

The Kokua Bulletin



DECEMBER 2023

ALOHA EFMP 'OHANA!

Welcome to Dynamic December! The holiday season in Hawai'i is filled with festive opportunities for all. Only in Hawai'i can we celebrate everything from City Lights to Shaka Santa, & welcome the New Year with fireworks. The MFSC would like to wish our entire client community a happy holiday season!

JBPHH offers families continuous support with a range of services, classes and events. For a full menu of options and to register, check out our website at greatlifehawaii.com!

IN THIS ISSUE:

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



EFMP Overview

New to the Program? Do you have more Questions? Learn more about how the EFMP can assist your family. The 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 the 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!



Coffee Talk

EFMP Coffee Talk meets on the **second Thursday** of every month, from 9am - 10am. Come learn, share and connect with other EFMP families and Resource Providers.

December Guest Speaker: Epilepsy Foundation of Hawai'i

Join us virtually or in-person as we welcome community partners and local programs to share information about their services and support for families. Q&A will be held at the end of the session. Our next session will be held on **December 14th at 9 a.m.** Sign up today!

Register:

<https://jbphh.greatlifehawaii.com/support/military-family-support-center/exceptional-family-member-program-efmp>





December marks the International Day of Persons with a Disability

International Day of Persons with Disabilities (IDPD) is a UN day that is celebrated every year on 3 December.

The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life.

Learn more:

<https://www.un.org/en/observances/day-of-persons-with-disabilities>





December Themes & Observances

International Day of Persons with Disabilities

3 Dec Global

<https://internationaleventday.com/event/international-day-of-persons-with-disabilities/>

Pearl Harbor Remembrance

7 Dec United States

<https://www.pearlharborevents.com/>

Family Resilience

United States/Global

<https://www.militaryonesource.mil/resources/millife-guides/keeping-your-family-strong/>

Holiday Blues

United States/Global

[Stress-Depression and the Holidays: 10 Tips for Coping](#)

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.

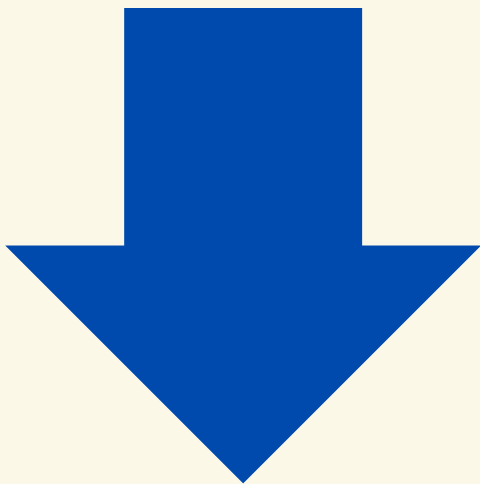
CONNECT WITH RESOURCES

- 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/>

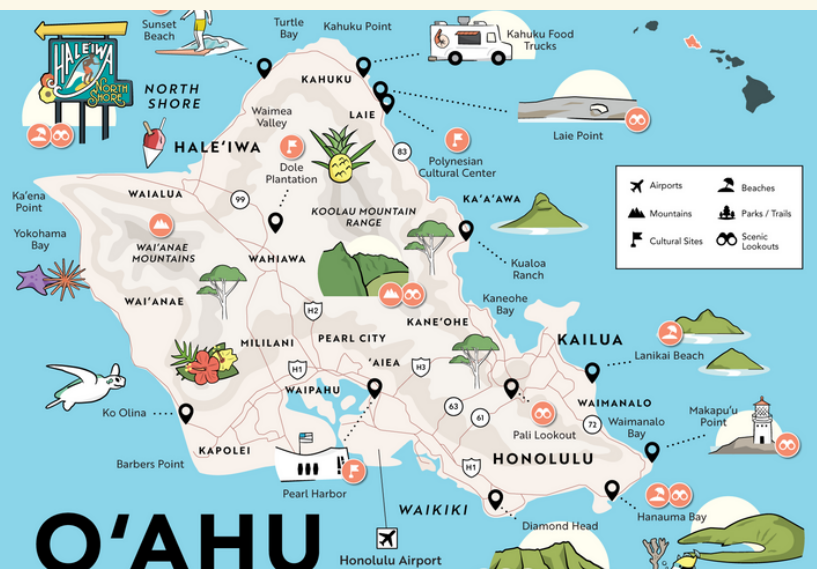
Child Care Aware:

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



Oahu Events

- 2 DECEMBER: HONOLULU HALE CITY LIGHTS (CHINATOWN)
- 2 DECEMBER: FOR LOVE OF COUNTRY GALA (PEARL HARBOR AVIATION MUSEUM)
- 9 DECEMBER: HOLIDAY CRAFTS & COLLECTIBLES FAIR (JAPANESE CULTURAL CENTER)
- 9 DECEMBER KALAKAUA MERRI MILE MARATHON (WAIKIKI)
- 9 DECEMBER: KAPOLEI CITY LIGHTS PARADE & BLOCK PARTY (KAPOLEI HALE)
- 16 & 17 DECEMBER: MELE KALIKIMAKA MARKETPLACE (BLAISDELL EXPO HALL)
- 16 & 17 DECEMBER: THE NUTCRACKER (BALLET HAWAII - BLAISDELL ARENA)



Resources

Family

- Adolescent Support & Counseling Services [ASACS] 808-421-4200, ext. 319



School

- JBPHH School Liaison Officer: 808-306-9247
jbphhslo@navy.mil
- Hawaii Family Engagement Center:
<https://cds.coe.hawaii.edu/hfec/>
- Hawaii Ohana Support Network:
<https://www.hawaiiohanasupportnetwork.org/>



Community

- Pacific Region EFMP Attorney: 808-257-6736
Derek Brow (MCBH) derek.brow@usmc.mil
- Military One Source:
<https://www.militaryonesource.mil/>



ALOHA

EFMP Trainings

2024 Family Strengthening Series

January 18th	Bullying Awareness & Prevention
February 15th	Special Needs Trusts
March 21st	American Red Cross Overview
April 18th	Establishing Secondary Dependency
May 16th	PCS/Moving with an EFM
June 20th	Family Support During Deployment
July 18th	Transition & Employment for Persons with Disabilities
August 15th	IEP Overview
September 19th	School Liaison Officer: Core Areas of Service
October 17th	EFM Medicaid, Medicare & Social Security Benefits
November 15th	Early Intervention Services [0 to 3 years]
December 19th	Positive Advocacy Strategies

Third Thursday Monthly, 5-6PM - REGISTER TODAY!



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!



WWW.GREATLIFEHAWAII.COM

EFMP Contacts

Jessi Koehn

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*Non-medical case management for Navy and AF

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*Non-medical case management for Navy and AF

[vacant]

EFMP CL, EFMP-FS

(808) 474-0060

*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

mfschawaii@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**

