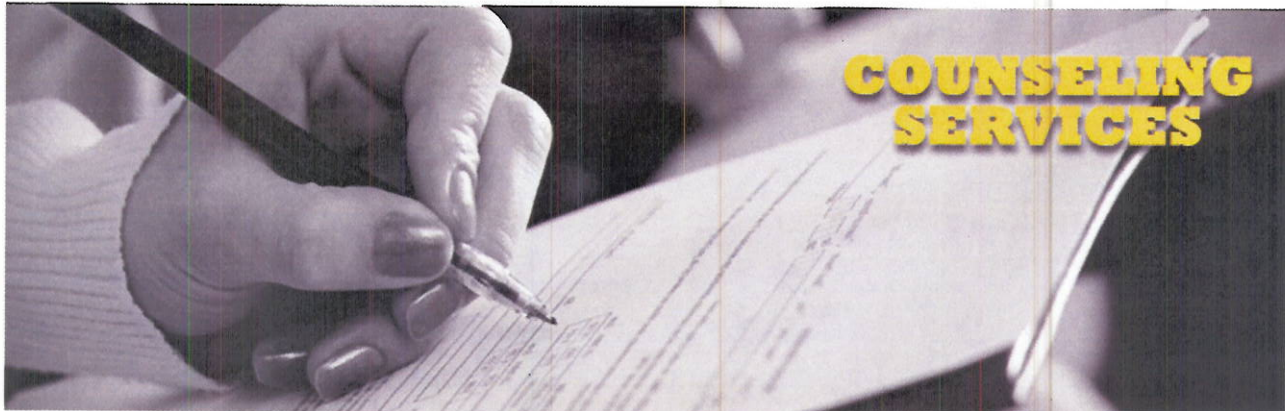


Home Events Employment Theater



Counseling Services

Bldg #411 Phone: 253-4526

Hours: Monday-Friday 8am-4pm

General Counseling

Everyone Needs Help Once in a While

Counselors are available to help you and your family cope with the challenges of marriage, parenting, deployment, reunion and reintegration. These challenges can have an effect on your emotional health, relationships, family life, and military readiness. The good news is we are here to help. You and eligible family members may each receive up to 8 sessions with a family counselor. Licensed counselors give guidance on a range of topics including:

- Relationships and marital issues
- Family conflicts
- Stress
- Parenting
- Divorce
- Grief and loss

Counseling services are available at no charge. They are easy to use and just a phone call away!

The Counseling Experience

When you attend a counseling session with a counselor, expect them to help you:

- Review the problem
- Identify key target issues
- Gain insight into solutions
- Set clear and realistic goals

Substance Abuse Prevention and Counseling

Substance abuse prevention is aimed at educating air station personnel on local laws and regulations for the country of Japan. The substance abuse clinicians are experts in the field of addictions and provide support and insight into the various challenges often associated with substance use disorders.

Our mission is to provide substance abuse counseling to all military members and all eligible personnel who fall under the Department of Defense's Status of Forces Agreement. Personnel subject to substance abuse disorders which interfere with occupational and interpersonal functions should seek assistance to understand how to maintain a healthy lifestyle free from substance abuse disorders. Our services enhance readiness through drug and alcohol prevention and education programs, outpatient treatment for substance use disorders, and referrals to other resources as appropriate.

Family Advocacy Program

Family Advocacy is designed to assist families experiencing the trauma of abuse. Counselors are trained in the dynamics of domestic violence in order to assist in protecting victims and support families in need of assistance. The Family Advocacy Program focuses on helping families and individuals empower themselves to make positive changes in their lives.

Please take a look at our brochures in: [English](#) and [Japanese](#)

Victim Advocacy Program and Prevention Program

Victim Advocates assist civilians and active duty victims of domestic violence and sexual assault by advocating for their safety and by providing emotional support, crisis intervention, and community referrals. Victim advocates are also able to take restricted and unrestricted reports. If you are suffering from and incident of domestic violence or sexual assault and would like to receive confidential help, you can call a victim advocate day or night and make a restricted report and receive all services without beginning an investigation*

Exceptions to restricted reporting include:

- If you state that your life is in imminent danger or if you threaten a life of another person
- If child abuse is occurring
- If you notify the offender that you are making a report

*Please note that only active duty military are permitted to file a restricted report for sexual assault.

Please click [here](#) for more information on your reporting options.

