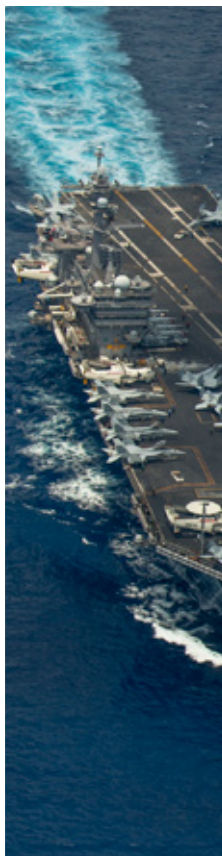


# Where are DRC offices located?

The location of the DRC varies, depending upon the ship's homeport. Contact information is on the back of this brochure. In addition, if you are unable to locate the DRC, the medical department or chaplain's office can provide you with their contact information.

DRCs are located on the following ships:

USS John F. Kennedy (CVN 79)  
USS George H.W. Bush (CVN 77)  
USS Dwight D. Eisenhower (CVN 69)  
USS Gerald R. Ford (CVN 78)  
USS Abraham Lincoln (CVN 72)  
USS Nimitz (CVN 68)  
USS Ronald Reagan (CVN 76)  
USS Theodore Roosevelt (CVN 71)  
USS John C. Stennis (CVN 74)  
USS Harry S. Truman (CVN 75)  
USS Carl Vinson (CVN 70)  
USS George Washington (CVN 73)  
USS Bataan (LHD 5)  
USS Boxer (LHD 4)  
USS Essex (LHD 2)  
USS Iwo Jima (LHD 7)  
USS Kearsarge (LHD 3)  
USS Makin Island (LHD 8)  
USS Wasp (LHD 1)  
USS America (LHA 6)  
USS Tripoli (LHA 7)



## Resources

**Fleet and Family Support Program**  
[www.cnic.navy.mil](http://www.cnic.navy.mil)

**Military OneSource**  
[www.militaryonesource.mil](http://www.militaryonesource.mil)  
1-800-342-9647

**National Domestic Violence Hotline**  
[www.thehotline.org](http://www.thehotline.org)  
1-800-799-7233

**Safe Helpline**  
[www.safehelpline.org](http://www.safehelpline.org)  
1-877-995-5247

**Tricare**  
[www.tricare.mil](http://www.tricare.mil)

**Veterans Crisis Line**  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)  
1-800-273-8255; Press 1



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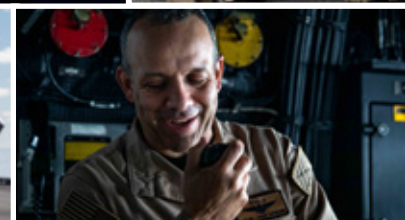
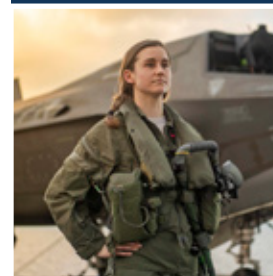


fleet\_family



# Deployed Resiliency Counselors

**Serving Sailors at Sea**





# What are Deployed Resiliency Counselors?

We all experience ups and downs. At some point, everyone needs help coping with life's many challenges.

Stress can be caused by family hardships, marital conflicts, parent/child issues, financial concerns, frequent moves, and health and environmental factors, which sometimes can feel even more stressful when you are deployed. We may first try to discuss problems with family, friends or shipmates, but often this just isn't enough. Sometimes it helps to talk to an experienced counselor.

Deployed Resiliency Counselors (DRCs) are professional, licensed clinicians who are assigned to all aircraft carriers (CVNs) and large-deck amphibious assault ships (LHDs/LHAs) throughout the Navy. DRCs offer confidential, short-term, non-medical counseling at no cost for all active-duty service members while they are deployed aboard the ship or while the ship is in homeport.

# What kind of help can a DRC provide?

DRCs are available to meet the needs of Sailors. Counseling services include support for situational stressors related to:

- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges of military and family life

DRCs facilitate group sessions on life skills, including stress management and communication.

DRCs are certified and trained in the Sexual Assault Prevention and Response (SAPR) Program. They provide immediate advocacy, support and counseling to victims of sexual assault.

In addition, DRCs provide support to the homeport Family Advocacy Program (FAP) for cases of domestic and intimate partner violence and child abuse. They also provide services when a suicide-related behavior occurs by serving as the Sailor Assistance and Intercept for Life (SAIL) case manager in coordination with the homeport Fleet and Family Support Center.

DRCs facilitate a variety of workshops and trainings on core issues such as sexual assault prevention, suicide prevention, and various wellness and resiliency topics.

