia Varela (910) 450-5634

Cindy Hansill (910) 449-9373 (WW BN)

Miranda Adcock (910) 450-5632

Brenna Johnson (910) 450-5743

Fallon Simms (910) 450-5631

Mary Herscher (252) 466-7137 (Cherry Point)

Participation in FOCUS is voluntary, confidential, and is not in the chain of command. Participation in the 8-session resilience training is very flexible. We serve the needs of individual families and can accommodate your schedule by adjusting the number of training sessions. We also have family friendly hours and if both parents are unable to participate, we welcome one parent or caregivers to bring the family to FOCUS.



MILITARY ONE SOURCE

(800) 342-9647 <http://www.militaryonesource.mil/>

Military Crisis Line - 800.273.TALK (8255)

Confidential **non-medical counseling** is available to service members and military family members at no cost through Military OneSource and the Military and Family Life Counselor Program. Non-medical counseling providers protect their clients' privacy in accordance with federal, state and military regulations. Counselors understand that for counseling to be effective, it has to be built on trust and the client must feel safe discussing sensitive issues.

When you seek non-medical counseling, you can expect that all aspects of the counseling process, including scheduling your appointment and what you say during a counseling session, will be kept private except as noted in "Limits of confidentiality" below. You can receive non-medical counseling without anyone's knowledge, including the chain of command, your spouse or partner or your parents if you have reached age 18. You may decide that it's a good idea to tell certain people about your counseling, but if you want your counselor to provide information to a third party, you'll first be asked to give your permission by signing a release form.

Limits of confidentiality

Before non-medical counseling begins, your counselor will likely explain confidentiality, including its limits. Federal, state and military regulations allow your counselor to release information without your signed authorization if there is cause to believe that:

- You are a danger to yourself or another person
- You have been involved in domestic violence
- A child has been or may be abused or neglected
- An elderly or disabled person has been abused, neglected or subjected to financial exploitation

These exceptions are necessary to protect clients and others from harm. However, disclosures are made only to those with a need to know.

Your decision to seek confidential non-medical counseling

Non-medical counseling is an effective and well-established strategy for finding solutions to common emotional and interpersonal difficulties that may affect work and family life. It can help with issues such as adjustment after a deployment, marital conflicts, stress management, parenting challenges and coping with a loss. The decision to see a counselor is not always easy. Yet for many people, it is an important first step in preventing problems from developing into more serious mental health issues. Contact Military OneSource at 800-342-9647 to connect to a licensed counselor **online, over the phone or face-to-face**.

TRICARE/HEALTHNET SELF-REFER BEHAVIORAL HEALTHCARE

1-877-Tricare www.healthnetfederalservices.net

*Military dependents/family members may receive up to 8 **individual counseling** sessions from network provider **without prior authorization or referral**. Additional sessions require prior authorization

*Additional services (psychiatric assessments, medication evaluations & management, residential substance abuse treatment, etc.) **require prior authorization and referral from Primary Care Manager (PCM)**.