

# The Kokua Bulletin

**EFMP** Exceptional  
Family Member  
Program

**SEPTEMBER  
2025**

## ALOHA EFMP 'OHANA!

Hello September!

While the temperatures might still say summer, the fall season has officially arrived-and with it, a fresh opportunity to reset, refocus, and care for ourselves. No matter what season of life you're in, we hope your taking time to prioritize your well-being.

As always, our office is here to support you with any EFMP-related needs or concerns. Please don't hesitate to reach out - we're just a call or message away.

JBPHH continues to offer a wide variety of services and classes designed to support your journey, including employment readiness, relationship building, parenting, family support, and much more.

To explore our full list of offerings and register for upcoming sessions, be sure to visit our website at [www.greatlifehawaii.com](http://www.greatlifehawaii.com)! We look forward to connecting with you this season!

### IN THIS ISSUE:

- EFMP Overview
- JBPHH EFMP Digital Digest
- EFMP and Community Support: Building a Network
- EFMP Resources Spotlight: Military and Civilian Services
- EFMP & Me Tool
- Respite Care
- Oahu Events
- Resources
- EFMP Classes & Flyers
- MFSC Classes
- EFMP Contact List



# 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>



# JBPHH 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: Health and Wellness-Coping with Stress and Burnout

Military families enrolled in the Exceptional Family Member Program (EFMP) often face unique pressures—balancing relocation, care giving, and the emotional toll of managing a loved one's special medical or educational needs. These stressors can quickly escalate into burnout without proper support. Fortunately, a range of resources and self-care strategies can strengthen resilience and ease the burden. From respite care and mental health counseling offered through [Military One Source](#) to targeted interventions like the [FOCUS family program](#), support is available to help sustain mental well-being within EFMP families.

### COPING WITH MILITARY LIFE & SPECIAL NEEDS: PRACTICAL STRATEGIES

#### 1. BUILD A STRONG SUPPORT NETWORK

CONNECT WITH EFMP FAMILIES, ONLINE GROUPS, AND LOCAL AGENCIES.  
REACH OUT FOR PEER SUPPORT AND SOCIAL CONNECTIONS.

#### 2. DEVELOP A ROUTINE & PLAN AHEAD

CREATE A FAMILY CALENDAR WITH IMPORTANT DATES.  
PRE-PLAN FOR MOVES: GATHER INFO ON SCHOOLS, RESOURCES, AND HEALTHCARE.

#### 3. LEVERAGE MILITARY RESOURCES

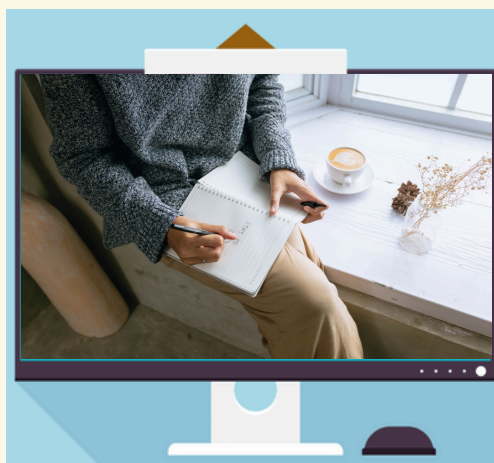
USE EFMP SERVICES FOR GUIDANCE ON HEALTHCARE, EDUCATION, AND LOCAL PROGRAMS.  
MAXIMIZE TRICARE FOR IN-NETWORK PROVIDERS AND SPECIALISTS.  
ACCESS FAMILY ADVOCACY PROGRAM FOR EMOTIONAL SUPPORT.

#### 4. ADVOCATE FOR YOUR CHILD'S NEEDS

STAY INVOLVED WITH SCHOOLS (IEPS, TEACHERS, ADMINISTRATORS).  
COMMUNICATE CLEARLY WITH HEALTHCARE PROVIDERS.  
JOIN ADVOCACY GROUPS (E.G., THE ARC) FOR SUPPORT AND LEGAL ADVICE.

