

# ***MCCS Post Deployment Health Reassessment***

## ***Non-Medical Related Support Services***



*The Post Deployment Health Reassessment (PDHRA) Program is a Commander's Program designed to give Marines and Sailors an opportunity to identify and seek assistance for deployment related issues, which they feel may have a negative impact on their future deployability and retention status. This process is fully integrated with the Command's medical staff and those installation activities whose mission is to ensure that Marines take care of their own.*

### ***MCCS and Chaplain Services - Post Deployment Non-Medical Programs***

**FOR RETURNING DEPLOYED AND NON-DEPLOYED MILITARY SERVICE MEMBERS AND THEIR FAMILIES**

**Life Consultants (located in Little Hall, 2034 Barnett Ave.) 703.784.4220/703.432.1905**

Provides confidential individual counseling for Marines and family members to include marital/family counseling, various stress and anger management classes, and workshops.

**Clinical Counseling (located in Little Hall, 2034 Barnett Ave.) 703.784.2570/3523/1111**

Provides short-term, solution-oriented counseling, including individual and family, anger, stress management, and couples communication.

**New Parent Support Program (located in Little Hall, 2034 Barnett Ave.) 703.784.4248**

Provides supportive services to Marines and their families with newborns and children up to the age of five, offering the following programs: Home Visitations, Baby Boot Camp, Parenting Classes, Mom Support Groups, Play Mornings, Baby and Me Classes, and Cooperative Parenting Classes for divorcing parents.

**Exceptional Family Member Program, EFMP (located at 122 Neville Rd.) 571.931.0524**

Provides assistance to Marines with special needs family members in the form of support and advocacy for medical, psychological, and educational needs. Respite care is available for special needs family members of returning Marines during the post deployment period. *Forty hours of free respite care is available for families enrolled in the EFMP Program.*

**Single Marine and Sailor Program (located in Bldg. 206) 703.432.0363**

The Marine Corps is committed to improving quality of life for single Marines. Through council meetings, single Marines can identify issues, concerns, and suggestions, and are involved with programming and coordination of special events and activities.

**Semper Fit Health Promotion (located at 2073 Barnett Ave.) 703.784.2205**

Provides numerous health-related classes for Marines and family members. The Naval Medical Clinic can make referrals to Semper Fit health programs.

**Financial Management (located at the Religious and Family Services Annex, 3019 Embry Loop) 703.784.2650/9754**

Provides counseling and assistance to Marines in need of financial counseling, credit repair, budgeting, and debt resolution.

**Chaplain (located in Lejeune Hall) 703.784.2131**

Chaplains offer a variety of services including pastoral counseling for individuals and couples, marriage enrichment classes, and religious rites and sacraments.

**Consolidated Substance Abuse Counseling Center, CSACC (Located in Bldg. 2015\*) 703.784.3502/03/04/05/06**

Provides assessments and screening, group and individual interventions, and outpatient referral.

*\*The building is located in the old Credit Union behind the Fire Station.*

**Readiness and Deployment Support Program (located in Little Hall, 2034 Barnett Ave.) 703.432.1903**

Provides support groups for spouses of previously deployed service members, including return and reunion briefings for Marines. Also available are workshops for spouses and children that deal with the reintegration of the "whole" family.

**Family Advocacy Program (located in Little Hall, 2034 Barnett Ave.) 703.784.2570/3525**

Provides 24/7 crisis intervention, information and referral, victim advocacy, domestic violence, and child abuse prevention services. FAP services encompass a wide scope of developmental, prevention, and therapeutic services designed to address the stressors facing today's service members and their families.

**Families Over Coming Under Stress, FOCUS (located in Little Hall, 2034 Barnett Ave.) 703.772.6304**

FOCUS promotes strong military families through skill-building activities and exercises.

**Navy-Marine Corps Relief Society, NMCRS (located in Little Hall, 2034 Barnett Ave.) 703.784.3355**

As a non-profit charitable organization, NMCRS provides service members with interest-free loans and grants, budget counseling, infant layettes, and visiting nurse services.