

# The Kokua Bulletin



DECEMBER 2024

## ALOHA EFMP 'OHANA!

Welcome to Dynamic December! The holiday season in Hawai'i is filled with festive opportunities for all. Only in Hawai'i can we celebrate everything from City Lights to Shaka Santa, & welcome the New Year with fireworks. The MFSC would like to wish our entire client community a happy holiday season!

JBPHH offers families continuous support with a range of services, classes and events. For a full menu of options and to register, check out our website at [greatlifehawaii.com](http://greatlifehawaii.com)!

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A graphic featuring the text 'Happy Holiday Season!' in a black, cursive script font. The text is centered within a large, textured gold circle. The background is white with a dense field of small, multi-colored dots (gold, brown, and white) scattered around the central circle, creating a confetti-like effect.

Happy  
Holiday  
Season!

# 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 & MFSC CLASSROOM 262

**Register:**

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



**Scan to Register!**



# JBP HH EFMP Digital Digest

Digital Digest aims to empower and assist in navigating the world of exceptional family support. The **second Thursday of every month**, **JBP HH 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: Deployment Support**





# December marks the International Day of Persons with a Disability

International Day of Persons with Disabilities (IDPD) is a UN day that is celebrated every year on 3 December.

The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life.

**Learn more:**

<https://www.un.org/en/observances/day-of-persons-with-disabilities>



# December Themes & Observances

## **International Day of Persons with Disabilities**

3 Dec Global

<https://internationaleventday.com/event/international-day-of-persons-with-disabilities/>

## **Pearl Harbor Remembrance**

7 Dec United States

<https://www.pearlharborevents.com/>

## **Family Resilience**

United States/Global

<https://www.militaryonesource.mil/resources/millife-guides/keeping-your-family-strong/>

## **Holiday Blues**

United States/Global

[Stress-Depression and the Holidays: 10 Tips for Coping](#)

# 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.

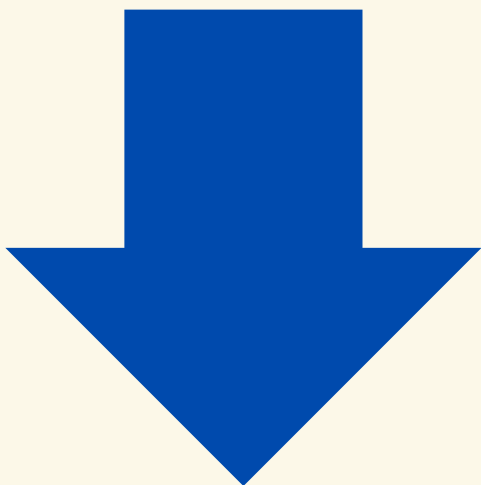
### CONNECT WITH RESOURCES

- 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/>

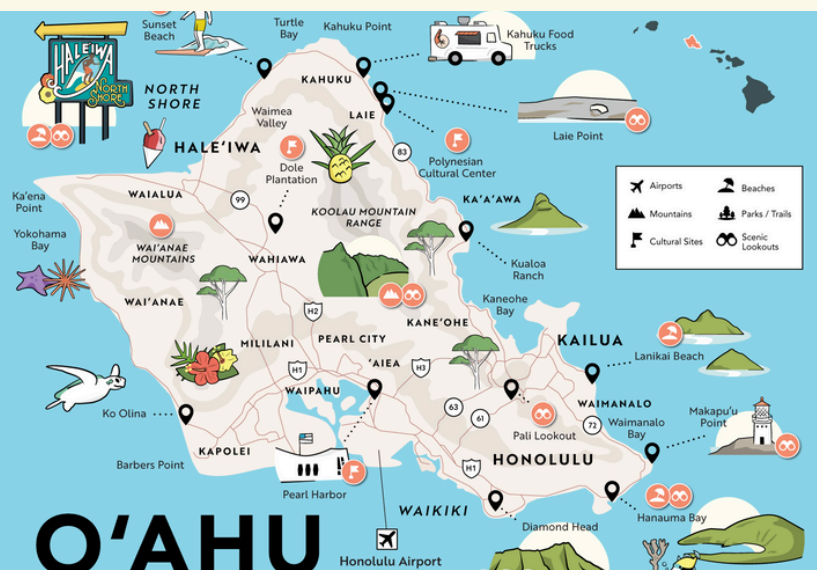
**Child Care Aware:**

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



# Oahu Events

- 7 DECEMBER: HONOLULU HALE CITY LIGHTS (CHINATOWN)
- 7 DECEMBER: FOR LOVE OF COUNTRY GALA (PEARL HARBOR AVIATION MUSEUM)
- 14 DECEMBER: HOLIDAY CRAFTS & COLLECTIBLES FAIR (JAPANESE CULTURAL CENTER)
- 7 DECEMBER KALAKAUA MERRI MILE MARATHON (WAIKIKI)
- 14 & 15 DECEMBER: MELE KALIKIMAKA MARKETPLACE (BLAISDELL EXPO HALL)
- 14 & 15 DECEMBER: THE NUTCRACKER (BALLET HAWAII - BLAISDELL ARENA)





# Resources

## Family

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



## School

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



## Community

- Pacific Region EFMP Attorney: 808-257-6736  
Derek Brow (MCBH) derek.brow@usmc.mil
- Military One Source:  
<https://www.militaryonesource.mil/>



ALOHA

# 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 15th</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!



# 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!**



**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.navhthclinpearlhi.list.nhch-fleet-liaison@health.mil

Medical Readiness Clinic

1514 Makalapa Dr.

JBPHH, HI 96853

**\*Overseas Screening**

## **Cherise Yamasaki**

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**

## **Andrea Alexander**

Regional Special Education Liaison

808-474-1999

andrea.k.alexander.naf@us.navy.mil

Military and Family Support Center

4827 Bougainville Drive

Honolulu, HI 96818

