

Resources and Support

MCB Quantico offers a wide array of confidential non-medical and medical support to address common reactions to trauma and to further assist you in becoming a trauma-informed leader:

- NMRTC Quantico:
 - Behavioral Health Department
 - E-OSC-C
- MCCS Behavioral Health Programs:
 - Community Counseling
 - Family Advocacy
 - Substance Abuse Counseling
 - New Parent Support
- Sexual Assault Prevention and Response Office
- USMC Combat Operational Stress Control
- Base and Unit Chaplains
- Base and Unit MFLCs
- Families Overcoming Under Stress (FOCUS)
- Military OneSource

There is no wrong place to initiate help. If someone starts with NMRTC Behavioral Health or MCCS Behavioral Health, programs collaborate to ensure individuals receive the type of care needed to best address their concerns.

Reach out to your facilitators for additional information about any of these resources.



Naval Health Clinic Quantico

Behavioral Health Department

The Naval Health Clinic Quantico staff provides a comprehensive array of mental health services for military members in the National Capital Region, while demonstrating compassion and respect for each patient's health and well-being so that we may bring hope and healing to adults with mental health-related challenges. Our clinic is an interdisciplinary service offering a range of treatment options designed to alleviate impairment in coping skills, psychological symptoms, difficulties in social or interpersonal functioning, challenges in work or school performance, substance abuse, and more. If a given service is offered by another agency (e.g., MCCS Behavioral Health, etc.), our clinic will liaison with that agency in order to facilitate appropriate referrals and eliminate redundancies.

Services:

- Triaging for services
- Biopsychological and substance use evaluations
- Treatment planning
- Full range of psychological testing on site or by consultation
- Individual psychotherapy
- Medication management
- Educational workshops
- Fitness for duty evaluations
- Temporary disability retirement list and medical board evaluations
- Other military specific evaluations to include CDMHE, chapter evaluations, security evaluations, and specialty school evaluations
- Referral for other services

NMRTC Quantico Behavioral Health Department
3259 Catlin Ave., Hallways J and H
703-784-1779

Who is eligible for services?
Active Duty

<https://quantico.tricare.mil/Health-Services/Mental-Health-Substance-Abuse>

Naval Health Clinic

Quantico

E-OSC

Expanded Operational Stress Control (E-OSC) is an important part of the Navy's Culture of Excellence. E-OSC is a peer-to-peer program which is built from evidence-based practices to build and sustain toughness and resilience.

The E-OSC Team leader works within the Command Resilience Team to identify factors that affect crew resilience. They have been trained in tools which will help them to enhance those factors which support resilience and to mitigate those factors which reduce resilience.

There truly is strength in numbers, and when people work together to partner in building resilience, it will improve everyone's ability to persevere, adapt, and grow through the challenges they face.

Resilience:

The ability to persevere, adapt, and grow through adversity.

Vision:

A Navy team well versed in recognizing, addressing and navigating stress in order to mitigate undesired outcomes and grow in the face of challenges.

Mission:

To build Navy resilience through toughness, trust, and connectedness while educating on stress management to maintain mission and personnel readiness.

Objectives:

1. To build resilience, self-care, and buddy care techniques.
2. To identify and manage stress in order to support positive reactions and mitigate negative reactions
3. To connect sailors in ways that support growth.

NMRTC Quantico E-OSC
3259 Catlin Ave.
703-784-1779

Who is eligible for services?
Active Duty Sailors

MCCS Behavioral Health

Community Counseling Program

The Community Counseling Program (CCP) utilizes a holistic approach to assist people overcome some of life's most difficult challenges. Clinicians are independently licensed and credentialed professionals (psychologists, social workers, professional counselors, etc.) who provide solutions designed to meet needs in these areas:

- Marital, couple or family issues
- Parent/child relationships
- Communication challenges
- Anger management
- School/work issues
- Adjustment issues
- Grief and loss

Services:

- Information and referral
- Clinical assessments
- Case management
- Counseling for individuals, couples, families/groups
- Informational briefs and workshops

Little Hall Office (mainside)

2034 Barnett Ave.
703-784-2570

Cox Hall Office (TBS)

24009 Montezuma Ave.
703-784-6442

Who is eligible for services?

Active Duty, AD Dependents

Retirees and Retiree Dependents (based on resource availability)

<https://www.quantico.usmc-mccs.org/marine-family/behavioral-health-program/community-counseling-program-ccp/>

MCCS Behavioral Health

Family Advocacy Program

The Family Advocacy Program (FAP) promotes healthy military family development through the prevention, identification, and treatment of intimate partner violence, child abuse, and neglect. FAP stresses early intervention and education to protect victims and increase family competencies. FAP aims to prevent and or reduce incidences of family violence and to increase operational readiness by improving family relationships.

