



Adolescent Support and Counseling Services

What is ASACS? The **Adolescent Support and Counseling Services** program is a comprehensive school and community-based program that provides prevention education, support and counseling services to students in the 6th-12th grade. All services are confidential, voluntary and free of charge for all students and families.

Prevention Education Services

- Classroom education includes topics on resiliency, healthy relationships, bullying prevention, alcohol/drug prevention, transition and deployment, and teen-life skills.
- Additionally, ASACS provides parent education, community awareness, skill building groups and support groups.

Counseling Services

- ASACS provides comprehensive screening and assessments and individual, family and group counseling, as well as alcohol and other drug (AOD) out-patient treatment services
- Students come to ASACS for many reasons
 - Social Support: managing friendships and relationships, practicing healthy communication and improving social skills
 - Family Support: improving family communication, improving conflict resolution skills and increasing health independence
 - Academic Support: creating successful organization and study skills and improving focus and motivation
 - Emotional Support: increasing resiliency and emotion regulation skills, managing life transition, and improving self-esteem
 - Behavioral Health Support: learning coping skills to manage stress and improving mental health stability

Accessing Services

- Referrals for services can be made by anyone, including teachers, administration, parents and friends.
- Students are welcome to stop by the ASACS office to discuss the program themselves.

Molly Lyon is a Licensed Independent Clinical Social Worker, a Licensed Mental Health Counselor and a Registered Addiction Specialist. Mrs. Lyon recently moved to Misawa from Washington state and has an extensive background working with students and families, specializing in trauma-informed care, prevention-based services and the unique needs of the military community.

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