To make a report between the hours of 7:30AM and 4:30PM, Mon-Fri please call the Counseling Services Center at 253-4526 to speak to a victim advocate.

To report sexual assault or domestic violence after hours please call a victim advocate directly at: **090-9978-1033**

If you are a service member and wish to report a sexual assault, you may also contact the Sexual Assault Response Coordinator at **080-5865-3566**.

Sexual Assault Prevention and Response Program

In the event of a sexual assault, a military member has the option of making a restricted report. This means they can receive services and medical care without having a formal investigation conducted. There are designated individuals to whom a restricted report can be made: Uniformed Victim Advocates (UVA), Sexual Assault Response Coordinators (SARC), Civilian Victim Advocates, Clinical Providers within Counseling Services, and Healthcare providers. If the crime is reported to anyone other than the designated individuals, it will be considered an unrestricted report.

If you are a service member and have been the victim of a sexual assault, please contact the installation **Sexual Assault Response Coordinator (SARC)** at **080-5865-3566** for assistance with reporting options and to request advocacy with command, law enforcement, and medical personnel. If desired, Uniformed Victim Advocates or Civilian Victim Advocates can be present for support during medical exams and court proceedings.

Prevention and Outreach Programs

The Family Advocacy Program provides educational briefs, seminars, workshops to individuals, commands, and community organizations. Prevention Specialists and Counselors provide briefs and/or training to meet your training goals or address specific needs, such as:

- Anger Management
- Stress Management
- Skill Building for Parents
- Couples Communication
- Substance Abuse Workshops
- Alcohol Early Intervention
- Child Abuse & Neglect Detection, Prevention, & Recognition Training
- Domestic Violence Awareness

Military & Family Life Consultant Program

Military & Family Life Consultants (MFLCs) are available to help with marriage and relationship issues, stress, anxiety, depression, grief, loss, and daily life issues. MFLCs are licensed clinical counselors who provide short term, situational, and problem-solving techniques to service members and their family members. Consultations and trainings are free, anonymous, and confidential. You can meet with MFLCs anywhere on or off base except for your home. They are available after-hours, weekends, and holidays. To schedule an appointment please call 090-6654-2351, 090-6005-8412, or 080-4186-0194.

New Parent Support Program

The New Parent Support Program (NPSP) offers a wide range of support services to military families with children from birth through five years of age. Services include prenatal and postpartum support, parenting classes, play mornings, and home visitation. For more information contact 253-6553, or visit us on this homepage under the tab Family then click on the New Parent Support tab.

Facebook

Please "like" our Facebook page for up to date information on classes and information!

Resources & Links

Leaders Guide for Managing Marines in Distress- www.usmc-mccs.org/leadersguide

A quick reference, designed to help leaders at all levels take care of Marines within the unit who are in distress because of their situation or behavior.

Military OneSource- www.militaryonesource.com

Find online articles, suggested reading lists, educational materials, locators (summer camp, child care, etc.) and interactive tools on such topics as parenting, healthy habits, addictions, trauma and much more.

Sexual Assault Prevention & Response Office (SARPO)- www.usmc-mccs.org/sapro

The website explains the purpose of the SAPRO, policy and procedures in dealing with sexual assault and more.

MCCS Family Advocacy Website- www.usmc-mccs.org/famadv

The website includes a description of the program, domestic violence policy memorandums, victim advocacy information, and a Commander's Guide to Family Advocacy.

The National Domestic Violence Hotline- www.ndvh.org/military

Hotline advocates provide support and assistance to anyone involved in a domestic violence situation, including those in same-sex relationships, male survivors, those with disabilities and immigrant victims of domestic violence. All calls to the National Domestic Violence Hotline are confidential.

Fun and Easy Personality, Relationship Tests and More- www.humanmetrics.com Evaluate your personality characteristics here. Check out this list of fun, free, interactive tests on relationships, careers, intelligence, lifestyle and more!

Upcoming Calendar of Events

Click on an event to see more info!

NO UPCOMING EVENTS

Updated by MCCS Marketing.

Copyright © 2009 Marine Corps Community Services Iwakuni

BUSINESS OPPORTUNITIES

MarketingPilot - LPP

The appearance of commercial sponsors' logos or company names on this website does not constitute official endorsement by the US Federal Government or the United States Marine Corps.

Facebook is a registered trademark of Facebook, Inc.

The Twitter logo is © 2010 Twitter