#### 5. PRIORITIZE SELF-CARE

TAKE BREAKS AND  
SCHEDULE "ME TIME."  
USE RESPITE CARE  
PROGRAMS TO RECHARGE.  
SEEK THERAPY OR  
COUNSELING FOR  
EMOTIONAL SUPPORT.



#### 6. STAY FLEXIBLE & ADAPT

BE PATIENT WITH TRANSITIONS AND  
NEW ENVIRONMENTS.  
HAVE BACKUP PLANS FOR MOVES  
AND DISRUPTIONS.

#### 7. COMMUNICATE OPENLY & HONESTLY

SHARE CONCERNS AND SOLUTIONS  
WITH YOUR SPOUSE.  
INVOLVE CHILDREN IN  
DISCUSSIONS ABOUT CHANGES.

# How to Leverage Local Resources

## CONNECTING WITH SUPPORTIVE AGENCIES AND GROUPS

### INTRODUCTION

SETTLING INTO A NEW COMMUNITY CAN BE ESPECIALLY CHALLENGING FOR EFMP FAMILIES, BUT LEVERAGING LOCAL RESOURCES CAN MAKE A WORLD OF DIFFERENCE. HERE'S A QUICK GUIDE TO FINDING SUPPORT AND SERVICES YOUR FAMILY NEEDS.

#### 1. START WITH THE EFMP OFFICE

**WHY IT'S IMPORTANT:** YOUR FIRST STOP FOR PERSONALIZED SUPPORT. THEY CAN CONNECT YOU TO RESOURCES, EVENTS, AND LOCAL SERVICES.

**HOW TO USE IT:** SCHEDULE AN APPOINTMENT TO DISCUSS YOUR FAMILY'S NEEDS AND ASK ABOUT UPCOMING WORKSHOPS OR SUPPORT PROGRAMS.

#### 2. MILITARY SUPPORT NETWORKS

**WHY IT'S IMPORTANT:** CONNECTING WITH OTHER MILITARY FAMILIES CAN PROVIDE VALUABLE ADVICE AND EMOTIONAL SUPPORT.

**HOW TO USE IT:** JOIN LOCAL OR ONLINE EFMP GROUPS, ATTEND BASE EVENTS, OR CHECK WITH THE MILITARY AND FAMILY SUPPORT CENTER (MFSC) FOR SOCIAL GATHERINGS AND RESOURCES.

#### 3. SPECIAL NEEDS ADVOCACY GROUPS

**WHY IT'S IMPORTANT:** ADVOCACY GROUPS HELP WITH NAVIGATING HEALTHCARE, EDUCATION, AND LEGAL MATTERS.

**HOW TO USE IT:** FIND LOCAL GROUPS THROUGH YOUR EFMP OFFICE OR ONLINE, AND REACH OUT FOR GUIDANCE ON IEPs, SPECIAL EDUCATION LAW, AND MORE.

#### 4. HEALTHCARE PROVIDERS AND THERAPISTS

**WHY IT'S IMPORTANT:** SPECIALIZED CARE CAN MAKE A BIG DIFFERENCE IN YOUR CHILD'S DEVELOPMENT.

**HOW TO USE IT:** ASK EFMP FOR A LIST OF LOCAL PEDIATRIC SPECIALISTS, AND USE TRICARE TO FIND IN-NETWORK PROVIDERS. LOOK INTO HEALTH-FOCUSED NONPROFITS FOR ADDITIONAL SUPPORT.

#### 5. SCHOOL AND EDUCATIONAL SUPPORT

**WHY IT'S IMPORTANT:** EDUCATION IS KEY TO YOUR CHILD'S SUCCESS, AND LOCAL SCHOOLS MAY OFFER ADDITIONAL SERVICES FOR SPECIAL NEEDS.

**HOW TO USE IT:** CONNECT WITH THE SCHOOL LIAISON OFFICER (SLO) FOR INFORMATION ON SPECIAL EDUCATION PROGRAMS AND MAKE SURE YOUR CHILD'S NEEDS ARE MET THROUGH THEIR IEP OR 504 PLAN.



