

# The Kokua Bulletin



MARCH 2026

## ALOHA EFMP 'OHANA!

EFMP Families, are you ready to 'March' into spring? We sure hope so and we hope you have fun out there! 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>



**EFMP** Exceptional  
Family Member  
Program

# JBPHH EFMP Digital Digest

Digital Digest aims to empower and assist in navigating the world of exceptional family support. Every month, JBPHH EFMP highlights 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: Child and Adolescent Mental Health**

<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health>



# 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.

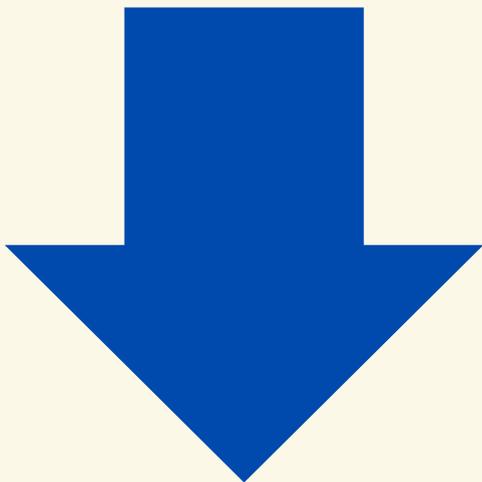
### CONNECT WITH RESOURCES

- 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 EFMP Family Support Coordinator, Meesha Williams 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

**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

- 03/02/2026 - KIDS BOWL FREE - (HICKAM BOWLING CENTER)
- 03/06/2026, 03/13/2026, 03/20/2026, 03/27/2026 - HOMESCHOOL ART PROGRAM (SCHOFIELD)
- 03/13/2026, 03/14/2026, 03/15/2026 - 30<sup>TH</sup> ANNUAL HONOLULU FESTIVAL
- 03/28/2026 - 40<sup>TH</sup> ANNUAL SPIN CONFERENCE (UH MANOA CAMPUS)
- 03/28/2026, 03/29/2026 - THE WAIKIKI ARTFEST (KAPIOLANI PARK)





# ESTABLISHING PERMANENT DEPENDENCY

Focus will be Guardianship, Conservatorships & Special Needs Trust

Presented by EFMP's Attorney, Derek Brow, ESQ



**THU, MAR 12, 11:00AM**



VIRTUAL ON TEAMS

RSVP BY MAR 11 via Phone or Email TO GET LINK

RSVP/Questions?



808-496-0290



[mcbh.efmp@usmc.mil](mailto:mcbh.efmp@usmc.mil)

# 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)**



# 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

