

# The Kokua Bulletin

**EFMP** Exceptional  
Family Member  
Program

**MARCH 2025**

## 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>



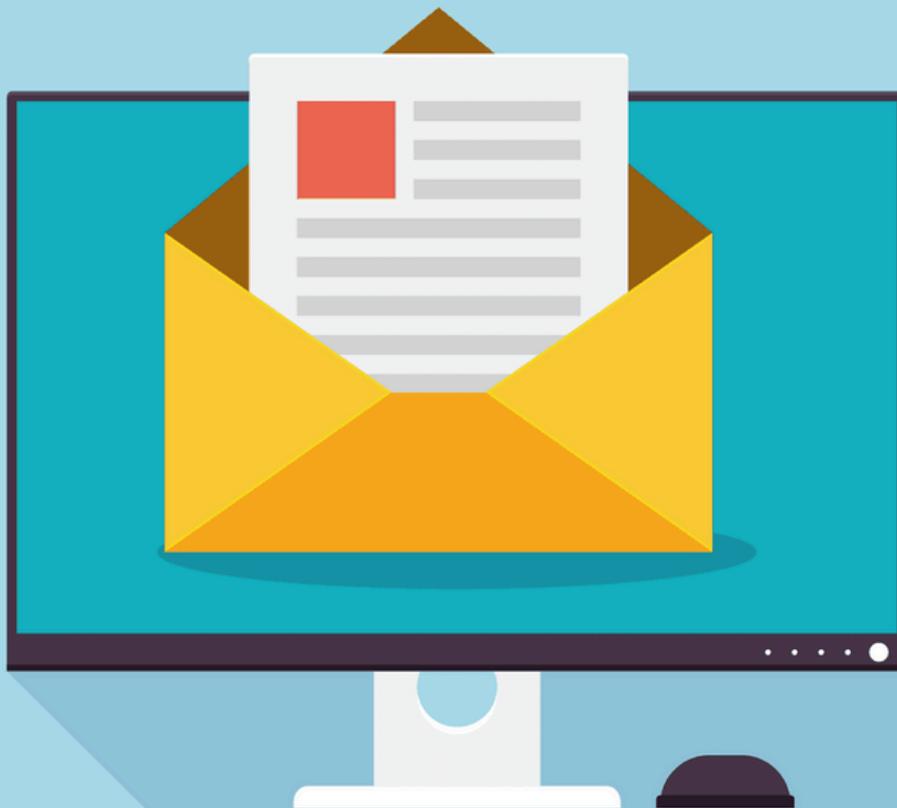
# JBP HH EFMP Digital Digest

We are excited to introduce a new *digital* format that 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: Self-Care.**

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

<https://www.who.int/news-room/fact-sheets/detail/self-care-health-interventions>



# 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.

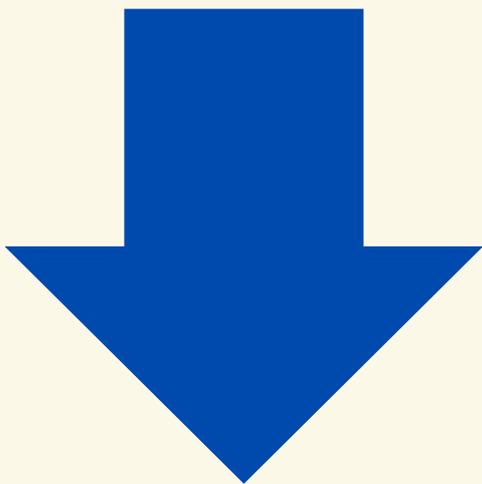
### CONNECT WITH RESOURCES

- 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/>

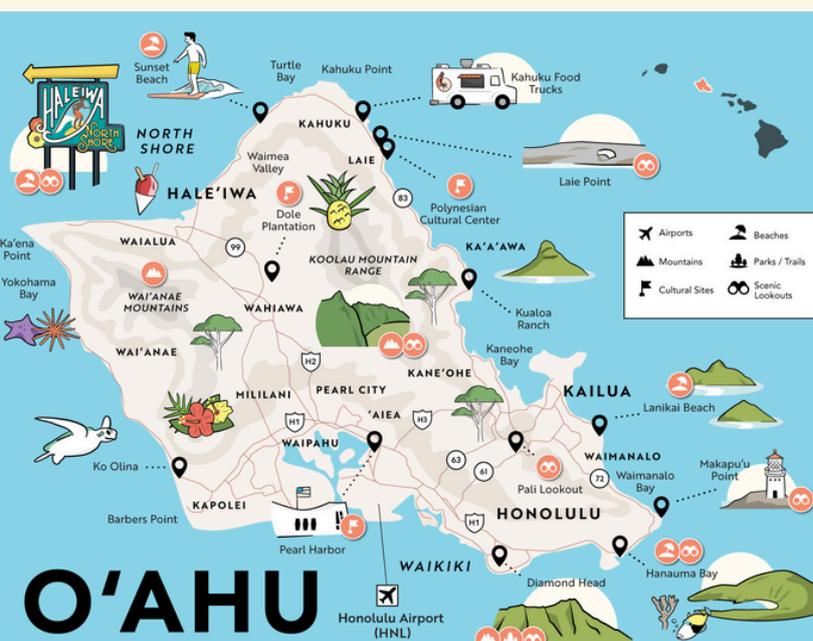
**Child Care Aware:**

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



# Oahu Events

- MARCH 7-9: HONOLULU FESTIVAL (HAWAII CONVENTION CENTER)
- MARCH 14: ROYAL HAWAIIAN BAND (IOLANI PALACE)
- MARCH 14-16: KAWAII KON (HAWAII CONVENTION CENTER)
- MARCH 25: PRINCE KUHIO PARADE (WAIKIKI QUEEN'S BEACH)
- MARCH 29-30: 6TH ANNUAL ISLAND SPRINGTACULAR (WINDARD MALL)



# Resource Corner

## 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@navy.mil](mailto:jbphhslo@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/>

## Monthly Resource Highlight

- <https://unitedcerebralpalsyhawaii.org/programs/>
- <https://nacdd.org>
- <https://www.nationalmssociety.org>
- <https://biausa.org/>
- <https://ndss.org/>



# 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.navhlthclinpearlhi.list.nhch-fleet-liaison@health.mil  
Medical Readiness Clinic  
1514 Makalapa Dr.  
JBPHH, HI 96853  
\*Overseas Screening

Cherise Yamasaki  
Renee Thornhill  
School Liaison Officer  
(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  
efmp-cnrh@us.navy.mil  
Military and Family Support Center  
4827 Bougainville Drive  
Honolulu, HI 96818

