

Military & Family Life Consultant Program (MFLC)

Military and Family Life Consultants provide both individual consultations and educational briefings and programs. Consultants are available to meet with Service members and Family Members anywhere in Iowa. Consultations are free of charge and are confidential by law. Services are also anonymous and no records are kept. However, consultants have a duty to warn in cases of potential suicide, homicide, child abuse, and domestic violence.

Consultants travel to where the Service member or Family member lives. Meetings cannot be conducted in the home but can meet in armories, libraries, Red Cross facilities, or coffee shops. Up to 12 meetings are available. The MFLC will also assist in accessing other community resources as needed. Consultants can work with individuals, couples, families, and children of all ages and work to support existing military support programs and services.

Military and Family Life Consultants:

BreAnne Nnoko (western half of the state) 515-212-0501
breanne.m.nnoko@healthnet.com

Tanja Duffey (eastern half of the state) 563-343-4012
tanja.l.duffey@healthnet.com

Briefings are available on a wide range of topics. Some topics overlap and could be listed under several different categories, but each is only listed once:

Anger Management

A Guide for Helping Children Manage Anger
Anger Management
Anger Management from Combat to Home
Anger Management for Teens
Post-Combat Risk-Taking Behaviors

Activities-Based Presentations for Children/Teens

Activities for Children's Reunion (ages 6-12)
All Feelings are OK
Bully Busting Activities (1st - 8th grade instructor's guide)
Communication for Teens
Emotional Intelligence Activities for Children: ages 5-7, 8-10, 11-12, and 13-18
Entering the World of Work Focus on Teens
How to Handle Peer Pressure
Helping Children Cope with Post-Deployment Issues
Self-Esteem for Teens
Supporting Children of Divorce: ages 3-5, 6-9, and 10-12
Stress Management for Teens

Teaching Parents How to Support Their Children Through Divorce
Teens and the Power of Peer Pressure
Time Management and Organization for Teens

Communication

Building Healthy Marriages
Communication and Assertiveness
Communication Training
Coping with Challenges While on R&R
How to Talk to Parents: Effective Parent/Caregiver Communication
Leadership Through Teamwork: The Characteristics of a Team Leader
Maintaining a Healthy Marriage During Deployment
Making Effective Decisions
Parent/Child Communication
Tips for Public Speaking

Compassion Fatigue

Self Care to Prevent Compassion Fatigue

Conflict Resolution

Conflict Resolution
Conflict Resolution with Children: ages 4-12 and 13-16
Cultural Awareness and Sensitivity
Culture Shock: Adjusting to Cultural Change
Preventing Bullying in the Workplace
Reverse Culture Shock

Deployment

Children and Separations Issues of Deployment
Deployment Survival
Emotional Cycle of Deployment
Issues Families Face When the Military Deploys
Military Culture for Family Members
Mission Based Marriage
Pre-Deployment and the Single Service Member
Redeployment
Talking to a Deployed Loved One
When a Parent Deploys: ages 2-5

Diversity

Diversity and Tolerance

Divorce

Facing the Challenges of Divorce
Parenting Skills for the Single Service Member
Recovering from Divorce

Grief

Coping with Holiday Grief
Grief and Loss
How Children Grieve
Understanding Grief: Education for Caregivers

Marital/Couples

Creating a Healthy Marriage
Emotional Spending
Making Marriage Work after Deployment
Matri-Money
Principles for Healthy Relationships and Marriages
Re-Igniting the Passion after Deployment
Return and Reunion Workshop for Spouses
The Sandwich Generation

Parenting: Guides for Parents, Teachers, Caregivers

Bullying: A Guide for Parents and Caregivers
Developmental Stages for Children: birth to 2, 2-5, 6-9, and 10-12
Responding to Toddlers Who Bite and Hit
Effective Discipline: ages 2-5, 6-9, 10-12, and 13-17
Enhancing Resiliency in Children
Fatherhood
Parenting Teens
Power Struggles
Sibling/Parent Relationships: Building Healthy Relationships
Step Parenting

Return and Reunion

Challenges of Reunion and Reintegration
Coping with the Challenges of Transitioning Home
Family Reunion
From Combat to Home
Homecoming and Reunion
Reintegration Challenges for a Single Soldier
Reunion Briefing
Welcome Home! Reconnecting with Your Child

Self Esteem

Self Esteem: A Major Building Block of Confidence
Self-Esteem for Teens

Self Improvement

Healthy Living
How to Get a Good Night's Sleep
Overcoming Test Anxiety

Using Leisure Time Well
Self-Care for the Helping Professional
Staying Positive and Motivated
The New You: Transitioning to Civilian Life

Stress Management

Combat-Related Stress Reactions
Coping Strategies for the Uncertainty of Life
Coping with Transitions
How to Cope with the Winter Blues
Life in Balance: Relaxation and Stress Relief
Relaxation Techniques
Stress Management
Stress During the Holidays

Teacher Tools

Tips for Teachers: Working with Children during Deployment

Team Building

Working in Teams

Time Management

Time Management Strategies and Helpful Tips

Personal Financial Counselor

Support and Counseling Services

- Confidential financial consultations for individuals and families
- Referrals to military and community resources
- Support for family members while you're deployed
- Help with credit management and budgeting
- Help navigating state-related benefits
- And more

Training and Workshops

- Basic Money Management
- Budgeting/Developing Spending Plans
- Debt and Credit Card Management
- Consumer Rights and Obligations (dealing with creditors)
- Financial Planning: Reaching Life Goals
- Financial Readiness and Economic Security
- Financial Readiness for Deployment
- Transitioning to Civilian Life
- Home Buying
- Understanding Mortgages
- Preventing Foreclosure
- Kids and Money: Raising Financially Savvy Kids

Military Benefits, Pay and Entitlements

Savings and Investments

Retirement Planning

Estate Planning

Taxes