

The Kokua Bulletin

EFMP Exceptional
Family Member
Program

AUGUST 2025

ALOHA EFMP 'OHANA!

August is here, EFMP Families!

As summer winds down and back-to-school season kicks into high gear, your EFMP Case Liaisons, and the SLO's are here to support you every step of the way!

As the school year begins, EFMP families face unique opportunities and challenges when it comes to setting their children up for success. Whether your child has an IEP, a 504 Plan, or other special supports, now is the perfect time to review plans, reconnect with educators, and prepare for a smooth transition. In this issue, we're sharing tips and tools to help you advocate, communicate, and create a strong foundation for the year ahead!

Ready to see everything we have to offer? Visit our website at www.greatlifehawaii.com to explore our full menu of services and register today!

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EFMP Overview

New to EFMP? Have Questions? We're Here to Help!

Are you just getting started with the Exceptional Family Member Program (EFMP)? Curious about how we can support your family? Join us to learn how EFMP serves as a vital assignment coordination tool—designed to ensure military families with special needs receive the support they deserve.

This engaging, one-hour class offers a comprehensive overview of the EFMP, tailored specifically to our center. You'll gain insight into:

- Coordination between military and civilian agencies for enhanced personnel support.
- Medical, educational, and community support services
- Access to Information & Referral resources tailored to your family's needs.

Whether you're navigating enrollment or looking ahead to the next steps, this session will guide you through what to expect and how to connect with the services available to you.

- Special Education support navigating IEPs & 504 Plans

Open to all branches of service.

When: First Wednesday of every month from 9:00 am to 10:00 am

Where: Offered both virtually and in person (classroom setting)

Register: <https://jbphh.greatlifehawaii.com/support/military-family-support-center/mfsc-class-schedule-registration>



JBP HH EFMP Digital Digest

We're thrilled to launch a new digital format designed to support and empower families navigating exceptional journeys. Our goal is to connect you with tailored information and resources that meet your unique needs—helping to enhance the well-being, strength, and success of every member of your family.

This month's topic: Heat Safety for Medically Fragile Individuals

Hot weather can pose serious health risks, especially for individuals with medical conditions or special needs. It's important for EFMP families to plan ahead by understanding how heat affects certain medications, staying hydrated, dressing appropriately, and avoiding outdoor activities during peak heat hours. Keeping emergency supplies ready and using cool, shaded, or air-conditioned spaces can help ensure a safe and enjoyable summer for everyone.

Heat Safety Tips for Medically Fragile Family Members

1. KNOW HOW HEAT AFFECTS SPECIFIC CONDITIONS OR MEDICATIONS

- SOME MEDICATIONS (E.G., SEIZURE MEDS, DIURETICS) CAN INCREASE HEAT SENSITIVITY.
- CHECK WITH YOUR PROVIDER ABOUT SUMMER-SPECIFIC PRECAUTIONS.

2. STAY COOL DURING PEAK HEAT HOURS (10 AM – 4 PM)

- PLAN OUTDOOR ACTIVITIES IN THE EARLY MORNING OR EVENING.
- USE COOLING TOWELS, PORTABLE FANS, OR SHADED AREAS WHEN OUTSIDE.

3. HYDRATION IS KEY

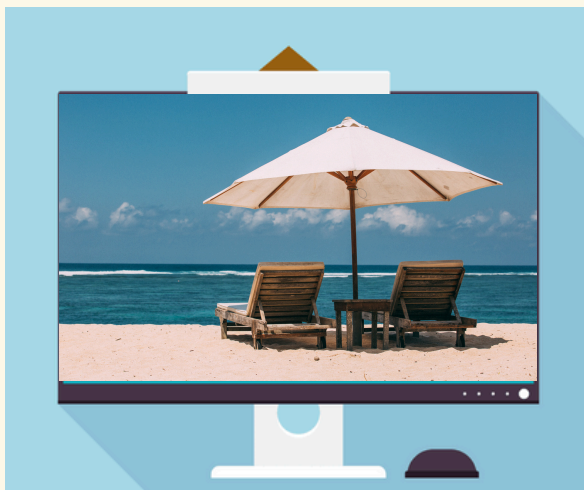
- ENCOURAGE FREQUENT WATER BREAKS—EVEN IF THEY'RE NOT THIRSTY.
- USE VISUAL OR TIMED REMINDERS FOR THOSE WHO NEED CUES TO DRINK FLUIDS.