# ARTICLE CONTINUED:

## 6. RECREATIONAL AND SOCIAL ACTIVITIES

**WHY IT'S IMPORTANT:** SOCIALIZING AND ENGAGING IN FUN ACTIVITIES CAN IMPROVE BOTH MENTAL HEALTH AND SOCIAL SKILLS.

**HOW TO USE IT:** LOOK FOR ADAPTIVE SPORTS LEAGUES OR INCLUSIVE COMMUNITY PROGRAMS THROUGH LOCAL PARKS, RECREATION CENTERS, OR LIBRARIES.

## 7. PEER SUPPORT AND MENTORING

**WHY IT'S IMPORTANT:** CONNECTING WITH OTHER FAMILIES AND MENTORS CAN OFFER BOTH EMOTIONAL SUPPORT AND PRACTICAL ADVICE.

**HOW TO USE IT:** INQUIRE ABOUT PEER MENTORING PROGRAMS THROUGH YOUR EFMP OFFICE OR LOCAL SPECIAL NEEDS ORGANIZATIONS.

## 8. LEGAL AND FINANCIAL RESOURCES

**WHY IT'S IMPORTANT:** UNDERSTANDING LEGAL RIGHTS AND MANAGING FINANCES CAN HELP WITH LONG-TERM PLANNING.

**HOW TO USE IT:** SEEK OUT FREE LEGAL AID SERVICES FOR SPECIAL NEEDS AND LOOK INTO FINANCIAL WORKSHOPS FOR MILITARY FAMILIES.

## 9. FAITH-BASED COMMUNITIES

**WHY IT'S IMPORTANT:** MANY FAMILIES FIND EMOTIONAL AND PRACTICAL SUPPORT IN THEIR RELIGIOUS OR SPIRITUAL COMMUNITIES.

**HOW TO USE IT:** REACH OUT TO LOCAL RELIGIOUS INSTITUTIONS FOR PROGRAMS DESIGNED FOR CHILDREN WITH SPECIAL NEEDS AND FAMILY SUPPORT.

## QUICK BLURB FOR EFMP RESOURCE FAIR JOIN US FOR THE ANNUAL EFMP RESOURCE FAIR!

**MARK YOUR CALENDARS! THE EFMP PROGRAM IS HOSTING ITS ANNUAL EFMP RESOURCE FAIR ON SATURDAY, JANUARY 31, 2026 FROM 9:00 AM TO 12:00 PM AT THE MILITARY AND FAMILY SUPPORT CENTER. THIS EVENT IS A FANTASTIC OPPORTUNITY TO CONNECT WITH LOCAL AGENCIES, HEALTHCARE PROVIDERS, EDUCATIONAL RESOURCES, AND COMMUNITY GROUPS THAT ARE HERE TO SUPPORT YOUR FAMILY.**

ATTENDING THE FAIR WILL GIVE YOU ACCESS TO VALUABLE RESOURCES THAT CAN HELP YOU NAVIGATE THE CHALLENGES OF MILITARY LIFE AS AN EFMP FAMILY. FROM HEALTHCARE TO EDUCATION AND RECREATION, THE CONNECTIONS YOU MAKE AT THIS EVENT WILL DIRECTLY SUPPORT YOUR FAMILY'S NEEDS AND ALIGN WITH THE STRATEGIES DISCUSSED IN THIS MONTH'S BULLETIN. DON'T MISS OUT ON THIS CHANCE TO BUILD YOUR NETWORK, GATHER RESOURCES, AND FIND THE SUPPORT YOU DESERVE!

# TOP RESOURCES EVERY EFMP FAMILY SHOULD KNOW ABOUT

Navigating life as an EFMP family can be challenging, but knowing the right resources can make all the difference. Here's a quick guide to the top resources every EFMP family should tap into to get the support and services they need.

