

# The Kokua Bulletin

**EFMP** Exceptional  
Family Member  
Program

**APRIL 2024**

## **ALOHA EFMP 'OHANA!**

Happy April all EFMP 'Ohanas! The MFSC EFMP Team hopes that you have been having a great spring season and enjoyed your Spring Break! This season has a lot to offer for you and your Ohana. April is Month of the Military Child, so show your appreciation to all those brave individuals that sacrifice so much for our country.

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, check out our website at [greatlifehawaii.com](http://greatlifehawaii.com)!

### **IN THIS ISSUE:**

- EFMP Overview
- Digital Digest
- Disability Awareness
- EFMP & Me Tool
- Respite Care
- Oahu Events
- Resources
- EFMP Trainings
- MFSC Classes
- EFMP Contact List



[WWW.GREATLIFEHAWAII.COM](http://WWW.GREATLIFEHAWAII.COM)

# 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

**Register:** EFMP Families will receive a notification for upcoming classes along with Teams links. All others, please contact our office to be added to the Distribution List.



# JBPHH 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, JBPHH 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: Autism Awareness Month.**



# April is Parkinson's Awareness Month

Parkinson's Awareness month was chosen because it is the birth month of James Parkinson, who identified the symptoms of the disease more than 200 years ago. This observance hopes to improve the lives of people impacted by Parkinson's Disease. Spread awareness by sharing a link to an organization's website, talking to a friend about it or wearing a red tulip.

**Learn more:** <https://www.apdaparkinson.org/article/dd-s22-article3/>





# **April Disability Observances**

## **Paralyzed Veterans Across America Month**

United States

<https://www.pva.org/sponsorship-events/paralyzed-veterans-of-america-awareness-month>

## **Limb Loss Awareness Month**

United States

<https://www.amputee-coalition.org/events-programs/limb-loss-awareness-month/>

## **April 2- World Autism Awareness Day**

Global

<https://www.un.org/en/observances/autism-day>

## **April 7- World Health Day**

Global

<https://www.who.int/campaigns/world-health-day>

# 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.

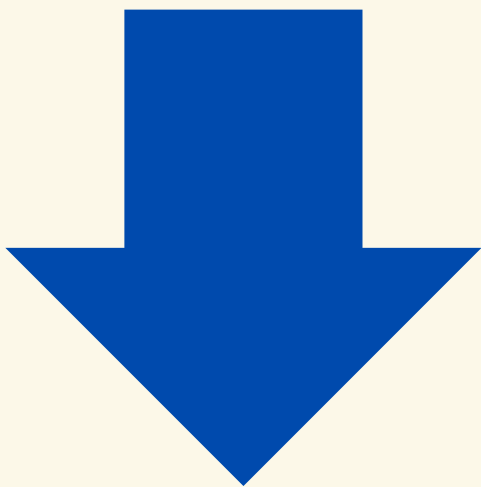
### CONNECT WITH RESOURCES

- 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, Navy 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/>