4. DRESS FOR THE WEATHER

- CHOOSE LIGHTWEIGHT, BREATHABLE FABRICS AND LIGHT COLORS.
- DON'T FORGET WIDE-BRIMMED HATS OR SUN-PROTECTIVE CLOTHING.

5. WATCH FOR SIGNS OF HEAT-RELATED ILLNESS

- LOOK FOR DIZZINESS, NAUSEA, EXCESSIVE SWEATING, OR UNUSUAL FATIGUE.
- KNOW WHEN TO SEEK IMMEDIATE MEDICAL ATTENTION.



6. USE AIR-CONDITIONED SPACES

- LIBRARIES, MALLS, OR COMMUNITY CENTERS CAN BE SAFE COOLING ZONES IF HOME AC IS LIMITED.

7. KEEP MEDICAL EQUIPMENT IN A COOL, DRY PLACE

- HEAT CAN AFFECT THE PERFORMANCE OF DEVICES LIKE FEEDING PUMPS, BATTERIES, OR INHALERS.

BACK TO SCHOOL WITH SUPPORT: SETTING UP FOR A SUCCESSFUL YEAR WITH AN IEP OR 504 PLAN

SUPPORTING YOUR STUDENT: WHAT PARENTS SHOULD KNOW
GETTING READY FOR A NEW SCHOOL YEAR CAN FEEL OVERWHELMING, ESPECIALLY WHEN YOUR CHILD HAS UNIQUE MEDICAL, DEVELOPMENTAL, OR EDUCATIONAL NEEDS. TAKING A FEW SIMPLE STEPS EARLY ON—LIKE REVIEWING SUPPORT PLANS, BUILDING COMMUNICATION WITH SCHOOL STAFF, AND PREPARING YOUR CHILD FOR ROUTINE CHANGES—CAN MAKE A BIG DIFFERENCE.

THE TIPS BELOW ARE DESIGNED TO HELP YOU FEEL MORE CONFIDENT AND ORGANIZED AS YOU NAVIGATE THE BACK-TO-SCHOOL TRANSITION.

BACK-TO-SCHOOL TIPS FOR EFMP FAMILIES

1. REVIEW YOUR CHILD'S IEP OR 504 PLAN

- TAKE TIME TO GO OVER YOUR CHILD'S CURRENT EDUCATION PLAN BEFORE SCHOOL STARTS.
- LOOK CLOSELY AT GOALS, SERVICES, AND ACCOMMODATIONS TO MAKE SURE THEY STILL FIT YOUR CHILD'S NEEDS.
- CONSIDER REACHING OUT TO SCHEDULE A QUICK MEETING OR CHECK-IN WITH THE SCHOOL TEAM.

2. BUILD A STRONG COMMUNICATION PLAN

- CREATE A SIMPLE "ALL ABOUT ME" ONE-PAGER WITH KEY INFORMATION ABOUT YOUR CHILD'S STRENGTHS, NEEDS, AND HELPFUL STRATEGIES.
- IDENTIFY KEY CONTACTS (TEACHERS, COUNSELORS, NURSE, ETC.) AND ESTABLISH HOW YOU'LL STAY IN TOUCH THROUGHOUT THE YEAR.

3. HELP YOUR CHILD PREPARE FOR THE TRANSITION

- USE TOOLS LIKE SOCIAL STORIES, VISUAL SCHEDULES, OR PRACTICE VISITS TO HELP EASE ANXIETY ABOUT NEW ROUTINES.
- START PRACTICING SCHOOL-DAY ROUTINES EARLY—BEDTIMES, WAKE-UPS, AND DAILY PREP.

4. ORGANIZE MEDICAL AND BEHAVIORAL INFORMATION

- SHARE ANY UPDATED MEDICAL ACTION PLANS, MEDICATION INFO, OR THERAPY NOTES WITH THE SCHOOL NURSE OR STAFF.
- MAKE SURE EMERGENCY PROCEDURES ARE CLEARLY OUTLINED AND UNDERSTOOD.

