

# The Kokua Bulletin

**EFMP** Exceptional  
Family Member  
Program

**MAY 2026**

## “MAY DAY IS LEI DAY IN HAWAI‘I EFMP ‘OHANA!”

Aloha EFMP ‘Ohana! As we welcome May - and all the beauty of Lei Day in Hawai‘i - we’re sending warmth and encouragement to you and your families. This month also honors our incredible military spouses whose strength, love, and resilience uplift our entire community.

Our MFSC EFMP team is here to walk alongside you with resources, classes, and support that nurture your family’s well-being. Whenever you’re ready to explore more, you can always find us at [greatlifehawaii.com](http://greatlifehawaii.com)

### IN THIS ISSUE:

- EFMP Overview
- Digital Digest
- EFMP & Me Tool
- Respite Care
- Oahu Events
- Resources
- MFSC Classes
- EFMP Contact List



# EFMP Overview

New to the Program? Have Questions? We're Here for You.

If you're just joining the EFMP community or want to better understand how the program supports your family, you're in the right place. EFMP is designed to walk alongside military families with special needs by offering:

- Collaboration between military and civilian agencies
- Coordinated support across medical, educational, and community systems
- Information & referral services to help you navigate resources with confidence

Our one-hour **EFMP Overview class** gives you a clear picture of what to expect after enrollment and how to access the services that can make a real difference for your 'ohana. This class is open to all branches and welcomes anyone seeking clarity, connection, or guidance.

**When:** First Wednesday of Every Month - 0900 to 1000

**Where:** Virtually & MFSC Classroom (2nd Floor)

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



# JBP HH EFMP Digital Digest

Digital Digest is your monthly guide to navigating the world of exceptional family support with confidence and clarity. **Each month**, the **JBP HH EFMP** team shares focused, meaningful topics straight to your inbox - content created specifically with our EFMP community in mind.

**Our goal** is to connect you with information, tools, and resources that truly support your unique needs and strengthen the well-being and empowerment of your entire 'ohana.

**This month's topic:**  
**Building Resilience in Children with Special Needs**



# Building Resilience in Children with Special Needs

*Helping your child grow confidence, coping skills, and a strong sense of self.*

Resilience is the ability to bounce back from challenges - and for children with special needs, it becomes a powerful source of confidence and emotional strength. As a parent or caregiver, you play the most important role in helping your child build this inner foundation.

## Here are simple, meaningful ways to support resilience at home:

- **Focus on strengths.** Celebrate your child's talents, passions, and small wins. Confidence grows when children feel seen for what they do well.
- **Build a positive self-image.** Try "I Am" self-portraits or daily affirmations like "I can try new things" or "I am loved for who I am."
- **Teach healthy coping skills.** Label emotions, create a calm-down kit, and practice deep breathing together.
- **Encourage a growth mindset.** Set small "brave goals," allow safe risks, and treat mistakes as part of learning.
- **Strengthen connection.** One-on-one time and supportive relationships help children feel secure, valued, and ready to face challenges.

With consistent encouragement and simple daily practices, you can help your child develop resilience that will support them throughout life.

# 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

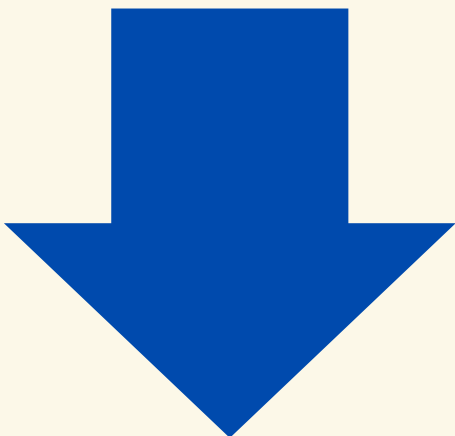
- The customized checklists will guide you to local and virtual support and direct you to who and what you need to know as you navigate military life.

### 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 Meesha Williams, EFMP Family Support Coordinator, at 808-789-7327.