Services:

- Information and referral
- Individual and family assessments
- Case management
- Outpatient counseling services
- Groups for men and women
- Stress First Aid Support Team (SFAST)

Victim Advocacy

Victim advocates provide information, guidance and support to victims and will respond to incidents of domestic violence 24/7 through the helpline 703-350-1688.

Prevention and Education

Family Advocacy Program has a wide range of prevention and education services for the whole community to include anger and stress management, parenting education, healthy relationships and unit and community education briefs.

Little Hall Office (mainside)

703-784-2570
2034 Barnett Ave.

Cox Hall Office (TBS)

703-784-6442
24009 Montezuma Ave.

Who is eligible for services?

Active Duty, AD Dependents
Retirees and Retiree Dependents (based on resource availability)

<https://quantico.usmc-mccs.org/marine-family-support/military-family-life/family-advocacy-program>

MCCS Behavioral Health

Consolidated Substance Abuse Counseling Center

The Consolidated Substance Abuse Counseling Center (CSACC) promotes operational readiness, health and wellness through substance abuse prevention, early intervention, and treatment services. CSACC provides a continuum of substance abuse treatment and prevention services that are individually tailored to meet the specific needs of service members, retirees and family members who are 18 years and older.

Services:

- Substance abuse screening, assessment and referral
- Outpatient substance abuse treatment
- Individual, group, and couples counseling
- Early intervention services
- Alcohol and drug prevention education
- Unit trainings and briefs
- Substance abuse family support groups

Little Hall Office (mainside)

703-784-3502
2034 Barnett Ave.

Cox Hall Office (TBS)

703-784-6442
24009 Montezuma Ave.

Who is eligible for services?

Active Duty, AD Dependents 18+
Retirees and Retiree Dependents (based on resource availability)

<https://www.quantico.usmc-mccs.org/marine-family/behavioral-health-program/consolidated-substance-abuse-counseling-center-csacc/>

MCCS Behavioral Health

New Parent Support Program

NPSP is a voluntary, strength-based parent education program delivered through support, secondary prevention, home visitation services, parent support groups, resources and referral. Expecting parents and families with children from birth to five years of age are eligible.

Services:

- Information and referral
- Groups and classes
- Home visitation
- Breastfeeding lounge
- Lactation consultation
- Women Infant and Children (WIC)

Little Hall Office (mainside)

703-784-4248
2034 Barnett Ave.

Cox Hall Office (TBS)

703-784-6442
24009 Montezuma Ave.

Who is eligible for services?

Active Duty, AD Dependents
Retirees and Retiree Dependents (based on resource availability)

<https://www.quantico.usmc-mccs.org/marine-family/behavioral-health-program/new-parent-support-program-npsp/>

Sexual Assault Prevention and Response

Services:

The Sexual Assault Prevention and Response Office serves as the single point of contact to facilitate victim support services, promote sexual assault training and awareness, and provide policy and program assistance to commands located aboard Marine Corps Base Quantico. The objectives of the installation's Sexual Assault Prevention and Response program are to specifically enhance and improve:

- Prevention through training and education programs
- Treatment and support of victims
- System accountability

SAPR Office

715-A Broadway Street
Marine Corps Association Annex, 3rd Floor
Quantico, VA 22134
703-432-9999 (24 hour support line)

Sexual Assault Response Coordinator - 703-784-3557
Victim Advocate - 703-784-3557
Civilian Victim Advocate - 703-784-3776
Civilian Victim Advocate - 703-784-3836
Regional Victim's Legal Counsel - 703-784-4514

Who is eligible for services?

Active Duty, civilians, spouses and retirees

<https://www.quantico.marines.mil/Offices-Staff/Sexual-Assault-Prevention-Response/>

Chaplains/Pastoral Care

Marine Corps Base Quantico provides a comprehensive Command Religious Program for active duty personnel and their family members at Quantico, and for military retirees living in the surrounding communities. Opportunities abound in the chapel communities.

The Traditional Protestant chapel community program offers several worship services on Sundays and other special days during the Church year. The Roman Catholic chapel community program features a robust religious education program in addition to numerous Masses on Sundays, and Holy days of obligation.

Adult Education classes and a vibrant Catholic Youth Ministry enable Catholics to enjoy the many aspects of the Catholic Faith.

Located at the Religious & Family Service Center (Bldg. 3019), our Religious Program Specialist stand ready to assist you in finding the best way to meet your religious needs. The office can aid you in joining with one of the many active congregations aboard the base, finding a local civilian congregation, or talking with one of our chaplains.

Religious & Family Service Center

703-784-2518
3019 Catlin Ave.

Chaplains:

MCCDC/TECOM - 703-784-4067
H&S BN - 703-784-2784
OCS - 703-784-0372
USMC University - 703-784-6900
Wounded Warrior - 703-432-1878
TBS, WTBN - 703-784-5210
MCAF, HMX-1 - 202-814-8416
Director of Religious Education - 703-784-3055
Protestant Chapel Pastor - 703-784-2518
Catholic Pastor - 703-784-0231
Jewish Rabbi - 727-207-0290

Who is eligible for services?

