

MCCS Behavioral Health ~ Prevention & Education Workshops

Coping With Work and Family Stress

Coping with Work and Family Stress is an evidence-based program with results proven to help individuals reduce personal stress. Through a series of 12 topics, participants will develop and apply effective coping strategies to deal with stressors at work and home. Participants will identify ways to reduce family and work stressors, increase their social support networks, rely less on avoidance coping strategies, and prioritize roles to create cohesion between work and family life.

Married and Loving It! (MALI)

Married and Loving It! teaches relationship building skills through a series of 5 classes developed to help couples strengthen their relationships and develop a happy, healthy marriage. The objectives of MALI is to help couples identify communication skills including love languages, give couples guidelines for establishing a sound financial situation, address anger issues and conflict resolution, discuss the role of in-laws and other extended family members, as well as other factors that might influence the relationship.

Anger Management for the 21st Century

This INTENSE evidence based curriculum teaches skills that can be successfully applied in the workplace, in relationships, while driving, with one's family, or in any other situation in which anger control is an issue. Participants will learn 8 core Anger Management specific tools to help control or manage anger.

Couples Communication

Communication is an important element to a strong healthy relationship. This workshop offers skills and tools needed to develop and strengthen communication amongst couples. Participants will learn the various types of communication techniques, how to recognize communication fire starters, Individual Communication Language vs. Partner's Communication Language, and how to diffuse arguments.

Eliminating the Chaos

This is an interactive class designed to introduce stress relieving techniques such as mind-body bridging utilizing the 5 senses to reduce the impact stress has on one's life. These techniques are proven to reduce stress through the power of taste, smell, touch, sound, and sight. Participants will gather tools and techniques to utilize in their daily lives to assist them in developing their personal defense against stress.

Command, Unit, and Professional Education Training

Domestic Violence & Child Abuse Awareness & Prevention

This annual training introduces and refreshes unit personnel of the dynamics of adult/child abuse, and ways to prevent family violence. This training also provides a brief overview of the programs and services offered by the Behavioral Health Branch including the Family Advocacy Program, role of Victim Advocates, C3 (Community Counseling Center), Prevention & Education courses, and addresses the importance of reporting family and sexual violence. This course satisfies the Annual Training requirement per MCO 1754.11.

Child Abuse Identification & Reporting

This required training is provided to all new personnel who will be working with children aboard MCAGCC 29 Palms. This training covers signs and symptoms of child abuse and how to report suspected incidents. A refresher course is also available to child development center workers and in home care providers.

Incident Determination Committee (IDC) Training

In accordance with MCO 1754.11 this course provides incoming commanders with an overview of the Incident Determination Committee and the services and programs offered by the installations Behavioral Health Branch. Commanders are required to complete the mandatory Family Advocacy and Incident Determination Committee Training within 90 days of taking command. This training is offered to those appointed as command representative members for the Incident Determination Committee. IDC refresher trainings are offered every 90 days.

Special Briefs and Courses

At the request of commands and Marine Corps Base entities, Prevention and Education Specialist can prepare and deliver briefs and courses designed to meet specific needs of an individual unit or entity. These classes are available to active duty service members and their spouses.