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/>





**EFMP** Family Support

## EFMP Respite Care

AVAILABLE FOR ELIGIBLE  
NAVY FAMILIES

Sailors enrolled in the Exceptional Family Member Program (EFMP) may qualify for respite care, either 20 or 32 hours per month, for their eligible dependent children at no cost.



**AVAILABLE IN THE U.S.**

### ELIGIBILITY REQUIREMENTS

- The Sailor is active duty or a reservist on active-duty orders. The EFM(s)
- (birth through 18 years) resides with the Sailor.
- The EFMP enrollment letter will state how many hours the Sailor is eligible to receive.

Respite care is provided by well-trained and background screened providers throughout the United States.



**20 or 32 HOURS FREE  
PER MONTH**

Sponsors with an EFM designated as Level of Need 3 are eligible for 20 hours per month. Sponsors with an EFM designated as a Level of Need 4 are eligible for 32 hours per month.



**FOR MORE INFORMATION**

**Call 800-424-2246 x317 or  
visit [www.childcareaware.org](http://www.childcareaware.org)**

# EFMP Support Group

**Anchored Together** is our ongoing peer-support space for EFMP parents and caregivers—a gentle place to connect, share, and feel supported by others who understand the unique journey of raising exceptional family members. While you gather, your keiki can enjoy safe, open play at the Hickam Field of Dreams Playground.

This is a relaxed, come-as-you-are space where families can build meaningful connections and find strength in community. No registration needed. Bring snacks, sunscreen, water—whatever helps you and your child feel comfortable.

**Please see the flyer attached next for full details.**





# EFMP

**EXCEPTIONAL  
FAMILY MEMBER  
PROGRAM**

## ANCHORED TOGETHER

**JOIN US FOR FUN, CONNECTION, AND SUPPORT! THIS EVENT IS DESIGNED TO GIVE CHILDREN A CHANCE TO PLAY IN AN ALL ABILITIES ENVIRONMENT, WHILE OFFERING CAREGIVERS THE OPPORTUNITY TO CONNECT, SHARE RESOURCES, AND SUPPORT ONE ANOTHER.**

**WHEN:**

**LAST WEDNESDAY OF THE  
MONTH AT 1400**

**WHERE:**

**HICKAM FIELD OF DREAMS  
250 WORTHINGTON AVE**

**efmp-cnrh@us.navy.mil  
808-474-1999**



jbphh\_mfsc



jbphh.mfsc



Revised: JANUARY 2026

# Oahu Events

**May 2 – 50<sup>th</sup> Annual Hickam Spring Artisan Fair** – Arts & Crafts Center – JBPHH, Hawaii

<https://jbphh.greatlifehawaii.com/activity/538f8e5f-77aa-4bcd-b467-777e2d9bf904>

