



Clifford Meigs Middle School

"Home of the Wildcats"

J. Lee Hale, Ed.D., Principal

150 Richbourg Avenue

Shalimar, FL 32579

Phone: (850) 833-4301

Fax: (850) 833-9392

Dear Parent/Guardian,

Meigs Middle School is excited to announce the continuance of the Military & Family Life Counseling (MFLC) Program at our school. This program provides a Child & Youth Behavioral Counselor who will be available to provide valuable services and support to active duty military families at no additional cost to the families or the school district.

The CYB-MFLC services are designed to offer extra support to assist with the unique challenges that military families experience. The CYB-MFLC counselors are licensed clinicians who have demonstrated expertise in working with children. They can provide short-term, non-medical counseling support in a variety of different ways: through individual meetings with children, presentations about life skills issues, skill-building group discussions, and meeting with parents and families at their request for additional counseling and support. While meeting with children, CYB-MFLC counselors always remain in line of sight of a teacher, staff member, or a parent.

The primary focus of the Military & Family Life Counseling Program is prevention, education, and counseling support. These services are provided confidentially with no records or documentation. The counselors do not assess or diagnose, and when they encounter more in depth issues/diagnoses, they offer to connect military families with other helping agencies on the installation or in the community.

Some of the common issues that CYB MFLCs help with are:

- Stress management and coping skills
- Anger management/conflict resolution
- Deployment and reintegration issues
- Feelings associated with separation and divorce
- Bullying
- Grief and loss reactions
- Self esteem and confidence
- Communication skills
- Leadership skills
- Organization and study skills

All military families are given the opportunity to consent for their child to participate in services, or opt-out from this free service provided by the Department of Defense. **Please sign the form on the back of this letter to authorize or not authorize the CYB-MFLC to meet with your child if needed. Then, return the form to the school guidance counselor.** For more information about MFLC services, you can call Jennifer Barrow, School Counselor, at 833-4308, or the CYB-MFLC counselor directly at (850) 417-4406.

A handwritten signature in black ink, appearing to read "J. Lee Hale". The signature is fluid and cursive, written over a white background.

J. Lee Hale, Ed.D