

MDC Introduction for Parents/Guardians

Plebe-Candidates, please print or send this document to your primary caretakers. The information below will assist them in supporting you through your training during Plebe Summer as well as throughout the course of your Brigade experience and career.



***Mission:** The Midshipmen Development Center aims to promote and enhance the adjustment, well-being, and professional development of Midshipmen, and to provide psychological and nutritional consultation and training to the U.S. Naval Academy staff and faculty responsible for Midshipmen development.*

The MDC is USNA’s college counseling center. Like every regionally accredited institution of higher learning in the United States, USNA has a center staffed by psychologists and clinical social work therapists to provide mental wellness and other counseling services to assist you in performing at your best. College counseling centers focus on assisting students with navigating normal stressors associated with young adulthood, without concern for the counseling affecting one’s standing at the university (and—in the case of a Military Service Academy—commissioning).

First and foremost, we want you to know that your child is in a large group of good hands. USNA has invested in staffing Officer and Senior Enlisted leaders, chaplains, psychologists, social workers, and other medical providers and embedded them into the Plebe Summer and Academic Year experiences. These professionals we serve alongside are here to improve performance, teach resilience, and offer your child every opportunity to succeed. That being said, the environment is intentionally stressful in order to inoculate them to stress and to shape our future Midshipman and—later—officers into taking the most care for others’ lives, for which they will soon be responsible.

We have provided your Plebe access to knowledge, helpful tools, and skills that will enhance their performance and keep them “always ready” for the tasks ahead. Similarly, we’d like to provide you with links to a variety of resources and skills that, when intentionally practiced and utilized, will help shape your expectations for your child enduring stress, doing hard things, and possibly leaving home for the first time. These tools will assist you in supporting your child as they make the transition into adulthood and throughout their professional and personal lives. We highly encourage you to visit the links (or scan the QR codes) prior to your Plebe arriving to USNA and throughout their summer training. Finally, you can also visit our website below for more details about MDC and how we can best support your Midshipman while attending USNA.

Respectfully,

LCDR Julia von Heeringen, PsyD
Plebe Summer Regimental Psychologist

CDR Jason Duff, PsyD
Director, Midshipmen Development Center



Parent Preservation Tools
<https://tinyurl.com/MDC-Parent-Support>

www.usna.edu/mdc