**May 2 - Sensory Swim Saturday (First Saturday of Every Month)** – Hickam Family Pool – Honolulu, Hawaii

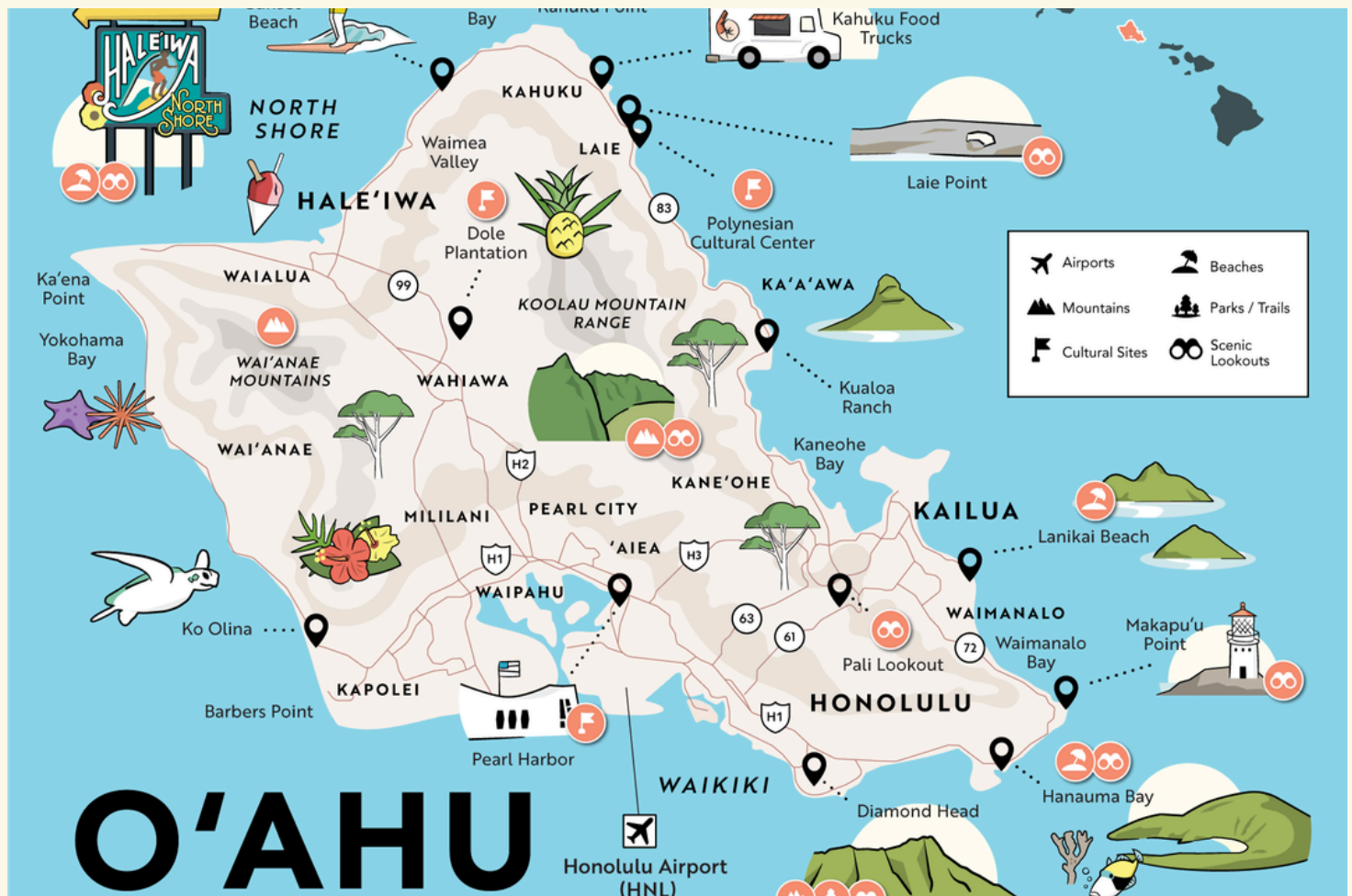
<https://jbphh.greatlifehawaii.com/activity/09fd33b7-a994-48f2-a59a-8d293dd17ec9>

**May 2, 16 – NEX: Pet Adoptions (1<sup>st</sup> and 3<sup>rd</sup> Saturday of Every Month)** – Navy Exchange Events- Honolulu, Hawaii

<https://jbphh.greatlifehawaii.com/activity/0c80d0c0-0b1e-459e-9eae-21498827a7a2>

**May 6 - Understanding Evaluations - Having the right data to develop the IEP begins with the evaluation process** - at 1700-1800 (Zoom Platform)

<https://www.ldahawaii.org/events.html>



# Oahu Events

## Continued

**May 8 – Fitness & Wellness Fair 2026** – JBPHH Fitness Center – Honolulu, Hawaii

<https://jbphh.greatlifehawaii.com/activity/f84684c2-7293-4547-8935-f8c3bd86352c>

**May 10 – Mother’s Day Brunch** – Tradewinds – JBPHH, Hawaii

<https://jbphh.greatlifehawaii.com/activity/2ee61b8c-9153-485c-9989-8367fdde2579>

