

# The Kokua Bulletin

**EFMP** Exceptional  
Family Member  
Program

**MARCH 2024**

## ALOHA EFMP 'OHANA!

EFMP Families, are you ready to 'March' into spring? We sure hope so! This month has many observances, but we cannot skip over St. Patrick's Day! We hope you have fun out there and don't forget your EFMP team is here to help you if you have any questions or concerns!

JBPHH offers continuous support with a range of services and classes that assist with employment readiness, relationships, parenting, family support and more. For a full menu of options and to register, check out our website at [greatlifehawaii.com](http://greatlifehawaii.com)!

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# EFMP Overview

New to the Program? Do you have more Questions? Learn more about how the EFMP can assist your family. EFMP is an assignment tool that provides support to military families with special needs, such as:

- Collaboration between military & civilian agencies for personnel support
- Coordination of medical, educational & community support
- Information & Referral services

The one-hour long class provides a brief overview of the EFMP program, specific to JBPHH. Come learn about what to expect after the initial enrollment process and the next steps to obtain services and resources in support of your family. Open to **ALL** branches.

**When:** First Wednesday of Every Month

**Where:** Virtually & MFSC CLASSROOM 262

**Register:**

<https://jbphh.greatlifehawaii.com/support/military-family-support-center/exceptional-family-member-program-efmp>



# JBPHH EFMP Digital Digest

We are excited to introduce a new *digital* format that aims to empower and assist in navigating the world of exceptional family support. The **second Thursday of every month, JBPHH EFMP** will be highlighting informational topics, via email, filled with relevant material that is specific to our EFMP community. Our aim is to connect you with information & resources that cater to your unique needs and serve as valuable assets in the well-being and empowerment of your family members.

**This month's topic: Making the Most of Your Installation.**








# March is Cerebral Palsy Awareness Month

Each March, Cerebral Palsy Awareness Month aims to push for positive change in education programs, the health care system and the job market to provide more opportunities to those living with this disability. Individuals living with cerebral palsy, their families and their supporters work towards making sure that those with cerebral palsy and other disabilities get a national voice.

**Learn more:** <https://www.cerebralpalsyguidance.com/2023/02/28/march-is-cerebral-palsy-awareness-month/>

We don't know how  
**STRONG** **WE**  
**ARE**  
until being strong  
is the **CHOICE**  
**ONLY** **WE HAVE.**  
 **CEREBRAL PALSYP** awareness





# March Disability Observances

## **Developmental Disabilities Awareness Month**

United States

<https://nacdd.org/ddam/>

## **Multiple Sclerosis Awareness Month**

United States

<https://www.nationalmssociety.org/Get-Involved/Raise-Awareness> & <https://msfocus.org/Get-Involved/MS-Awareness-Month/NMSEAM-Awareness-Kits>

## **Brain Injury Awareness Month**

Global

<https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness>

## **World Down Syndrome Day**

21 - Global

<https://www.worlddownsyndromeday2.org/>



# EFMP & Me Tool

## EFMP & ME

### NAVIGATE SERVICES

- FROM NAVIGATING HEALTH COVERAGE TO PLANNING FOR A MOVE, FROM CHILD CARE TO ELDER CARE, YOU'LL HAVE THE INFORMATION YOU NEED AT YOUR FINGERTIPS.

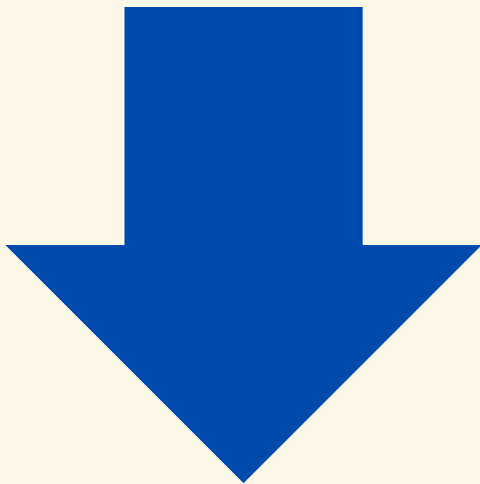
### CONNECT WITH RESOURCES

- THE CUSTOMIZED CHECKLISTS WILL GUIDE YOU TO LOCAL AND VIRTUAL SUPPORT AND DIRECT YOU TO WHO AND WHAT YOU NEED TO KNOW AS YOU NAVIGATE MILITARY LIFE.