5. ENCOURAGE SELF-ADVOCACY AND INDEPENDENCE

- TEACH YOUR CHILD SIMPLE WAYS TO SPEAK UP ABOUT THEIR NEEDS OR USE THEIR ACCOMMODATIONS.
- SUPPORT AGE-APPROPRIATE INDEPENDENCE SKILLS, LIKE ORGANIZING MATERIALS OR ASKING FOR BREAKS WHEN NEEDED.

EMERGENCY PREPAREDNESS FOR EFMP FAMILIES DURING HURRICANE SEASON

HURRICANE SEASON IN HAWAII IS FROM JUNE 1ST - NOVEMBER 30TH ANNUALLY

SUMMER STORMS, TRAVEL, AND OUTDOOR ACTIVITIES CAN BRING UNEXPECTED SITUATIONS. EFMP FAMILIES SHOULD KEEP AN EMERGENCY KIT READY WITH ESSENTIALS LIKE MEDICATIONS, MEDICAL DOCUMENTS, COMFORT ITEMS, AND COMMUNICATION AIDS. IT'S ALSO HELPFUL TO CREATE A PLAN THAT INCLUDES EMERGENCY CONTACTS AND A LIST OF YOUR FAMILY MEMBER'S SPECIFIC NEEDS.

IT'S IMPORTANT TO KEEP YOUR NFAAS (NAVY FAMILY ACCOUNTABILITY AND ASSESSMENT SYSTEM) ACCOUNT UPDATED TO ENSURE YOU RECEIVE TIMELY SUPPORT AND GUIDANCE DURING ANY EMERGENCY. WEBSITE: [HTTPS://NAVYFAMILY.NAVY.MIL](https://NAVYFAMILY.NAVY.MIL)

1. CREATE A FAMILY EMERGENCY PLAN

- **COMMUNICATION:** DESIGNATE AN OUT-OF-TOWN CONTACT FOR ALL FAMILY MEMBERS.
- **EVACUATION ROUTES:** KNOW THE SAFEST ROUTES AND ENSURE EVERYONE, ESPECIALLY THOSE WITH MOBILITY CHALLENGES, CAN NAVIGATE THEM.
- **MEDICAL NEEDS:** COMMUNICATE EVERYONE'S MEDICAL NEEDS (MEDICATIONS, MEDICAL EQUIPMENT, ETC.).
- **SPECIAL CONSIDERATIONS:** FOR CHILDREN OR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES, EXPLAIN EVACUATION PROCEDURES SIMPLY.

2. CREATE AN EMERGENCY KIT

- **BASIC SUPPLIES:** FOOD, WATER, FLASHLIGHTS, BATTERIES, ETC.
- **MEDICATIONS:** 7-10 DAY SUPPLY OF PRESCRIPTION AND OVER-THE-COUNTER MEDS.
- **MEDICAL DEVICES:** BACKUP SUPPLIES FOR MEDICAL EQUIPMENT LIKE CPAP MACHINES, OXYGEN TANKS, ETC.
- **IMPORTANT DOCUMENTS:** WATERPROOF CONTAINER FOR IDS, MEDICAL RECORDS, ETC.
- **ADAPTIVE DEVICES:** ENSURE ASSISTIVE DEVICES (HEARING AIDS, WHEELCHAIRS) ARE IN GOOD CONDITION AND HAVE BACKUP POWER.

7. SPECIAL CONSIDERATIONS FOR CHILDREN

- **SENSORY NEEDS:** USE COPING TOOLS LIKE NOISE-CANCELING HEADPHONES, FIDGET TOYS, CALMING MUSIC.
- **ROUTINE:** PRACTICE THE EMERGENCY PLAN WITH CHILDREN, ESPECIALLY THOSE WITH AUTISM OR DEVELOPMENTAL CONDITIONS.
- **VISUAL INSTRUCTIONS:** USE VISUAL SCHEDULES OR PICTURES TO EXPLAIN PROCEDURES.

3. PREPARE FOR POWER OUTAGES

- **BACKUP POWER:** INVEST IN A GENERATOR FOR MEDICAL EQUIPMENT.
- **NON-ELECTRIC ALTERNATIVES:** USE BATTERY-OPERATED FANS, COOL TOWELS, OR ICE PACKS.
- **CHARGING OPTIONS:** EXTRA CABLES, PORTABLE CHARGERS, AND SOLAR-POWERED CHARGERS.