Active Duty, Retirees, Reservists, Family members

<https://www.quantico.marines.mil/offices-staff/chaplain/>

Combat Operational Stress Control (COSC)

PURPOSE OF COSC

The COSC program seeks to enable a cohesive ready force and promotes long-term health and well-being among Marines, attached sailors, and their family members. The COSC program assists commanders, Marines, and attached sailors in maintaining warfighting capabilities by preventing, identifying, and managing the impacts of combat and operational stress on Marines and sailors.

GOAL OF COSC

To prevent, identify, and reduce stress issues as early as possible in order to promote mission readiness, preserve the force, and support long-term health and well-being among marines, attached sailors, and their family members.

OSCAR training received by at least 5% of unit personnel or a minimum of 20 Marines and sailors, whichever is greater of all commands, covers: COSC awareness, the five core leadership functions, application of the stress continuum, after action reviews (AARs) as COSC tools, listening skills, early intervention strategies, operational risk management issues related to stress, coordination between leaders and medical providers, tools to build resilience, mitigation strategies, determination of psychological readiness for deployment, and a leaders panel discussion of personal experiences with combat and operational stress.

Leader actions and responsibilities to promote resilience and psychological health in military units and individuals, including family members, exposed to the stress of combat or other military operations. The policy provides a deployment and psychological health checklist to commanders to determine fitness and the ability to deploy.

Operational Stress Control and Readiness (OSCAR) is the primary method of COSC implementation which includes additional training to develop OSCAR teams. Through these teams, commands are able to more easily identify operational stress issues. These team members receive education on stress signs and symptoms, as well as available resources and the proper means of referring someone with a potential stress injury.

Military & Family Life Counselors (MFLC)

The Military and Family Life Counseling (MFLC) program supports service members, their families and survivors with confidential non-medical counseling where they are stationed.

Non-medical counseling can help individuals address issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss.

Trained to work with the military community, Military and Family Life Counselors deliver valuable face-to-face counseling services, as well as by phone and video. They also provide group support with briefings and topic-specific presentations to the military community both on and off the installation.

Installation MFLCs

Little Hall Office (mainside)

703-414-9888
2034 Barnett Ave

Children, Youth and Teen MFLCs

571-414-1210
Quantico Middle/High School - 703-232-2431
Quantico Elementary School - 703-232-5041

Unit MFLCs

MCESG - 703-336-7585
Sec BN - 703-232-5041
HMX-1 - 202-329-8273
H & S BN - 703-232-2477
TBS - 703-403-9397

Who is eligible for services?

Active Duty, Retirees, Reservists, Family members

<https://quantico.usmc-mccs.org/marine-family-support/military-family-life>

Families OverComing Under Stress

Services:

The Families OverComing Under Stress (FOCUS) Program provides family resilience services to military families, children and couples. FOCUS is located at designated Navy, Marine Corps, Army, and Air Force installations, and is offered to all military families.

When military parents fulfill occupational duties, their children and families can face many challenges including moves, changes in family routines, and dealing with trauma or stress reminders. There may be times when these challenges can be overwhelming, particularly if a parent is dealing with the effects of post-traumatic stress and/or injuries. FOCUS is based on over 20 years of research with children and families facing challenges and adversities in many different settings.

Services Include:

- Consultations
- Skill-building groups
- Educational workshops
- Briefs

FOCUS Quantico

Building 2034, Little Hall, Lower Level, Suite 31
Quantico, VA 22134
Phone: 703.784.0189
Email: Quantico@focusproject.org

Who is eligible for services?

Active Duty families

<https://focusproject.org/content/marine-corps-base-quantico>

Military OneSource

Non-Medical Counseling

Military OneSource counselors are available for free, short-term, confidential non-medical counseling services for a wide range of issues, including relationship conflicts, stress management, coping with loss and managing deployments. Sessions can take place in person, over the phone or via secure video or online chat.

Specialty Consultations

Military OneSource provides support from professionally trained consultants online or by phone on a broad range of issues for service members, their families and survivors. Need a little help connecting with your loved ones? Navigating through the adoption process? Want to better understand your wounded warrior benefits? Is it time to explore adult disability care for your parents? Eligible members can receive an unlimited number of specialty consultations on a variety of topics:

- Adoption
- Building Healthy Relationships
- Education
- Elder Care
- Health and Wellness Coaching
- New MilParent
- Peer-to-Peer
- Special Needs
- Spouse Relocation and Transition
- Transitioning Veterans
- Wounded Warrior

Contact Military OneSource:
1-800-342-9647

<https://www.militaryonesource.mil/>