### ADVOCATE FOR YOURSELF

- THE BEST WAY TO ADVOCATE FOR YOURSELF OR YOUR LOVED ONE IS TO "BE IN THE KNOW." USE EFMP & ME TO STAY ON TOP OF THE LATEST NEWS AND UPDATES, EXPAND YOUR CONNECTIONS AND KNOW THE QUESTIONS TO ASK TO FIND THE ANSWERS YOU NEED.

Create an account and access *EFMP & Me* at:  
<https://efmpandme.militaryonesource.mil/>



\*\*\*INTERACTING WITH THIS TOOL *DOES NOT*  
ENROLL YOU IN OR DISENROLL YOU FROM EFMP.

# Respite Care

As a parent, caregiver or guardian of a person with special needs, it is important to ensure that you make time to care for yourself as well. Respite care provides short-term relief for primary caregivers and has flexible options. Care may be provided in the home, a facility, or adult day center. Other optional locations are schools, camps or a volunteer agency.

If eligible, EFMP families may access respite care for children through **Child Care Aware**. Air Force families may contact the Special Needs Coordinator, Kaori Walker at 808-448-6782.

Respite options for **adults with special needs** may be accessed through State programs or non-profit agencies. Payment assistance options can include Tricare Extended Health Care Option (ECHO) or Medicaid Waivers.

For more information:

**ARCH National Respite Locator:**

<https://archrespite.org/caregiver-resources/respitelocator/>

**Child Care Aware:**

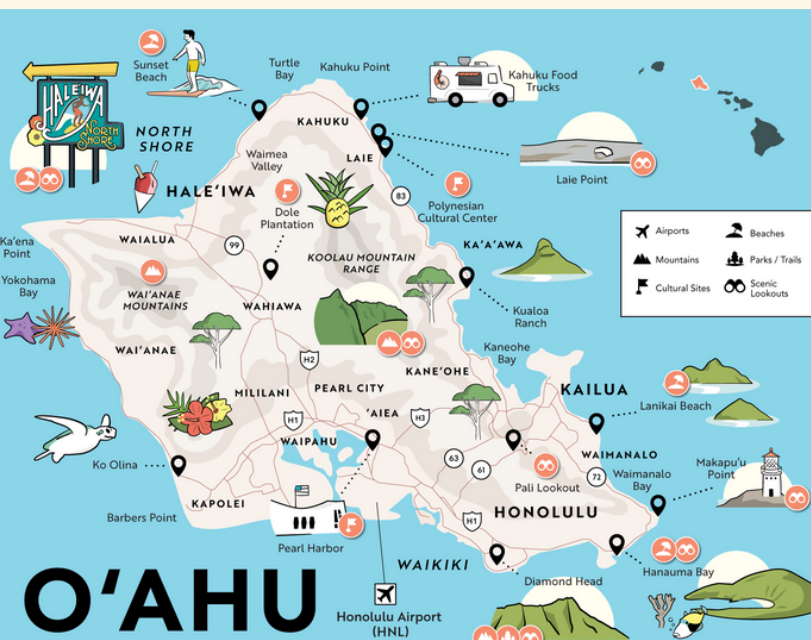
<https://www.childcareaware.org/fee-assistancerespite/>





# Oahu Events

- MARCH 7: HONOLULU FESTIVAL (HAWAII CONVENTION CENTER)
- MARCH 15: HAWAII'S ACTIVE SENIOR EXPO 2024 (HAWAII CONVENTION CENTER)
- MARCH 26: PRINCE KUHIO PARADE (WAIKIKI QUEEN'S BEACH)
- MARCH 29-30: 5TH ANNUAL ISLAND SPRINGTACULAR (WINDARD MALL)
- MARCH 29-31: KAWAII KON (HAWAII CONVENTION CENTER)



