

# 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

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 an 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 an 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](mailto:camplejeune@focusproject.org)

**Jessica Moore-Tyson (910) 450-5633**

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

**Brenna Johnson (910) 450-5743**

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

**Lidia Varela (910) 450-5634**

**Miranda Adcock (910) 450-5632**

**Fallon Simms (910) 450-5631**

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](http://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).**

# PREGNANCY/PARENTING RESOURCES

## NAVY MARINE CORPS RELIEF SOCIETY

Marine Corps Base  
400 McHugh Blvd  
Camp Lejeune, NC 28547-2519

Phone: (910) 451-5346

### Well Baby Clinic

The Well Baby Clinic offers military families an opportunity to meet with Navy-Marine Corps Relief Society's Visiting Nurses to have their children weighed and measured, get answers to health questions or concerns, and socialize with other parents. After meeting with the Nurse, families are encouraged to browse new and/or gently used infant and toddler clothing to take home FREE of charge. Pregnant mothers are encouraged to come as well, as we have gently used maternity clothing as well.

**All patrons must show valid military ID.**

When: 1<sup>ST</sup> Tuesdays of each month from 10 am to 12 noon

Where: **MCCS – TT1 Community Center**

When: 2<sup>ND</sup> Tuesdays of each month from 10 am to 12 noon

Where: **MCCS - Midway Park Chapel**

### Visiting Nurse Program

\*Home Visits

\*Parent Education

\*Resource Information

\*Breastfeeding Help / Certified Lactation Counselors



### NEW PARENT SUPPORT PROGRAM

Bldg 799, behind the Russell Marine & Family Center, Brewster Blvd.

(910) 449-9501/9502

The New Parent Support Program (NPSP) is a professional team of social workers and nurses who provide educational and supportive services to military families.

Our trained, supervised staff has extensive knowledge of the issues encountered by today's parents. These home visitors are sensitive to the unique challenges facing military families.

The NPSP helps families cope with stress, isolation, pre and post deployment, reunions, and the everyday demands of parenthood through a variety of programs.

\*Home Visits

\*Baby Boot Camp

\*Parenting classes



## **EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)**

Bldg 40, Brewster Rd, Camp Lejeune 910-451-4394

Bldg AS-112, Bancroft St., New River 910-449-5251

EFMP helps active duty service members with managing the special needs of a family member. Enrollment in the program is mandatory for active duty personnel with family members with special needs (MCO P1754.4B).

### **Who qualifies for EFMP?**

An exceptional family member (EFM) must be enrolled in DEERS and MCTFS and have a diagnosed physical, intellectual, or emotional need that requires specialized medical or educational services.

### **What is the goal of EFMP?**

The program ensures the sponsor is assigned to a duty station where services exist to support their EFM.

### **EFMP Family Case Workers are available to:**

- Guide members through the enrollment process
- Connect families to medical, educational, and community services
- Advocate for families with special education needs
- Provide resource, referral, and support throughout PCS transitions

## **CHILD CARE**

CHILD DEVELOPMENT PROGRAMS AVAILABLE THROUGH CHILDREN, YOUTH & TEEN PROGRAMS (CYTP)

Contact Resource and Referral at 910.450-0553/0554/0555 or at 910-440.6226

\*Child care information & referrals, assistance in locating appropriate, affordable, and accessible child care, information on hourly care, assistance in selecting center or Home-Based Care, information on School-Age Care (SAC) Program, Part-day Preschool and Toddler Play Group, and assistance with Emergency Care.

## **PEERS FAMILY DEVELOPMENT CENTER**

**151 Chaney Avenue**

**Jacksonville, NC 28540**

(910) 333-9725

- Free Drop In childcare Mondays, Wednesdays and Fridays from 9:00am to 1:00pm ages 6 weeks – 5 years. One visit per week.
- Parenting Classes to help with all age children.
- Bring copy of shot record or they will make a copy.

**For Further Assistance Finding Childcare:  
CHILD CARE AWARE – (800) 424-2246 (Press #6 for Military)  
[www.childcareaware.org](http://www.childcareaware.org). (Up to 16 hours per week)**

## **ONslow COUNTY PARTNERSHIP FOR CHILDREN**

**Jacksonville: 910-938-0336** ~ Monday-Friday 8 am - 5 pm and by appointment

**Swansboro: 910-326-4752 & Richlands 910-324-6590:** Open Monday 1-5 pm,  
Open Tuesday-Friday 9 am-12 pm and 1-5 pm, and by appointment.

**Sneads Ferry: 910-327-1161** North Topsail Shores Baptist Church  
808 Old Folkstone Rd. Sneads Ferry.  
Tuesdays and Thursdays 9am-12pm and 1-5pm

- Child care resource and referral
- Daycare subsidy
- Early Head Start
- NC Pre-Kindergarten Program

### **Young Families Connect**

(910) 333-0654 / [www.youngfamiliesconnect.org](http://www.youngfamiliesconnect.org)

103 North Plain RD

Jacksonville, NC 28546

### **WIC (WOMEN, INFANTS & CHILDREN)**

- WIC provides foods (at no cost) to low income pregnant, post-partum, breastfeeding women, infants, and children until the age of five.

#### **What does WIC provide**

Breastfeeding Support

Healthy Foods

Health Referrals

Eating tips for you and your child

#### **Who is Eligible**

Live in a household with income at or below WIC guidelines

Have a health risk factor based on:

°height and weight

°blood test for low iron

°health history

°diet history

#### **Where are WIC offices located in Onslow County**

Onslow County Health Department

612 College Street

Jacksonville, NC 28540

Tarawa Terrace

2455 Iwo Jima Blvd

Tarawa Terrace, NC 28543

The WIC offices are open from 8:00 am to 5:00 pm Monday through Friday and 8:00 am to 8:00 pm on Thursday (Health Department location only).

For information and to make an appointment please call the Health Department at (910) 347-5002 or Tarawa Terrace at (910) 353-0022.

## **Onslow County Parks and Recreation - County**

### **Onslow County Parks and Recreation Summer Camp**

- **Parks and Recreation**  
1244 Onslow Pines Road  
Jacksonville, NC 28540  
PH: 910-347-5332  
FX: 910-347-4492
- **Hours of Operation**  
Monday thru Friday, 8:00 AM - 5:00 PM

(910) 347-5332 / [www.onslowcountync.gov](http://www.onslowcountync.gov)

## **Jacksonville Recreation and Parks Department - City**

Jacksonville Recreation and Parks Department "Commons Rec"  
100 Recreation Lane  
Jacksonville, NC 28540

(910) 938-5312 / [www.jacksonvillenc.gov/recreation](http://www.jacksonvillenc.gov/recreation)

### *The purpose of the Young Families Connect web site is to:*

- Assist both expectant and/or parenting women and men ages 13-24 years old. Young expectant and parenting women and men experience more life challenges than their peers and they and their children are often at high risk for poorer social, educational and health outcomes. Having a healthy pregnancy, staying in school finding employment, obtaining educational success and acquiring effective parenting skills are all critical to the success of parents and their children in our society.

**UPDATING DEERS** – to update your addresses, e-mail addresses and phone numbers.

Phone: (800) 538-9552

Fax: (800) 831-655-8317

[www.tricare.mil/DEERS](http://www.tricare.mil/DEERS)

For a whole list of resources Visit: [www.mccslejeune-newriver.com](http://www.mccslejeune-newriver.com)

Marine Corps Community Services Camp Lejeune &

Marine Corps Air Station New River