5. KEEP MEDICAL PROFESSIONALS IN THE LOOP

- **NOTIFY PROVIDERS:** INFORM HEALTHCARE PROVIDERS OF YOUR NEEDS DURING EMERGENCIES.
- **LOCAL HOSPITALS:** KNOW WHERE THE NEAREST FACILITY CAN ACCOMMODATE SPECIAL MEDICAL NEEDS.

8. EMERGENCY SHELTER & EVACUATION

- **ACCESSIBLE SHELTERS:** FIND SHELTERS EQUIPPED FOR MOBILITY CHALLENGES AND MEDICAL EQUIPMENT.
- **TRANSPORTATION ASSISTANCE:** CONTACT LOCAL AGENCIES FOR SPECIAL TRANSPORTATION SERVICES DURING EVACUATION.

4. MEDICAL SUPPLIES & FIRST-AID KIT

- **FIRST-AID KIT:** INCLUDE ITEMS SPECIFIC TO FAMILY NEEDS (E.G., SENSITIVE SKIN BANDAGES, ANTI-ANXIETY MEDS).
- **SPECIAL EQUIPMENT:** BACKUP POWER AND SUPPLIES FOR MEDICAL EQUIPMENT LIKE NEBULIZERS OR OXYGEN TANKS.

6. STAY INFORMED

- **WEATHER UPDATES:** SIGN UP FOR FEMA ALERTS, NATIONAL WEATHER SERVICE UPDATES.
- **COMMUNITY SUPPORT:** CHECK WITH EFMP COORDINATORS, LOCAL AGENCIES FOR ASSISTANCE.

9. MENTAL HEALTH & COPING STRATEGIES

- **STRESS MANAGEMENT:** HAVE MENTAL HEALTH RESOURCES AVAILABLE.
- **SUPPORT NETWORK:** LEAN ON EXTENDED FAMILY, NEIGHBORS, OR EFMP SUPPORT GROUPS.

10. PRACTICE & REASSESS

- **PRACTICE THE PLAN:** REHEARSE THE PLAN WITH EVERYONE, ESPECIALLY THOSE WITH SPECIAL NEEDS.
- **REASSESS REGULARLY:** UPDATE YOUR PLAN AND SUPPLIES AS NEEDS CHANGE.

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.

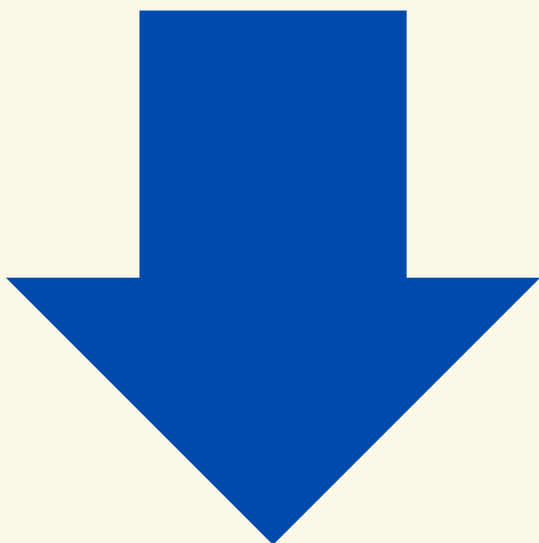
CONNECT WITH RESOURCES

- 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 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 2025

BEST OF OAHU WEBSITE-AN INSIDERS GUIDE 2025

SUMMER OF MWR 2025 -JOINT BASE PEARL HARBOR HICKAM

DUKE KAHANAMOKU OCEAN FEST 2025 - THROUGHOUT MONTH OF AUGUST

CIRQUE DU SOLEIL "AUANA" SHOWS -OUTRIGGER WAIKIKI-
MAY SHOWS STARTING AUGUST 9, 2025

OHANA VOLUNTEER DAY-WAIMEA VALLEY-AUGUST 9, 2025

MARINE CORPS BASE HAWAII-KANEOHE BAY AIR SHOW-AUGUST 9-10, 2025

COLOR BLAST RUN

STONEMAN - WATTS FIELD, SCHOFIELD BARRACKS - AUGUST 9, 2025

MADE IN HAWAII FESTIVAL- AUGUST 15-17, 2025

CYP HIRING FAIR-PELTIER CDC-AUGUST 16, 2025

PRESCHOOL-HERE I COME! -A FREE COMMUNITY EVENT -AUGUST 23, 2025





National Night Out

Join us for our annual celebration of safety!

