



Welcome to the 2021-2022 school year! My name is Stacia Buckner, and I am the Military and Family Life Counselor at Mount Vernon High School. This is my first year at your school, and I couldn't be more excited to work with military students and their families. MFLCs provide nonmedical counseling to enhance social, academic, and emotional skills to support the wellbeing of military students and their families. Sessions can be in-person, virtual, or telephonic, and all services are free and confidential. I am available to all military families and for consultation with school staff Monday-Friday. Hours are flexible to fit your schedule. Please feel free to contact me and request a session. I look forward to being a part of the Major community and providing support so that we can get through this trying time together.

### CONTACT

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### OFFICE

Subschool 1  
Office B



## STACIA BUCKNER, LMFT, NCC

MILITARY AND FAMILY LIFE COUNSELOR  
Mount Vernon High School

### TOPICS ADDRESSED

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- School Adjustment
- Deployment and separation
- Reunion adjustment
- Sibling and parent-child communication
- Behavioral concerns
- Fear, grief, and loss

### HOW DO WE MAKE A DIFFERENCE?

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- Engaging in activities with children and youth
- Providing short term, non-medical counseling support
- Available at no cost to assist children and youth, parents, family members, and staff of child and youth programs
- Providing behavioral interventions in classrooms, at camps, and in Child Development Centers to assist staff in setting and managing boundaries
- Modeling behavioral techniques and providing feedback to staff
- Being available to parents and staff to discuss interactions with children and other concerns
- Facilitating psycho-educational groups

Services are private and confidential except for child abuse or neglect, domestic abuse, illegal activity, or any other duty-to-warn situations.

### Presentation Topics:

- Anger Management
- Building Resiliency
- Deployment
- Children and Moving
- Communication
- Conflict Resolution
- Coping Strategies
- Divorce and Separation
- Relationship Skills
- Reintegration
- Stress Management