

The Kokua Bulletin



FEBRUARY 2025

ALOHA EFMP 'OHANA!

Welcome to February! There is plenty for everyone to celebrate this month - Black History Month, Lunar New Year, and Valentine's Day. As you continue to settle into 2025, 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!

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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>



Scan to Register!



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: Adults with Special Needs

Please see attachments to email and links below:

Adults with Special Needs

EFMP for all ages

Support services for adults with special needs

EFMP Digital Digest



February 4th is World Cancer Day



Observed every February 4th, World Cancer Day targets misinformation, raises awareness regarding cancer, and reduces stigma. A cancer diagnosis can change everything, but it doesn't have to define who you are. Life is bigger than a diagnosis. Bigger than chemotherapy, surgeries, and the scars. It's about the memories that live on, even if the ones we love are no longer with us. Life is bigger than cancer.

Learn more: <https://www.worldcancerday.org/the-campaign>





February Disability Observances

Low Vision Awareness Month

United States

<https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/vision-rehabilitation-resources/low-vision-awareness-month>

Rheumatoid Arthritis Awareness Day

Feb 2 - United States

<https://rheum4us.org/>

Anosmia Awareness Day

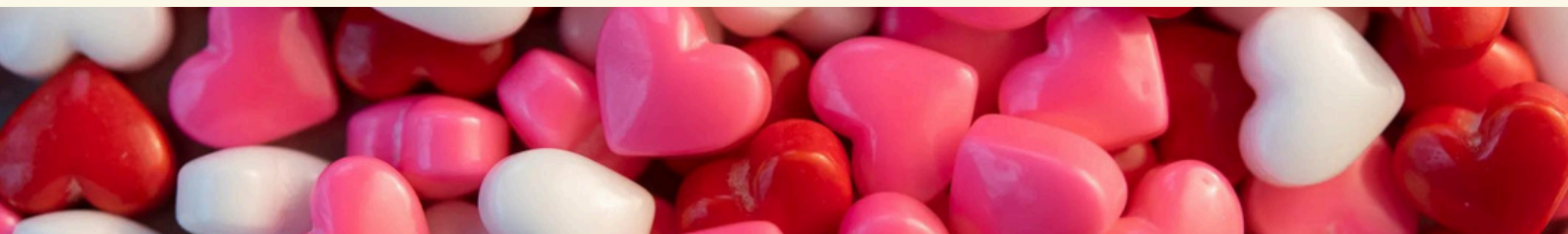
Feb 27 - United States

<https://www.anosmiaawareness.org/>

Rare Disease Day

Feb 28 - Global

<https://www.rarediseaseday.org/>



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.

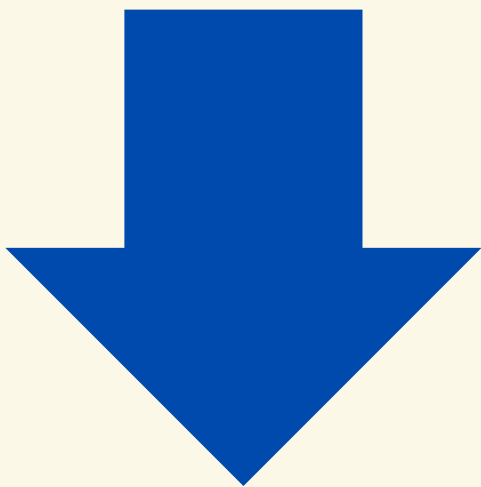
CONNECT WITH RESOURCES

- 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:

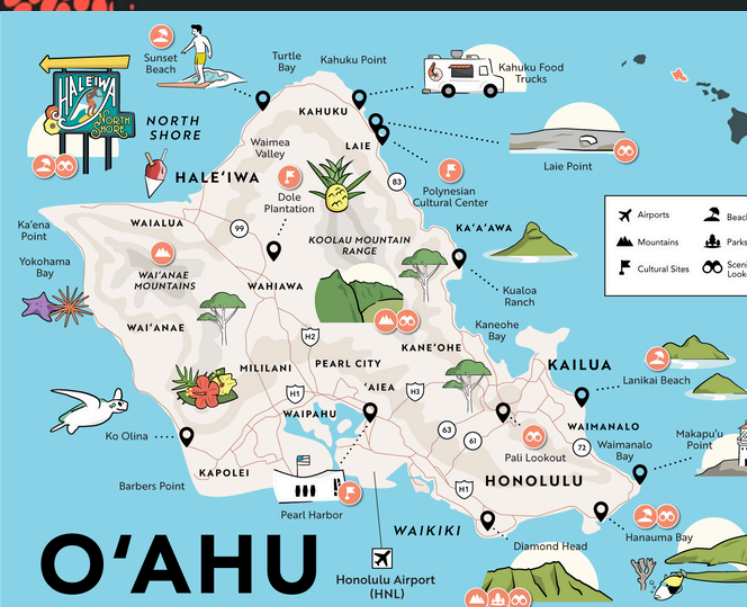
<https://www.childcareaware.org/fee-assistancerespite/>



Oahu Events

- FEBRUARY 7-8: PUNAHOU CARNIVAL (PUNAHOU SCHOOL)
- FEBRUARY 8: 2025 KEIKI ALOHA RUN (MAGIC ISLAND)
- FEBRUARY 14: BISHOP MUSEUM AFTER HOURS
- FEBRUARY 17: GREAT ALOHA RUN (ALOHA TOWER)
- FEBRUARY 18: KO'OLINA ARTFEST (KO'OLINA LAGOON #3)

CELEBRATING
**BLACK
HISTORY
MONTH**



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
- 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/>



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



Scan to Register!



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

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