Meet local law enforcement, tour fire trucks, meet McGruff The Crime Dog, and enjoy FREE games, food, and activities from our partners!



POLICE • COMMUNITY PARTNERSHIPS

**FRIDAY,
AUGUST 8**

5:30-7:30PM

Ka Makani

Community Center

*Interested in volunteering or participating with a booth? Email events@hickamcommunities.com



WWW.CENTINELUS.





US ARMY GARRISON HAWAII

MORALE, WELFARE & RECREATION

Job Fair



SCAN QR CODE
TO START YOUR
FEDERAL CAREER!



**NEW
BENEFIT**

ALL CYS staff will receive 100% **FREE** childcare for their first child and 25% for any additional children!

CYS POSITIONS
START:

\$19.48 PER HOUR
+ *8.64% COST OF LIVING
ALLOWANCE

*SUBJECT TO CHANGE
WITHOUT NOTICE



Full-time, part-time,
& flex positions

Opportunities to
work in USAG-HI's
new CYS facilities
coming soon

OUR EMPLOYEE BENEFITS

- Insurance coverage for full-time & part-time employees.
- Paid leave for full-time & part-time employees.
- Paid parental leave (restrictions apply).
- Retirement options and 401k savings plan.
- Career progression with world class training.
- Access to DFMWR Fitness Centers, Arts & Crafts Center, and other services.
- Easy lateral transfers using the Army NAF CEAT program.
- **TAX FREE GROCERY* & RETAIL STORE PRIVILEGES.**

*certain benefits are subject to CYS Employees only

OPEN TO THE PUBLIC

**TUESDAY,
AUGUST 19
8:30 A.M.-1:30 P.M.**

HMR TRAINING ROOM

441 Kuapale Road, Bldg 25, Wahiawa, HI 96857

CHECK US OUT ONLINE!

Find more tips, necessary documents,
& how-to's on our website

<https://hawaii.armymwr.com/employment>

Download MY ARMY POST APP



[HiMWR.com](https://hawaii.armymwr.com) or MWR HAWAII

Resources



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@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/>





EFMP

PROGRAM OVERVIEW

Learn about the JBPHH Exceptional Family Member Program! Get an overview of the process and what to expect after enrollment.

- Class will be taught in-person and virtually
- Open to all branches

- ✓ 9:00 – 10:00 a.m.
- ✓ 4827 Bougainville Rd
Honolulu, HI 96818
- ✓ 808-474-1999



FIRST
WEDNESDAY
OF EVERY
MONTH



For more info or to register, please scan QR code or visit <https://jbphh.greatlifehawaii.com/support>

f jbphh.mfsc @jbphh_mfsc



EFMP Exceptional
Family Member
Program



2025



EFMP

FAMILY STRENGTHENING SERIES

3RD THURSDAY OF
JAN | MAR | MAY | JUL | SEP | NOV

9:00 AM - 10:00 AM
VIRTUAL CLASSES



- 808-474-1999
- 4827 Bougainville Drive
Honolulu, HI 96818
- MFSCHawaii@us.navy.mil
- efmp-cnrh@us.navy.mil
- jbphh.greatlifehawaii.com



SCAN QR CODE TO REGISTER

EFMP

Exceptional
Family Member
Program



MFSC Classes

**YOUR MFSC PERSONAL & FAMILY LIFE
EDUCATION TEAM OFFERS A VARIETY
OF LIFE SKILLS CLASSES!**

Topics Include:

Personal Development

Parenting Classes

Anger Management

Communication

Federal Resume Writing Workshop

and many more!

TO REGISTER: 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

1514 Makalapa Dr.

JBPHH, HI 96818

***Completed DD 2792 forms are sent here for review/submission**

Overseas Screening Fleet Liaison

Patient Administration

(808) 473-2444 Opt. 9, EXT: 4514, 4524, 4526

usn.jbphh.navhlthclinpearlhi.list.nhch-fleet-liaison@health.mil

Medical Readiness Clinic

1253 Makalapa Rd

JBPHH, HI 96860

***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**

