

The Kokua Bulletin



**JANUARY
2026**

ALOHA EFMP 'OHANA!

Happy New Year! The MFSC EFMP Team welcomes you to 2026 and wants to wish you and your families a positive and prosperous one. The MFSC is looking forward to seeing you at our EFMP Resource Fair on Saturday, 01/31/2026!

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

Where: Virtually & at the MFSC

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. **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: Resilience and Well-being

Please see our class schedules at MFSC to see what we offer

Military families enrolled in the Exceptional Family Member Program (EFMP) demonstrate remarkable resilience as they navigate unique challenges while ensuring their loved ones receive essential support. Their well-being is strengthened through access to tailored resources, adaptive coping strategies, and a strong sense of community that EFMP helps foster. Despite frequent relocations and demanding schedules, these families consistently show determination, flexibility, and commitment to creating stable, nurturing environments. EFMP plays a vital role in empowering them, promoting both resilience and overall family well-being.



JBPHH EFMP Digital Digest

STRESS MANAGEMENT TECHNIQUES CAN INCLUDE:

- BREATHING
- WALKING
- MINDFULNESS
- GOOD SLEEP HYGIENE
- HEALTHY EATING HABITS
- STRONG SOCIAL CONNECTIONS
- TIME MANAGEMENT
- HEALTHY COPING MECHANISMS

SUPPORTING KIDS' MENTAL HEALTH CAN INCLUDE:

- CREATING A SAFE PLACE
- BUILDING STRONG ROUTINES
- ENCOURAGING OPEN COMMUNICATION
- ESTABLISHING BOUNDARIES
- GETTING PROFESSIONAL SUPPORT
- SPENDING TIME TOGETHER

BUILDING STRONG FAMILY ROUTINES BY:

- BUILDING SCHEDULES TOGETHER
- FOCUSING ON CONSISTENCY
- WORKING ON FLEXIBILITY TOGETHER
- INCORPORATING FUN
- BEING CONSISTENT BUT ADAPTABLE



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.

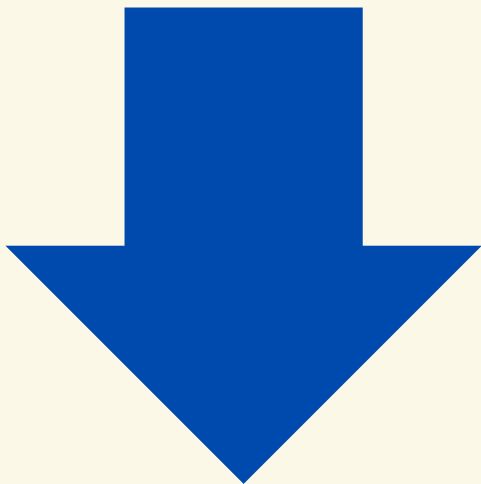
CONNECT WITH RESOURCES

- 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, 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/>

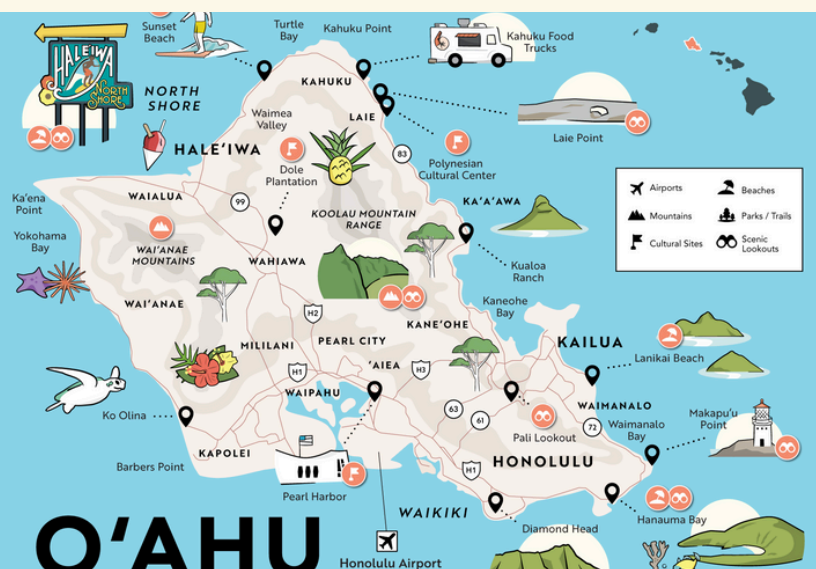
Child Care Aware:

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



Oahu Events

- 01/02/2026: FIRST FRIDAY ART WALK (CHINATOWN)
- 01/03/2026: CHILDREN'S STORYTIME (HAWAI'I STATE LIBRARY)
- 01/05/2026: LEGO CLUB (HAWAI'I STATE LIBRARY)
- 01/06/2026: KIDS BOOK CLUB (JBPHH LIBRARY)
- 01/11/2026: 32ND ANNUAL NEW YEAR'S OHANA FESTIVAL (JAPANESE CULTURAL CENTER OF HAWAI'I)
- 01/18/2026 & 01/25/2026: HOMA NIGHTS (HONOLULU MUSEUM)
- 01/31/2026: EFMP RESOURCE FAIR (MFSC)





EFMP RESOURCE FAIR 2026

Saturday • January 31 • 9 a.m.–12p.m.

Learn more about base and community resources available to Exceptional Family Member Program (EFMP) families.



Military and Family Support Center
4827 Bougainville Dr.
Honolulu, HI, 96818
Open to all DOD ID cardholders & their sponsored guests.



EFMP Exceptional Family Member Program

Call 808-474-1999 or email MFSCHawaii@us.navy.mil for more information.

Event schedule is subject to change without notice.



STAY CONNECTED AND FOLLOW US ONLINE!
jbphh.greatlifehawaii.com | [@greatlifehawaii](https://www.instagram.com/greatlifehawaii)



WWW.GREATLIFEHAWAII.COM

Resources

Family

- Adolescent Support & Counseling Services [ASACS] 808-421-4200, ext. 319



School

- JBPHH School Liaison Officer: 808-306-9247
jbphhslo@us.navy.mil
- Hawaii Family Engagement Center:
<https://cds.coe.hawaii.edu/hfec/>
- Hawaii Ohana Support Network:
<https://www.hawaiiohanasupportnetwork.org/>



Community

- Military One Source:
<https://www.militaryonesource.mil/>



ALOHA

EFMP Trainings

2026 Family Strengthening Series



Join us virtually, the 3rd Thursday of Every other month beginning on 01/15/2026, 9-10a - on Microsoft TEAMS. Contact us for the session link!



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

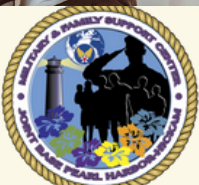
Communication

Managing Grief & Loss

Interpersonal Relationships

And many more!

TO REGISTER: jbphh.greatlifehawaii.com/support



WWW.GREATLIFEHAWAII.COM

EFMP 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**

