

The Kokua Bulletin

EFMP Exceptional
Family Member
Program

APRIL 2025

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 for the resilient children of military families who sacrifice so much alongside their loved ones in service to 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!

IN THIS ISSUE:

- EFMP Overview
- Digital Digest
- 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. 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
- Special Education support navigating IEPs & 504 Plans

The one-hour long class provides a brief overview of the EFMP, 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 - 0900 to 1000

Where: Virtually & MFSC

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



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: Deep Breathing Exercises & Benefits

<https://www.military.com/military-fitness/whats-breathing-workout-and-why-do-you-need-it>

<https://www.armyresilience.army.mil/ard/r2/Deliberate-Breathing.html>



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

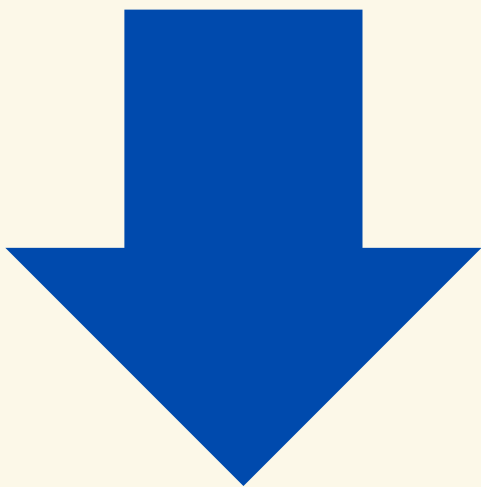
- THE CUSTOMIZED CHECKLISTS WILL GUIDE YOU TO LOCAL AND VIRTUAL SUPPORT AND DIRECT YOU TO WHO AND WHAT YOU NEED TO KNOW AS YOU NAVIGATE MILITARY LIFE.

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 Meesha Williams, EFMP Family Support Coordinator, at 808-449-0309.

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/>

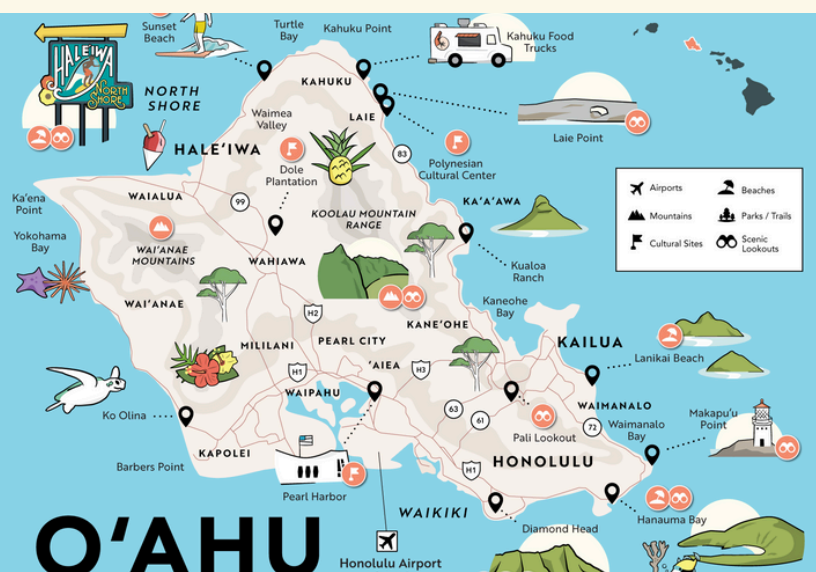
Child Care Aware:

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



Oahu Events

- **MARCH 29: CONFERENCE FOR FAMILIES WITH DEAF OR HARD OF HEARING CHILDREN (KO'OLAU BALLROOMS)**
- **APRIL 5: HELE FOR AUTISM AND RESOURCE FAIR (ALA MOANA PARK)**
- **APRIL 13: HAPALUA HAWAII'S HALF MARATHON (WAIKIKI)**
- **APRIL 19-20: ARTFEST AT KAPIOLANI PARK (ACROSS FROM THE HONOLULU ZOO)**
- **APRIL 27: WAIKIKI SPAM JAM FESTIVAL (KALAKAUA AVE)**



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@us.navy.mil
- Hawaii Family Engagement Center:
<https://cde.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/>

Monthly Resource Highlight

- <https://pva.org>
- <https://www.amputee-coalition.org>
- <https://www.parkinson.org>
- <https://www.autismspeaks.org>



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 96860

***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 96860

***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

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