

The Midshipmen Development Center Offers:

- ◆ Individual Counseling
- ◆ Group Support
- ◆ Nutritional Consultations and Counseling
- ◆ Stress Management and Relaxation Tools: Bio-feedback; Somatron and Shiatsu Massage Chairs
- ◆ Consultations and Training to Midshipmen, Chain of Command, Coaches and Athletic Trainers



“Helping midshipmen to meet life’s challenges.”

UNITED STATES
NAVAL ACADEMY



MIDSHIPMEN
DEVELOPMENT
CENTER

United States Naval Academy
Midshipmen Development Center
8th Wing Mezzanine Level
Seaward Side
Phone: 410-293-4897
Fax: 410-293-4898
Web: <http://intranet.usna.edu/MDC>

Front photograph courtesy of Lou Cox

Mission:

The Midshipmen Development Center (MDC) exists to promote and enhance the adjustment, well-being, and professional development of midshipmen, and to provide psychological and nutritional consultation and training to the Naval Academy staff responsible for midshipmen development.

Confidentiality:

The MDC is a non-medical student services unit that respects the right to confidential communications. Information will not be disclosed to outside parties without your written permission. However, certain limitations to confidentiality exist in both the civilian and military sector in which we are legally obligated to disclose information or take actions to protect you or others from harm. These limitations to confidentiality are thoroughly discussed at the beginning of the initial appointment.

For further information on the limitations to confidentiality, go to the FAQ link on Midshipmen Development Center website,
<http://intranet.usna.edu/MDC/>

Top Reasons For Which Midshipmen Seek Services At The MDC:

- ◆ Academic Performance
- ◆ Adjustment to the Academy
- ◆ Body Image
- ◆ Disordered Eating
- ◆ Family Problems
- ◆ Grief and Loss
- ◆ Indecision about staying/resigning from USNA
- ◆ Nutrition
- ◆ Performance Enhancement
- ◆ Relationship problems
- ◆ Sadness
- ◆ Self-Esteem/Confidence
- ◆ Sleeping problems
- ◆ Sports Nutrition
- ◆ Stress Management
- ◆ Time Management/Procrastination
- ◆ Weight Control

MDC Professional Staff:

- ◆ Clinical Psychologists
- ◆ Registered Dietitian

Scheduling Appointments:

There are three ways to schedule an appointment at the MDC:

- ◆ Submit a request through our website at: <http://intranet.usna/mdc>
- ◆ Contact us by telephone at: (410) 293-4897
- ◆ Visit our office at: Bancroft Hall, 8th Wing Mezzanine Level, Seaward Side

You will need to complete a questionnaire at the MDC prior to your appointment.