

The Kokua Bulletin



FEBRUARY 2026

ALOHA EFMP 'OHANA!

Welcome to a Fantastic February. The MFSC EFMP Team welcomes you and your families to February and wishes for a prosperous month. As you continue to settle into 2026, remember that the MFSC EFMP Team is excited to help with program and resource needs.

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!

IN THIS ISSUE:

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

The word 'FEBRUARY' is spelled out in a row of small, light-colored wooden blocks. The blocks are arranged horizontally and are slightly tilted, giving them a three-dimensional appearance.

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>



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: Holiday Blues

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

For families in the Exceptional Family Member Program (EFMP), even after the holiday season there can be a unique set of challenges on top of the usual after math of festive stress. While many families feel the pressure of holiday planning and the after affects, EFMP families often navigate these times while also managing the complexities of a family member's special medical or educational needs. The common stressors of military life, such as being stationed far from extended family or coping with a deployed service member, can be amplified. This can lead to feelings of isolation and make it difficult to establish new traditions or routines, especially after a recent move, which is a frequent reality for military families. The combination of these factors can create a significant mental load, making it important for EFMP families to acknowledge their feelings and seek support when needed.

JBPHH EFMP Digital Digest

DIFFERENT TECHNIQUES FOR FAMILIES CAN INCLUDE:

ESTABLISH ROUTINES: CREATING A ROUTINE THAT CAN GET YOU ON A REASONABLE SCHEDULE TO HAVE HEALTHY SLEEP HYGIENE, EATING HABITS, AND EXERCISING.

MANAGING FINANCES: REVIEWING AND CREATING POST-HOLIDAY BUDGETS AND USING RESOURCES LIKE MILITARY ONE SOURCE,
<https://www.militaryonesource.mil/resources/millife-guides/financial-management/>

GET OUTDOORS/ACTIVE: SEASONAL AFFECTIVE DISORDER (SAD) - REDUCED SUNLIGHT IN WINTER DIRECTLY IMPACTS MOOD, CAUSING FATIGUE, SADNESS, AND TROUBLE CONCENTRATING. MAXIMIZING DAYLIGHT EXPOSURE TO COMBAT SADNESS.

PRIORITIZING SELF-CARE: SETTING BOUNDARIES, MAKING TIME FOR ENJOYABLE ACTIVITIES, TAKING TIME TO RELAX AND SEEKING PROFESSIONAL HELP.

SET REALISTIC EXPECTATIONS: AIMING FOR CONNECTION AND NOT PERFECTION PREPARING AHEAD: TALKING ABOUT YOUR SCHEDULES AND WHAT TO EXPECT, ALSO MENTIONING CHANGE CAN OCCUR.

CREATING CALM ZONES: BEING ABLE TO HAVE A QUIET SPACE FOR READING OR QUIET PLAY. WITHIN THESE ZONES YOU CAN ALSO HAVE ACTIVITIES LIKE DEEP BREATHING, COUNTING, OR FOCUSING ON SENSES TO CREATE A CALM ENVIRONMENT.

DEPLOYMENT SUPPORT: TALK ABOUT THE UPCOMING SEPARATION, DISCUSSING HOW YOU WILL STAY IN TOUCH, SHARING DAILY HAPPENINGS FROM HOME, SENDING CARE PACKAGES, FINDING WAYS TO INCORPORATE EVERYONE IN THE SMALL OR BIG WINS, AND BEING REALISTIC ABOUT YOUR COMMUNICATION.



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

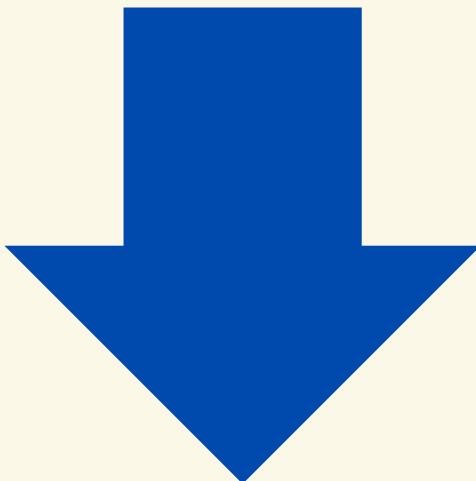
- THE CUSTOMIZED CHECKLISTS WILL GUIDE YOU TO LOCAL AND VIRTUAL SUPPORT AND DIRECT YOU TO WHO AND WHAT YOU NEED TO KNOW AS YOU NAVIGATE MILITARY LIFE.

