

Midshipmen Development Center (MDC) Facts

- ❖ The MDC exists (1) to promote and enhance the adjustment, well-being, and professional development of Midshipmen and (2) to provide psychological and nutritional consultation and training to the USNA staff responsible for Midshipmen development.
- ❖ We are staffed by 4 FT psychologists (two active duty, two civilian), one FT Social Worker, and one FT dietitian.
- ❖ We see students for individual counseling during their free periods.
- ❖ We do outreach prevention programming and crisis response.
- ❖ We are available to consult with any student, faculty, or staff member who is concerned about a Midshipman.
- ❖ We have staff with specialties in sports psychology, eating disorders, healthy eating behaviors, and trauma.
- ❖ The most common reasons that students seek our services are relationship issues, anxiety/stress, and low or depressed mood.
- ❖ We see hundreds students for various counseling services each year, and those numbers increase each year as well.
- ❖ The vast majority of our clients end treatment having improved or recovered from their presenting problem. Session average is 6.
- ❖ We are a non-medical facility so information collected at the MDC does not go into the medical record.
- ❖ We have relaxation resources including massage chairs that are heavily utilized.
- ❖ We are located in Bancroft Hall, 8th Wing, Mezzanine Level.
- ❖ We are open from 0730-1600.
- ❖ You can also like us on Facebook.

How to Refer a Midshipman to the MDC

In your role as a faculty member, you likely notice or speak with students who are experiencing some level of distress. In some instances, your best assistance may involve getting a student connected with appropriate resources and people who are trained to help those in distress.

Here are some guidelines for sending someone to the MDC:

- ❖ Just ask the student if s/he has thought of accessing the resources at the MDC. Sometimes just making the suggestion is all that is needed.
- ❖ Educate yourself about MDC services (see reverse side of this handout) so that you can tell the student something about your referral.
- ❖ If the student is hesitant about scheduling an appointment, try to normalize the idea of seeking counseling. You can also encourage a student to talk with a chaplain, who will make a referral to MDC if needed.
- ❖ Remind the student that our records are completely separate from one's medical records.
- ❖ In some instances, it may be helpful to call the MDC with the student in your office to set up an appointment. It may be necessary to actually walk the student to the MDC.
- ❖ Be compassionate, caring, and empathic, but don't get overinvolved. If you are feeling pulled to talk with a student in a way that is beyond your level of training, remember that there are psychologists here who are trained to handle broad ranges of distress from mildly upset to significant sadness/agitation, and angry outbursts.
- ❖ Feel free to come visit us. Sometimes letting a student know that you have met MDC staff and have seen the office space can convey your sense that it's safe to come here.
- ❖ You can refer a student to a specific MDC staff member if that would be helpful or make the referral easier. Our bios are on our website. Just click on "Staff" on the left side of our homepage.
- ❖ If you ever have any questions about how to refer a student to the MDC, call us. We would be happy to consult with you about a student at any time.