

**Military OneSource Program
Non-Medical Counseling Information Paper
Attachment 38**

SUBJECT: Non-Medical Counseling

BACKGROUND:

- Non-medical counseling programs provide confidential, short term counseling to members of the active force, the National Guard and Reserves, and their families up to 12 sessions per person, per issue at no cost. Non-medical counseling programs are centrally managed in the Office of Deputy Assistant Secretary of Defense for Military Community and Family Policy (ODASD (MC&FP)).

DISCUSSION:

- The following types of counseling support are available on or off military installations.
 - **Face-to-face:**
 - A traditional 50 minute counseling session in an office setting with a provider located within the community.
 - With counselors (MFLC) on assignments up to 180 days (duration of sessions in the following settings varies greatly depending upon the need of the participant):
 - At Family Centers, Child and Youth Programs, schools, and youth summer programs.
 - Embedded within military units.
 - "Surge" counseling support for up to 90 days for units returning from combat
 - On-demand support for up to 3 days for the National Guard and Reserve components to support pre-deployment, deployment, and reintegration events for Service members and their families. Schedule support at <http://jfsap.mhf.dod.mil/>
 - Full time assignments to support National Guard and Reserve components Joint Family Support Assistance Programs in all 50 states, 4 territories, and the District of Columbia.
 - **Telephonic and On-line:**
 - A traditional 50 minute counseling session available telephonically or on-line.
 - Accessible worldwide; 24/7/365 at 800-342-9647 or www.militaryonesource.com; where international telephone numbers are also located.
- Counselors possess a master's or doctorate degree in a mental health field and are licensed or certified in a state, territory or the District of Columbia to practice independently.
- This non-medical support is aimed at preventing the development or exacerbation of mental health conditions that may detract from military and family readiness.
- Issues amenable to non-medical counseling include, but are not limited to, the following: relocation adjustment, separation, reintegration, relationship issues, parenting skills, communication, anger management, grief, stress, adjustment, deployment, life skills, coping skills, interpersonal skills, and academic or occupational problems.
- Issues not amenable to non-medical counseling include, but are not limited, to the following: active suicidal or homicidal thought or intent or other threats of harm to self or others, Family Advocacy Program cases, sexual assault, child abuse/neglect, domestic violence, alcohol and substance abuse, mental health conditions that have required recurring in-patient hospitalizations, someone prescribed psychoactive medication, someone currently receiving therapy by another practitioner, fitness for duty evaluations and court ordered counseling.
- Situations meeting the diagnostic criteria for common mental disorders found in the Diagnostic and Statistical Manual of Mental Disorders – Fourth Edition (DSM-IV) will be referred to military medical mental health care providers, TRICARE, or other providers of professional mental health care.
- Family members of those diagnosed with a mental disorder may be eligible for non-medical counseling support.

- Counselors are mandated reporters of situations that include harm to self or others, domestic violence, child abuse or neglect, violence against any person, and any present or future illegal activity.

Recommendation: None. For information only.