

The Kokua Bulletin

EFMP Exceptional
Family Member
Program

OCTOBER 2026

ALOHA EFMP 'OHANA!

Welcome to October! We hope that the fall season is off to a great start for you! The MFSC EFMP Team is excited to share resources and activities that strengthen and support your engagement with career, school, and family life.

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!

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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. The 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 the services and resources in support of your family. Open to **ALL** branches.

When: First Wednesday of Every Month (October 1) at 9:00 a.m.

Where: Virtually & MFSC CLASSROOM 262

Register:

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



JBPHH EFMP Digital Digest

Digital Digest aims to empower and assist in navigating the world of exceptional family support. This month's topic is self-care. Caring for a family member with special needs often means managing appointments, therapies, school meetings, and daily routines that can feel overwhelming. In the midst of these responsibilities, it is easy for parents and caregivers to put their own needs last.

Self-care is not a luxury; it is a necessity. When caregivers take time to recharge, even in small ways, they strengthen their ability to be present, patient, and resilient for their family. Whether it is finding a few quiet minutes to breathe, connecting with a supportive community, or scheduling time for rest and renewal, these intentional choices can create balance and improve overall well-being.

This month, we encourage families to explore self-care strategies that work best for their unique situations. By prioritizing your own well-being, you are also modeling healthy habits for your loved ones and creating a stronger foundation for your family's journey.



EFMP & Me Tool



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, Navy EFMP families may access respite care for children through Child Care Aware. Air Force families may contact Meesha Williams, EFMP Family Support Coordinator, at 808-449-0309.

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/>

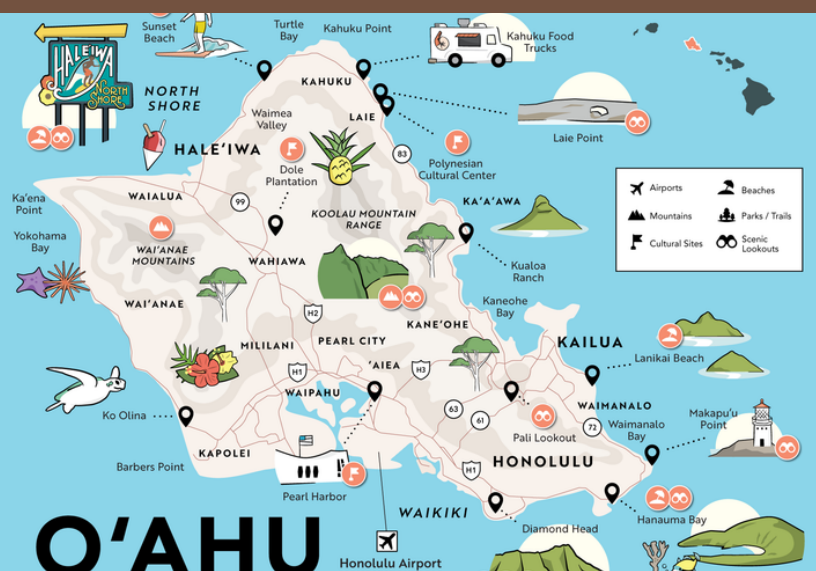
Child Care Aware:

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



Oahu Events

- 10/03/26 - CHILDREN'S STORYTIME
- 10/04/26 - FAMILY STORYTIME!
- 10/09/26 - KO'OLAU NIGHT MARKET
- 10/17/26 - HALLOWEEN FAMILY FUN
- 10/24/26 - FANG-TASTIC CRAFT FAIR
- 10/25/26 - AUTUMN HANA FEST!



Resources

Family

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

School

- JBPHH School Liaison Officer: 808-306-9247
jbphhslo@us.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/>

October

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



WWW.GREATLIFEHAWAII.COM



EFMP

FAMILY STRENGTHENING SERIES

**3RD THURSDAY OF
MAR | JUN | SEP | DEC
9:00 AM - 10:30 AM
VIRTUAL CLASSES**

FAMILY STRENGTHENING SERIES
WILL BE HELD 7 OCT 2026

2026

Join us for our virtual series designed to support our military families with exceptional members. This is a wonderful opportunity to connect with organizations that provide resources and support to our community.



WHAT TO EXPECT:

- Guest speakers from 3 different organizations
- Valuable information for services and support available
- Connect with other families and build and network of support and community



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



jbphh.mfsc



jbphh_mfsc



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) 473-1880 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) 473-1880 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**