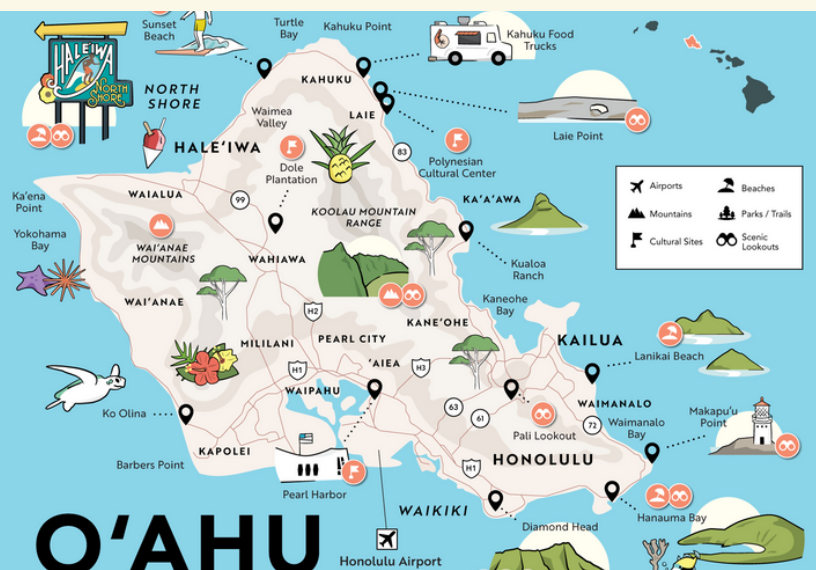
**Child Care Aware:**

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



# Oahu Events

- **APRIL 1: PAU HANA FESTIVAL (KALAKAUA AVE.)**
- **APRIL 6: HELE FOR AUTISM AND RESOURCE FAIR (ALAMOANA PARK)**
- **APRIL 6-7: HAWAIIAN SCOTTISH FESTIVAL & HIGHLAND GAMES (JEFFERSON ELEMENTARY SCHOOL)**
- **APRIL 14: HAPALUA HAWAII'S HALF MARATHON (WAIKIKI)**
- **APRIL 23: I LOVE KAILUA TOWN PARTY (KAILUA ROAD, DOWNTOWN KAILUA)**
- **APRIL 27: WAIKIKI SPAM JAM FESTIVAL (KALAKAUA AVE)**
- **APRIL 27-28: 2024 ALOHA CHALLENGE: JAM ON IT BOYS & GIRLS BASKETBALL TOURNAMENT (HAWAII CONVENTION CENTER)**





# Resources

## Family

- Hawaii Ohana Support Network:  
<https://www.hawaiiohanasupportnetwork.org/>



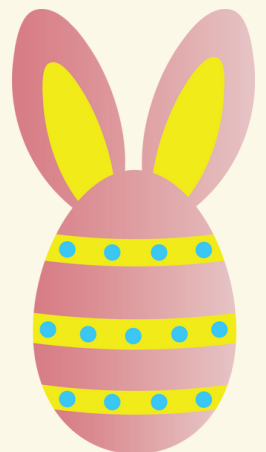
## School

- JBPHH School Liaison Officer: 808-306-9247  
<https://jbphh.greatlifehawaii.com/family/school-liaison-office>  
Email: [jbphhslo@navy.mil](mailto:jbphhslo@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 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 14th</b>	<b>Early Intervention Services [0 to 3 years]</b>
<b>December 19th</b>	<b>Positive Advocacy Strategies</b>

Third Thursday Monthly, 5-6PM  
Contact us today! Space is limited!



# 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:** Contact the MFSC to sign up for any of these classes at  
mfschawaii@navy.mil or 808-474-1999.



# EFMP Contacts

## **Regina Fivella**

Regional Work and Family Life Coordinator/EFMP RCL

(808) 474-0126

regina.a.fivella.civ@us.navy.mil

\*Non-medical case management for Navy and AF

## **Jessi Koehn**

Work and Family Life Supervisor/EFMP RCL

(808) 474-0087

jessica.r.koehn.civ@us.navy.mil

\*Non-medical case management for Navy and AF

## **Anthony Choe**

EFMP CL, EFMP-FS

(808) 474-0154

anthony.choe2.naf@us.navy.mil

\*Non-medical case management for Navy and AF

## **Dianne Wilson**

EFMP CL, EFMP-FS

(808) 474-0060

dianne.n.wilson.naf@us.navy.mil

\*Non-medical case management for Navy and AF

## **Andrea Alexander**

EFMP CL, EFMP-FS

(808) 474-0150

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

\*Non-medical case management for Navy and AF

## **Tiffanie Newcomer**

EFMP CL, EFMP-FS

(808) 474-1999

\*Non-medical case management for Navy and AF

## **Navy & Air Force MFSC (Main)**

4827 Bougainville Drive

Honolulu, HI 96818

(808) 474-1999 \*MFSC Main Line

(808) 474-1998 \*Fax Line in Cap Admin Office

efmp-cnrh@us.navy.mil

## **Navy & Air Force MFSC (Satellite)**

655 Vickers Avenue

JBPHH, HI 96853-5385



# EFMP Contacts

## **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**

## **Kaori Walker (AF)**

Special Needs Coordinator  
(808) 448-6782  
kaori.walker.ctr@health.mil  
Air Force/15th Medical Group – Hickam Clinic  
755 Scott Cir  
JBPHH, HI 96853

**\*ALL AF EFMP questions are sent HERE**

## **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.

**\*Overseas Screening**

## **Meesha Williams**

Command EFMP Medical Liaison  
Headquarters Pacific AF  
(808) 448-1612  
meesha.williams.ctr@us.af.mil  
HQ PACAF/SGOM  
25 E. Street, Suite A-110  
JBPHH, HI 96853

## **Cherise Yamasaki**

School Liaison  
(808) 306-9247  
JBPHHSLO@navy.mil  
School Liaison Office  
530 Peltier Ave. Bldg. 1925  
Honolulu, HI

**\*IEP/504 questions, specific school and educational requirement questions**