# Resources

## Family

- Hawaii Ohana Support Network:  
<https://www.hawaiiohanasupportnetwork.org/>



## School

- JBPHH School Liaison Officer: 808-306-9247  
<https://jbphh.greatlifehawaii.com/family/school-liaison-office>  
Email: [jbphhslo@navy.mil](mailto:jbphhslo@navy.mil)
- Hawaii Family Engagement Center:  
<https://cds.coe.hawaii.edu/hfec/>
- Hawaii Afterschool Alliance:  
<https://www.hawaiiafterschoolalliance.org/>



## Community

- Special Parent Information Network:  
<https://spinhawaii.org/>
- Military One Source:  
<https://www.militaryonesource.mil/>



# EFMP Trainings

## 2024 Family Strengthening Series

<b>January 18th</b>	<b>Bullying Awareness &amp; Prevention</b>
<b>February 15th</b>	<b>Special Needs Trusts</b>
<b>March 21st</b>	<b>American Red Cross Overview</b>
<b>April 18th</b>	<b>Establishing Secondary Dependency</b>
<b>May 16th</b>	<b>PCS/Moving with an EFM</b>
<b>June 20th</b>	<b>Family Support During Deployment</b>
<b>July 18th</b>	<b>Transition &amp; Employment for Persons with Disabilities</b>
<b>August 15th</b>	<b>IEP Overview</b>
<b>September 19th</b>	<b>School Liaison Officer: Core Areas of Service</b>
<b>October 17th</b>	<b>EFM Medicaid, Medicare &amp; Social Security Benefits</b>
<b>November 14th</b>	<b>Early Intervention Services [0 to 3 years]</b>
<b>December 19th</b>	<b>Positive Advocacy Strategies</b>

Third Thursday Monthly, 5-6PM  
Register today! Space is limited!





# MFSC Classes

**YOUR MFSC PERSONAL & FAMILY LIFE  
EDUCATION TEAM OFFERS A VARIETY  
OF LIFE SKILLS CLASSES!**

## Topics Include:

**Mind Body Mental Fitness: Stress Resilience**

**Parenting**

**Personal Growth**

**Anger Management**

**Communication**

**Managing Grief & Loss**

**Interpersonal Relationships**

**And many more!**

**TO REGISTER: [jbphh.greatlifehawaii.com/support](http://jbphh.greatlifehawaii.com/support)**



**Scan to Register!**



# EFMP Contacts

**Regina Fivella**

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\*Non-medical case management for Navy and AF

**[vacant]**

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\*Non-medical case management for Navy and AF

**Navy & Air Force MFSC (Main)**

4827 Bougainville Drive  
Honolulu, HI 96818  
(808) 474-1999 \*MFSC Main Line  
(808) 474-1998 \*Fax Line in Cap Admin Office  
efmp-cnreh@us.navy.mil

**Navy & Air Force MFSC (Satellite)**

655 Vickers Avenue  
JBPHH, HI 96853-5385



# EFMP Contacts

## **Nida Lalau**

MTFC (Military Treatment Facility Coordinator)  
(808) 473-2444 Opt. 9, EXT. 4525  
nida.o.lalau.ctr@health.mil  
Navy/SMART Clinic  
1253 Makalapa Rd  
JBPHH, HI 96853

**\*Completed DD 2792 forms are sent here for review/submission**

## **Kaori Walker (AF)**

Special Needs Coordinator  
(808) 448-6782  
kaori.walker.ctr@health.mil  
Air Force/15th Medical Group – Hickam Clinic  
755 Scott Cir  
JBPHH, HI 96853

**\*ALL AF EFMP questions are sent HERE**

## **Overseas Screening Fleet Liaison**

### **Patient Administration**

(808) 473-2444 Opt. 9, EXT: 4514, 4524 or 4526  
usn.jbphh.navhlthclinpearlhi.list.nhch-fleet-liaison@health.mil  
Medical Readiness Clinic  
1514 Makalapa Dr.

**\*Overseas Screening**

## **Meesha Williams**

Command EFMP Medical Liaison  
Headquarters Pacific AF  
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HQ PACAF/SGOM  
25 E. Street, Suite A-110  
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## **Cherise Yamasaki**

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530 Peltier Ave. Bldg. 1925  
Honolulu, HI

**\*IEP/504 questions, specific school and educational requirement questions**

