

# ORANGE PARK JUNIOR HIGH SCHOOL

*Home of the Wildcats*

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**Janice Tucker**  
Vice Principal

**Al De Jesus**  
Principal

**Tyler Wood**  
Assistant Principal

Dear Parent,

Orange Park Junior is excited to introduce a new resource on our campus this year, a Child & Youth Behavioral Counselor from the Military & Family Life Counseling Program (CYB-MFLC). This program provides a counselor on our school campus who will be available to provide valuable services and support to 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. 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/coaching 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; the services are provided confidentially and no case records or documentation is kept. 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 available 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
- Grief and loss reactions
- Self-esteem and confidence
- Communication skills
- Leadership skills

All military families will be given the opportunity to consent for their children or opt-out from this free service, provided by Department of Defense. For more information about MFLC services, contact your school or request the direct number for the CYB-MFLC on campus.

Orange Park Junior High School's Administrative Staff