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/>

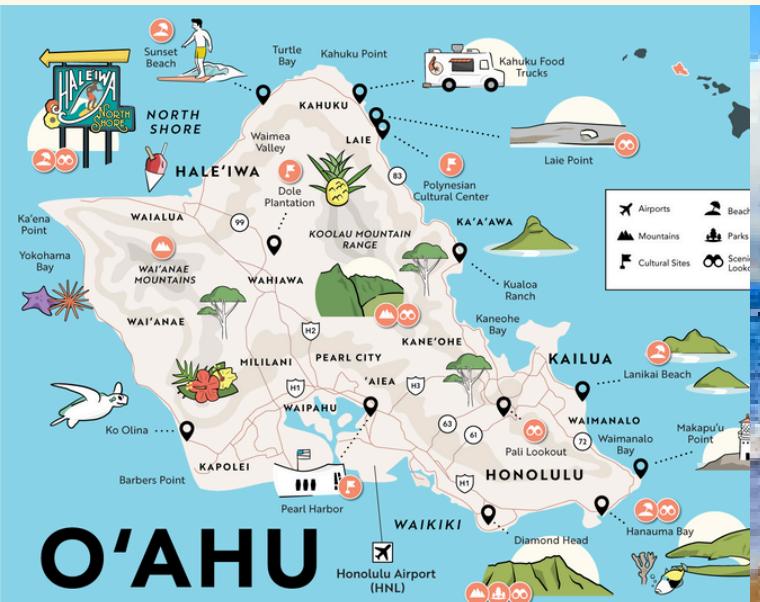
Child Care Aware:

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



Oahu Events

- 02/02/2026 - HOMESCHOOL HANGOUT (FORT SHAFTER LIBRARY)
- 02/03/2026 - KIDS BOOK CLUB (JBPHH LIBRARY)
- 02/06/2026 - SPECIAL EDUCATION OVERVIEW WORKSHOP - 12PM - MCBH EDUCATION CENTER, CLASSROOM D
- 02/06/2026, 02/13/2026, 02/20/2026 - FREE WAIKIKI FRIDAY NIGHT FIREWORKS SHOW (WAIKIKI)
- 02/06/2026, 02/07/2026 - WELCOME TO THE JUNGLE: CARNIVAL 2026
- 02/14/2026 - CHINATOWN FESTIVAL & PARADE (CHINATOWN)
- 02/21/2026 - FOOTSTEPS TO TRANSITION FAIR - VIRTUAL





SPECIAL EDUCATION OVERVIEW

Focus will be IEP Strategies

- Accommodations, Modifications & Services

Presented by EFMP's Attorney, Derek Brow, ESQ



FRI, FEB 6, 12:00PM



Bldg 220 – MCBH EDUCATION CENTER, Classroom D
NO REGISTRATION REQUIRED. Walk-ins welcome.

Questions?



808-496-0290



mcbh.efmp@usmc.mil

Footsteps to Transition Fair

Hosted by the Hawaii Department of Education
Windward District Office

DATE: Saturday, February 21, 2026

TIME: 9:00 am – 12:00 pm

Virtually on Zoom

Please join us for a virtual transition fair, an event for middle and high school students with disabilities and their families, to help in making a successful transition from high school to adult life and independence.

**To register for this FREE event, visit
www.footstepstotransition.weebly.com
or click on the QR code**



**For more information, please call 808-586-8126
or email: SPIN@doh.hawaii.gov**



EFMP **ANCHORED TOGETHER**

JOIN US FOR FUN, CONNECTION, AND SUPPORT! THIS EVENT IS DESIGNED TO GIVE CHILDREN A CHANCE TO PLAY IN AN ALL ABILITIES ENVIRONMENT, WHILE CAREGIVERS THE OPPORTUNITY TO CONNECT, RESOURCES, AND SUPPORT ONE ANOTHER.

**EXCEPTIONAL
FAMILY MEMBER
PROGRAM**

**OFFERING
SHARE**

WHEN: **LAST WEDNESDAY OF THE MONTH AT 1400**

WHERE: **HICKAM FIELD OF DREAMS
250 WASHINGTON AVE**

**efmp-cnrh@us.navy.mil
808-474-1999**



[jbphh_mfsc](https://www.instagram.com/jbphh_mfsc/)



[jbphh.mfsc](https://www.facebook.com/jbphh.mfsc)



Revised: JANUARY 2026

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

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



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**

