What is the Family Forces Program?

Family Forces is a program under the San Diego-based, non-profit organization, Mental Health Systems. Family Forces was designed to provide counseling services to military families and strives to provide a service delivery that is accessible and affordable to those it serves. Family Forces aims to provide counseling services in a location that is convenient and suitable for the family, whether that is in an office setting, in the home or on-site at a school.

Mental Health Systems

is a non-profit agency founded in 1978 to improve the lives of individuals, families and communities facing substance abuse and behavioral health challenges.

mhsinc.org

Family Forces
10065 Old Grove Road, Suite 200
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P (858) 566-6439 | F (858) 566-6462

MHS is a 501(c)(3) non-profit corporation.
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How Can Family Forces Help?

• Parenting skills
• Develop coping skills
• Improve family communication
• Improve couples communication
• Decrease anxiety
• Stress management techniques
• Decrease symptoms of depression

Who Do We Serve?

Family Forces can serve any military dependent who is covered under Tricare. Family Forces serves children, youth and adolescents, as well as adults. The program also provides services to active duty military personnel and their dependents as part of their EAP option through Military One-Source. Finally, Family Forces can serve individuals not covered under Tricare on a fee-for-service basis.

Our Services

Individual Counseling
Therapists will meet individually with children, youth or adults to assist them in developing coping skills.

Family Counseling
Families participate in family therapy to learn new ways to communicate and develop skills to cope with life stressors.

Group Counseling
Can be on various topics which might include deployment-related stress, peer relationships and coping skills.

Couples Counseling
Marital/couples therapy is provided to improve communication, relationship satisfaction and conflict resolution skills.

All services can be provided either in the client’s home, at the child/youth’s school, or in an office setting.

Referrals
Individuals can self-refer by contacting Family Forces at (858) 566-6439.

Organizations can directly refer clients by calling (858) 566-6439, or by faxing a referral to (858) 566-6462.

Insurance Authorization

TRICARE®
• In most cases, Family Forces is able to obtain the needed Tricare authorizations for Tricare members.
• All services will be billed to Tricare.
• Individual benefits will be explained to families at the time of referral.

EAP
Active Duty members and their dependents also have an EAP option available through Military One-Source. Family Forces staff will assist families in obtaining the needed authorization through the EAP agency.

“Whatever problems arise are taken care of/worked on quickly. We were given an awesome therapist.”
- Family Forces client