## 1. EFMP Office (Exceptional Family Member Program)

**Why It's Important:** The EFMP office is your first stop for personalized support. They help connect you with local services, provide guidance on medical care, and assist with finding educational resources.

**How to Use It:** Schedule a consultation to discuss your family's needs and learn about local programs, events, and support networks.

## 2. TRICARE

**Why It's Important:** TRICARE is the health insurance provider for military families, including those with special needs. It covers a wide range of medical, therapeutic, and mental health services.

**How to Use It:** Use the TRICARE website or contact customer service to find in-network providers, specialists, and pediatric care that suits your family's needs.

## 3. School Liaison Officer (SLO)

**Why It's Important:** The SLO is your go-to for educational support. They can help with finding schools that offer special education programs, navigating IEPs (Individualized Education Plans), and understanding local school policies.

**How to Use It:** Reach out to the SLO at your installation to ensure your child's educational needs are met and to get information about local schools and programs.

## 4. Local Support Groups for Parents and Families

**Why It's Important:** Connecting with other parents facing similar challenges can provide emotional support, practical advice, and social opportunities.

**How to Use It:** Check with the EFMP office, local community centers, or online groups for parent support networks, including both in-person and virtual groups.

## 5. Respite Care Services

**Why It's Important:** Respite care gives primary caregivers a break by providing temporary care for children with special needs. This service is crucial for maintaining balance and mental well-being.

**How to Use It:** Ask your EFMP office or local family support center about respite care programs in your area. Some services are available through TRICARE or local nonprofits.

## 6. Financial Assistance & Benefits Programs

**Why It's Important:** There are several financial resources and benefits available for military families with special needs, such as tax breaks, VA benefits, and financial assistance programs.

**How to Use It:** Visit the **Defense Finance and Accounting Service (DFAS)** or consult with the financial management services at **Military Once Source** to learn about financial assistance, benefits, and tax deductions for your family.

# 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.

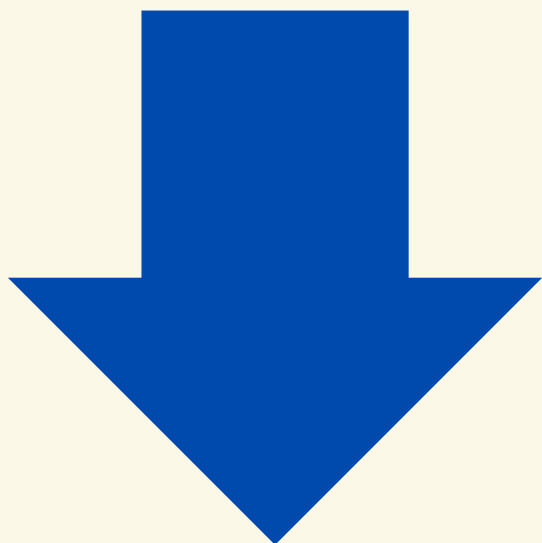
## CONNECT WITH RESOURCES

- 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

US ARMY MWR HAWAII "VIRTUAL STORY TIME PROGRAM  
(AGES 0-3)-SEPTEMBER 2, 2025

USMC ACCESSING COMMUNITY RESOURCES (VIRTUAL) -  
SEPTEMBER 3, 2025

USMC BLOCK PARTY AT THE LIBRARY-SEPTEMBER 3, 2025

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

## VOLUNTEER OPPORTUNITIES "OHANA VOLUNTEER DAY"- WAIMEA VALLEY-ONGOING IN 2025





# Resources



## Family

- Hawai'i 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](mailto:jbphhslo@us.navy.mil)

- Hawai'i Family Engagement Center:  
<https://cds.coe.hawaii.edu/hfec/>



- Hawai'i 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







# EFMP

**EXCEPTIONAL  
FAMILY MEMBER  
PROGRAM**

## **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 OFFERING CAREGIVERS THE OPPORTUNITY TO CONNECT, SHARE RESOURCES, AND SUPPORT ONE ANOTHER.**

**WHEN: FIRST MONDAY OF THE MONTH  
AT 0900 & LAST WEDNESDAY  
OF THE MONTH AT 1400**

**WHERE: SAND PARK PLAYGROUND  
CORNET AVE & 12TH ST**  
[efmp-cnrh@us.navy.mil](mailto:efmp-cnrh@us.navy.mil)  
808-474-1999



**SKIES**Unlimited  
Schools of Knowledge, Inspiration, Exploration & Skills

*Experience the Hawaiian culture and  
dance through Hula.  
Let the music move you.  
Let the culture inspire you.*

Discover the spirit of Aloha with Ms. Shyla!