**May 1, 8, 15, 22 (First Four Fridays of the Month) - Arts & Crafts Homeschool Art Program** – Schofield Barracks, Hawaii

<https://hawaii.armymwr.com/calendar/event/arts-and-crafts-homeschool-art-program/6986711/102531>

**May 13 - Developing the IEP - An Individualized Education Program needs to be developed, reviewed, and revised. Understand the steps to this process** - (Zoom Platform)

<https://www.ldahawaii.org/events.html>

**May 15 - 4 Lenses - Understanding Personality Styles** – Kaneohe Bay, Hawaii

<https://hawaii.usmc-mccs.rg/activity/8d69e523-8a69-44f6-aad7-1491f6de9caf>



**4TH  
ANNUAL  
EVENT**

**MILITARY & FAMILY SUPPORT CENTER'S  
EXCEPTIONAL FAMILY MEMBER PROGRAM**



**06 JUNE 2026**

**9:00 AM - 12:00 PM**

**SENSATIONAL  
SUMMER  
CELEBRATION**

**MILITARY & FAMILY SUPPORT CENTER**

**4827 BOUGAINVILLE DRIVE**

**HONOLULU, HI 96818**


**(808) 474-1999**

**MFSCHAWAII@US.NAVY.MIL**

**\*SPONSORED BY THE MFSC IN PARTNERSHIP WITH LOCAL COMMUNITY AGENCIES\*  
OPEN TO ALL CAC ID CARDHOLDERS & THEIR SPONSORED GUESTS. EVENT SCHEDULE IS  
SUBJECT TO CHANGE WITHOUT NOTICE.**



 **JBPHH.MFSC**

 **JBPHH\_MFSC**

**EFMP** Exceptional  
Family Member  
Program

# EFMP'S

2535 Waianae Uka Ave

Wahiawa, 96786

\*Registration **NOT** required\*

27

JUNE 2026

10 AM

TO

2 PM



## *A Day Full of Fun*

Games, Crafts, Relay Races, Sensory-Friendly Activities, and more!

**FOR MORE INFO:** Call (808) 787-4227 for more details



**EFMP** Family Support

QC 01



# Sensory Storytime



Sensory Storytime with the Base Library and EFMP is a gentle, welcoming environment where kids can enjoy stories, songs, and activities tailored to their sensory needs.

**Every 3rd Wednesday of Each Month**

**Library Classroom 106**

**10:00-11:00 AM**

Ages 0-5

*Must have base access*

**MARINE & Family**

Library Program

**EFMP** Exceptional Family Member Program



# 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@us.navy.mil](mailto:jbphhslo@us.navy.mil)



- **Hawaii Family Engagement Center:**  
<https://cde.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/>

## Resource Highlight

- **Paralyzed Veterans Association:** <https://pva.org>
- **Amputee Coalition:** <https://www.amputee-coalition.org>
- **Parkinson's Foundation:** <https://www.parkinson.org>
- **Autism Speaks:** <https://www.autismspeaks.org>



# MFSC Classes

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

**Topics Include:**

Parenting Classes

Personal Growth

Communication

Interpersonal Relationships

Navigating the work Force

and many more!

**TO REGISTER:**

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



# EFMP Contacts

## **NAVY EFMP TEAM**

(808) 474-1999

EFMP-CNRH@US.NAVY.MIL

MILITARY AND FAMILY SUPPORT CENTER

4827 BOUGAINVILLE DRIVE

HONOLULU, HI 96818

\*ALL NAVY EFMP QUESTIONS ARE SENT HERE

## **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

## **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.

JBPHH, HI 96853

### **\*OVERSEAS SCREENING**

## **SCHOOL LIAISON**

(808) 306-9247

JBPHHSLO@US.NAVY.MIL

SCHOOL LIAISON OFFICE

530 PELTIER AVE. BLDG. 1925

HONOLULU, HI 96818

\*IEP/504 QUESTIONS, SPECIFIC SCHOOL AND EDUCATIONAL  
REQUIREMENT QUESTIONS

