

We are excited to announce that Liberty Middle School has partnered with the Department of Defense to bring the Military Family Life Counseling (MFLC) Program to our school. Military life can be challenging for families, especially for students that are having to change schools due to a permanent change of stations. The MFLC Program is designed to give students of military families extra support as they navigate their way through school.

What is the MFLC program?

The Military and Family Life Counseling Program provides confidential, non-medical, short-term counseling services. The non-medical counseling approach is psychoeducational, which helps participants learn to anticipate and resolve challenges associated with military life. The aim is to prevent the development or exacerbation of mental health conditions that may detract from military and family readiness. There must be parent consent for a student to receive services from an MFLC. These services can also be done virtually through a telehealth platform.

Eligible participants in the MFLC Program include:

- *Active-duty service members
- *National Guard and reserve members (regardless of activation status)
- *Coast Guard members (when activated for the Navy)
- *Department of Defense expeditionary civilians (90 days before deployment through 180 days post-deployment)
- *And their immediate family members are eligible for services.
- *Veterans and their immediate families are eligible up to 180 days past separation from the military.

Supports provided include but are not limited to:

- Building resiliency
- Stress management and coping skills
- Separation and divorce
- Communication skills
- Developing/strengthening problem solving skills and conflict resolution
- Deployment and reintegration issues
- Emotional regulation skills
- Anger management
- Grief and loss
- Leadership skills
- Friendships
- Transitions and adjustment
- Self-esteem and confidence

The Military Family Life Counselor that has been assigned to our school is Kathy Braunreiter. Kathy is honored to have the opportunity to provide counseling services to children of military families. She has worked as an MFLC for over five years, OCONUS in Okinawa, Japan and Lakenheath, England and locally, in both Colorado Springs and Aurora. As an MFLC, she has worked with small children up to adults. Previous to her full-time MFLC role, her private practice focused on young people and is thrilled to work primarily with that age group again. Her goal is to work together with the school and families to encourage healthy outcomes. Kathy has an MA in Counseling, is a Licensed Professional Counselor (LPC), as well as a Nationally Board Certified Counselor (NBCC). She is also a grateful wife and blessed mother of three grown children.

MFLC Contact Information:

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