# Hula

## Aliamanu Military Reservation SKIES Studios

Open to ages 4 years & older  
Must be 4 years old and up by start of program to participate.

**Classes start Friday, August 1**  
**First 4 Fridays of each Month**

For more information or if you are interested in  
registering for a class(es), please call  
Parent Central Services at

**(808) 787-7464 or (808) 787-7465.**

### Cost:

**Beginner Class:**  
45 minutes • \$65

**Intermediate Class:**  
60 minutes • \$70

**Advanced Class:**  
60 minutes • \$70

HiMWR.com or f MWR HAWAII



**EFMP**

Exceptional  
Family Member  
Program

## EFMP RESILIENCE SERIES: IEP VS. 504 - WHAT'S THE DIFFERENCE?

**OPEN FOR  
REGISTRATION!**

647FSS.FSH.EFMP@US.AF.MIL

**SEPTEMBER 3, 2025**

**SESSION 1: 11:00 AM**

**SESSION 2: 5:00 PM**

Military & Family Readiness Center  
655 Vickers Ave, Bldg 1105, JBPHH, HI  
96853

Please note: Sessions are dependent on the number of  
registrants. The evening session (5:00 PM) will require a  
minimum of 10 participants to be held.



**EFMP**

Exceptional  
Family Member  
Program

## SENSORY KIDS WORKSHOP

HICKAM SPLASH PAD (ACROSS FROM  
HICKAM SAC)

**10 SEPTEMBER - 9:30 - 11:00**

**103 REYNOLDS AVE, JBPHH**

FOR MORE INFO, EMAIL :  
647FSS.FSH.EFMP@US.AF.MIL





Join us for a special Patriot's Day event honoring camaraderie and competition with an exciting 18-hole tournament!

**ENTRY FEE:**

\$15 per person (Green fees and cart fees not included)

**TOURNAMENT DETAILS:**

- Format: Combined average score of current and former Officers, NCOs, and Civilians

**REGISTRATION DEADLINE:**

Saturday, August 30, 2025

*Don't wait - secure your spot today!*



Nagorski G.C.  
FORT SHAFTER, HAWAII

Open to DOD ID Cardholders and the public ages 7 years & older.  
Public must have installation access, for more information visit  
<https://home.army.mil/hawaii/about/visitor-information>  
or scan the QR code.



Stop by the Pro Shop or call  
**(808) 787-4016**  
for more information.

711 Morton Drive Bldg. 711 • Fort Shafter, HI 96858



**Entry Deadline: Tuesday, September 2**

Registration forms available at all Army Physical Fitness Centers.

For more information, call

**(808) 787-0717 or (808) 787-0718**

Open to all authorized DOD ID Cardholders 18 years of age or older.

**Saturday, September 13 -  
Sunday, September 14**

**STONEMAN SOFTBALL COMPLEX, SCHOFIELD BARRACKS**

**Divisions: Intramural, Open & Co-Ed**

**Cost: \$250 (Intramural), \$300 (Open & Co-Ed)**

**No Refunds**



**MEN'S & WOMEN'S  
DIVISIONS  
BRING WHAT YOU SWING!**

**Sunday, September 14**

**\$20 per participant**

Credit card payment only. Limited spots available.  
Winner receives a brand new softball bat  
with a minimum of 10 paid participants.

[home.army.mil/hawaii](https://home.army.mil/hawaii) or **MWR HAWAII**





# 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](http://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**

## **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**

