

September 2016

MEMORANDUM FOR: General Brown Central Schools

FROM: Jillian Sarandrea, Military & Family Life Counselor

SUBJECT: Child and Youth Behavioral Military & Family Life Counseling (CYB-MFLC)

Hello,

This letter is to inform you about the Child and Youth Military & Family Life Counseling (CYB-MFLC) Program services. Due to the unique challenges faced by military families, the Department of Defense is offering this private and confidential non-medical counseling service to military service members, military families, and military family service member's children in Child and Youth Programs (CYP). The CYB-MFLC supports the centers, schools, summer programs and camps and work with military children and their families in the following ways:

- Observe, participate and engage in activities with children and youth
- Provide direct interaction with military children
- Model behavioral techniques and provide feedback
- Suggest courses of age appropriate behavioral interventions to enhance coping and behavioral skills
- Outreach to military parents when they drop off or pick up their children or at family events
- Available for military parents to contact for guidance and support
- Facilitate psycho-educational groups
- Conduct training for staff and parents
- Recommend referrals to military social services and other resources as needed

CYB-MFLCs may assist military parents, military children and centers with the following issues:

- | | |
|--------------------------------|-------------------------------------------|
| Communication | Self- esteem/self-confidence |
| Resolving conflicts | Behavioral management techniques |
| Bullying | Helping children deal with angry feelings |
| Sibling/parental relationships | Deployment and reintegration issues |

The counselor may also work with military children in settings such as field trips and other center, camp, or school sponsored activities. The counselor is available to accommodate appointments and meetings/activities after hours and on weekends with advance notice.

Name of CYP School _____

I acknowledge that a CYB-MFLC is available and authorize my child
_____ to receive CYB-MFLC support.

PARENT OR GUARDIAN SIGNATURE DATE

I acknowledge that a CYB-MFLC is available and **DO NOT** authorize my
child _____ to receive CYB-MFLC support.

PARENT OR GUARDIAN SIGNATURE DATE

Please return by Monday, October 10, 2016

Dear Parents,

I would like to introduce myself. My name is Jillian Sarandrea and I will be joining General Brown Elementary Schools (BGP/Dexter) for the 2016-2017 school year as the Military Family Life Counselor (MFLC, pronounced "M-FLAC"). I have extensive experience as a Licensed Mental Health Counselor, and I am excited to serve as a resource to the students and military family members over the coming year.

What is a Military Family Life Counselor?

MFLCs are fully licensed counseling professionals who are assigned to schools with significant populations of students who are the children of military service members and Department of Defense Civilians. The MFLC program was established in 2004 to provide "front-line" support to families dealing with the unique challenges of military life. Last year, the Department of Defense expanded the program, beginning with the Ft. Drum area, and for the first time authorized MFLCs to be assigned to private and parochial schools.

What does a MFLC do?

In short, I serve as a resource to our military students, their parents, and their teachers. My goal is also to support the entire school community on military issues that may affect all students; for example, a traumatic event.

How does the MFLC provide services?

Individual counseling services require parental consent. The attached MFLC Consent form is your consent. Please sign and return the attached consent form(s) to your child (ren)'s classroom teacher. Please complete one form for each child. All MFLC services are confidential and anonymous. Parents may call me directly and confidentially at (315) 481-9574, or ask for me through a teacher, a staff member, or an administrator. No written records are kept of any encounter or service provided.

Please contact me if you have any questions and/or concerns.

Sincerely,

Jillian Sarandrea

Jillian Sarandrea
Military Family Life Counselor (MFLC)