



What is ASACS?

ASACS is a comprehensive school and community based program providing free, voluntary prevention education, support, and confidential counseling services to students in the 6th through 12th grade (11–18 years old) band.

Prevention Education Services

Leading classroom discussions on topics like resiliency, healthy relationships, bullying prevention, alcohol/ drug abuse, transition and deployment, and teen life skills.

Support for parent education, community awareness, and skill building.



Counseling Services

ASACS provides comprehensive screening and assessments, individual counseling, family counseling, group counseling, and alcohol and other drug (AOD) out-patient services



Please contact your regional
ASACS Counselor:

**John L. Holliday, LCSW,
RAS**

**ASACS Counselor
Yokota Air Base**

Serving:
Yokota High School:
DSN 225-8391

ASACS clinicians use a variety of treatment approaches which include motivational interviewing, Cognitive Behavioral Therapy, and Solution Focused Therapy.

They are credentialed through their respective Service Branch hospitals.



Adolescent Support & Counseling Services (ASACS)

**Enriching the future
of military-connected
students**

Why do students come to ASACS?

Social Support:

- ◇ Managing friendships and relationships
- ◇ teaching healthy communication
- ◇ Managing peer pressure
- ◇ Improving social skills

Academic Support:

- ◇ Organizational skills
- ◇ Study skills
- ◇ Focus
- ◇ Motivation
- ◇ School attendance

Behavioral Health Support:

- ◇ Managing friendships
- ◇ Healthy relationships
- ◇ Healthy and clear communication
- ◇ Peer pressure
- ◇ Social skills.

Emotional Support:

- ◇ Resiliency
- ◇ Emotional regulation
- ◇ Life transitions
- ◇ Overall well-being
- ◇ Self Esteem

Family Support:

- ◇ Parent/child communication
- ◇ Conflict resolutions skills
- ◇ healthy independence



Confidentiality



A unique part of the program is the Air Force's confidentiality age of fifteen for accessing ASACS services.

At this age a student can decide whether to have parental involvement. The purpose of confidentiality is for students to feel safe while seeking support, yet students are encouraged throughout the course of ASACS service to have parental involvement whenever possible.

If a student is under the age of fourteen then parents must provide written permission for their child to participate in the program.





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ASACS Counselor:

John L. Holliday, LCSW, RAS
ASACS Counselor
Yokota Air Base

Serving:
Yokota Middle School:
DSN 225-9671

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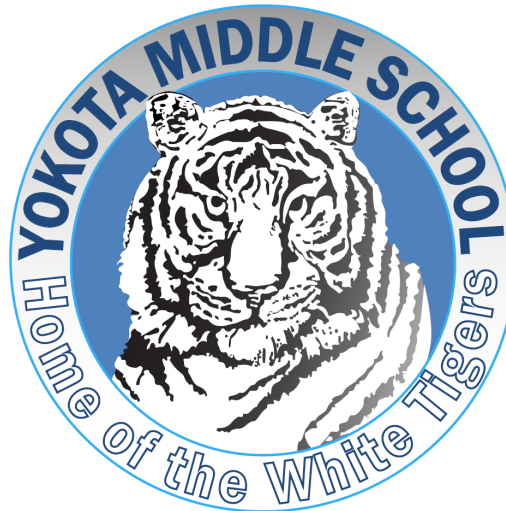
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