



ARMED SERVICES YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE'RE HERE FOR YOU

**FREE IN-HOME CLINICAL COUNSELING  
FOR E-7 AND BELOW FAMILIES**



At the San Diego Armed Services YMCA, we know what challenges military families can face. That's why we have a friendly staff of social workers who are ready to assist enlisted military families E-7 and below when times are tough through in-home clinical counseling services. These services are completely free and confidential!

## ABOUT OUR FREE IN-HOME COUNSELING

- Our programs are **inclusive** of all types of families with active duty military affiliation.
- **Individual, couples and family** counseling is available in your home or at our office.
- We are a non-profit organization serving military families, **separate from the command system**.
- No need for childcare or transportation— **our social workers will come to you!**

## HOW TO BEGIN IN-HOME COUNSELING SERVICES:



### ONLINE:

Visit [ASYSO.org](http://ASYSO.org) for the online referral form



### BY EMAIL:

Email the Social Work Department at: [Coleen.C@MilitaryYMCA.org](mailto:Coleen.C@MilitaryYMCA.org)



### BY PHONE:

Call our office at 858-751-5755 and ask to speak to a social worker.

## Our Social Workers can also help with:

- Information and referral to community resources— to our Y programs and programs at other agencies
- Emergency food and gas assistance
- Parenting education
- Respite care for our clients in emergency situations (not an EFMP respite provider)

**SAN DIEGO ARMED SERVICES YMCA**  
3293 Santo Road , San Diego CA 92124

**P 858-751-5755 F 858-300-8787**

**Office Hours: Monday– Friday– 8:00 am to 4:30 pm**

**[www.ASYSO.org](http://www.ASYSO.org)**

## In-Home Clinical Counseling Frequently Asked Questions

**1. Who is eligible to receive counseling services?**

Counseling services are available to service members who are active duty E7 and below or their family members. Marital status is not important and family counseling is available for any adults in the home. Counseling services can be for individual, couples or family counseling.

**2. Do we have to meet in my home?**

No. We offer our services in-home to reduce transportation and childcare costs. However, if you prefer you can meet with us at our office in Murphy Canyon, at your workplace, or in another public setting (Ex. Starbucks, park) if that is more comfortable for you. In addition to your comfort, a setting you suggest needs a level of privacy to protect you.

**3. Do you provide counseling for children?**

We can work with children 12 and older on a case-by-case basis. Most often we work with parents to support them in helping their children overcome challenges.

**4. How much does this program cost?**

There is no cost to you or your insurance to participate in our counseling services. As a nonprofit, we raise funds through grants, corporations, and private donors to provide this no-cost program to military families.

**5. How many sessions do I get?**

The number of sessions depends on the goals we are working on and this varies for every case. As long as clients are actively participating in session and doing homework to address their concerns, we will continue to meet with them.

**6. Tell me more about confidentiality.**

Professional ethics and California state law specify that communications between a client and social worker are confidential. Further, professional standards mandate that records are kept of our sessions. As the ASY is a private agency, the military does not have access to your records. These records are protected and cannot be disclosed without your written consent except in limited circumstances. The Social Work Department is required to report to the appropriate authorities: *any suspected abuse and/or neglect of a minor or dependent adult, as well as a client threatening to harm themselves or others*. In addition, the Social Work Department may be required to provide your records in response to a valid legal subpoena, court order, or other legal process requiring disclosure of such records.

**7. Who is the Armed Services YMCA?**

The Armed Services YMCA is a nonprofit designed to make military life easier. Headquartered in Springfield, Virginia, we provide hands-on, innovative, specialized programs and support services to military service members and their families with a particular focus on junior-enlisted men and women. We receive no government funding and are funded fully by private donations.

**8. Who will work with me?**

Our staff is comprised of three Licensed Clinical Social Workers, two Associate Clinical Social Workers, and one Graduate Intern. All are trained in evidence-based practices and educated to provide therapeutic interventions for a variety of needs.