

Resource Sheet: Military Family Resources in Okinawa

COUNSELING SERVICES

Family Advocacy Program

- Identify, intervene, and treat service and military family members who have committed/are likely to commit domestic violence
- Protect and safeguard DV victims
- Mandatory reporters
- Provide access to support and advocacy services.
 - From Cell Phone: 098-970-2915
 - International: 011-81-98-970-2915
 - 24/7 Helpline 645-SAFE (7233)

Military Family Life Consultants (MFLC)

- Minor issues/concerns; each unit has an imbedded MFLC
- MFLC does not take notes and are completely confidential
- More moderate to severe issues (DV or Child Abuse) will be referred to the FAP community counseling program or advocates.
 - Foster/Kinser 080-4143-3803
 - Foster/Futenma 080-4281-0241
 - Courtney 070-1303-8512
 - Hansen/Schwab 080-4083-4766

Community Counseling Program (CCP)

- General counseling issues/concerns
 - Military Life, Deployment and Reunion/Reintegration
 - Relationships and Marriage
 - Family Conflicts, Life Changes
 - Grief and Loss
- Services are confidential, within the limits of the law
- Counseling records are not part of client medical records
 - DSN 645-2915
 - Walk-in hours:
 - Camp Foster, Bldg. 439, M-F, 8:00 a.m. - 11:00 a.m. and 1:00 p.m. - 4:00 p.m.
 - Camp Hansen, Bldg. 2394, M-F, 8:00 a.m. - 11:00 a.m. and 1:00 p.m. - 4:00p.m.

USNH - Mental Health

- For diagnosable serious mental health concerns
 - <http://www.med.navy.mil/sites/nhoki/Patients/SpecialtyClinics/Pages/MentalHlth.aspx>

WEBSITES

Women's Law

- Search for DV shelters, lawyers, county court offices, and advocates stateside
 - http://www.womenslaw.org/gethelp_state.php?state_code=VA

Military One Source

- Military resources and relocation
- Confidential 24/7 counseling
 - Toll Free: 1-800-342-9647; DSN: 145
 - <https://www.militaryonesource.mil/>

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DSTRESS LINE

- Confidential, telephonic counseling
 - <https://www.mccsokinawa.com/bhlinks/?withurl=1#tab4>
 - DSN: 645-7734; from off-base: 098-970-7734

MILITARY SPOUSE PAY GRADE OR BENEFITS

- <http://www.dfas.mil/militarymembers/payentitlements/military-pay-charts.html>

COMMAND CONTACT INFORMATION*

- <http://www.marines.mil/Units/srlocation/Japan/>
 - *it is not uncommon for spouses to not know the service member's command.

ON BASE RESOURCES

NMCRS - Navy Marine Corps Relief Society

- Small interest-free loans and grants, financial planning, and classes for expecting parents
 - <http://www.nmcrs.org/locations/entry/okinawa>

Personal Financial Readiness

- Provides financial planning/budgeting; meets anywhere on Okinawa
 - Contact: Kayla Andrews
 - Phone: 645-7806 or 090-1941-0078

Transition Assistance

- Resume writing and interview skills; employment and volunteer assistance
 - 645-3151
 - <https://www.mccsokinawa.com/transition/#tab0>

Marine Corps Family Team Building

- Provides classes that are helpful for spouses/couples.
 - Contact Frank Fey for additional questions
 - <https://www.mccsokinawa.com/mcftb/>

WIC - Women Infants and Children

- Food vouchers; assistance/information for parents with infants
 - <http://www.med.navy.mil/sites/nhoki/Patients/Pages/WICO.aspx>

NPSP - New Parent Support Program

- Offer free classes to expecting parents and those who currently have children under age 5
- Provides in home visitation to educate and assist with child safety
 - DSN 645-0396
 - <https://www.mccsokinawa.com/npsp/>

Red Cross

- Dental assistant and medical assistant programs
- Able to assist in transportation back to the states for an immediate family member passing away
 - <http://www.americanredcrossokinawa.org/>