

The Kokua Bulletin

EFMP Exceptional
Family Member
Program

AUGUST 2024

ALOHA EFMP 'OHANA!

August is here EFMP families! Summer is coming to an end and back to school preparation is upon us. This month EFMP is partnering with the School Liaison Officer of JBPHH for our Coffee Talk being held on 8 August to help families connect with school related resources they may need for their school-aged children. Please reach out to our office if you have any questions or concerns regarding EFMP 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
- JBPHH EFMP Digital Digest
- 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. 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>



JBP HH EFMP Digital Digest

Digital Digest aims to empower and assist in navigating the world of exceptional family support. The **second Thursday of every month, JBP HH 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: School Liaison Officer.





August is Spinal Muscular Atrophy Awareness Month

Spinal muscular atrophy (SMA) is a progressive neurodegenerative disease that affects the motor nerve cells in the spinal cord and impacts the muscles used for activities such as breathing, eating, crawling, and walking. SMA *DOES NOT* effect a person's ability to think, learn, and build relationships with others.

Learn more: <https://www.curesma.org/about/>





August Disability Observances

Psoriasis Action Month

United States

<https://www.psoriasis.org/psoriasis-action-month>

International Assistance Dog Week

Global

<https://assistancedogsinternational.org/about/international-assistance-dog-week/>

August 21- National Senior Citizen's Day

United States

<https://www.presidency.ucsb.edu/documents/proclamation-5847-national-senior-citizens-day-1988>



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.

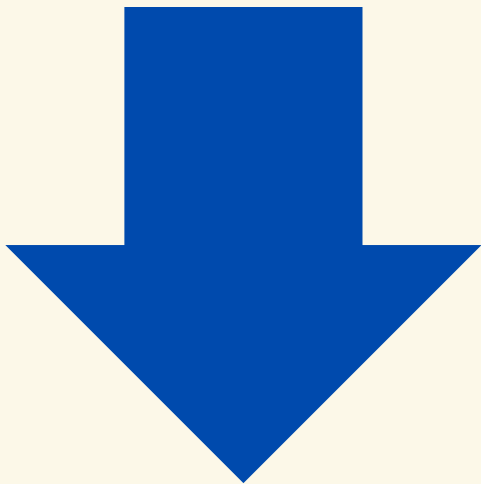
CONNECT WITH RESOURCES

- 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/>



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/>



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 14th	Early Intervention Services [0 to 3 years]
December 19th	Positive Advocacy Strategies

Third Thursday Monthly, 5-6PM
Register today! Space is limited!



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

Navy EFMP Team

(808) 474-1999

efmp-cnrh@us.navy.mil

Military and Family Support Center

4827 Bougainville Drive

Honolulu, HI 96818

&

655 Vickers Avenue

JBPHH 96853-5385

***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

(808) 306-9247

JBPHHSLO@navy.mil

School Liaison Office

530 Peltier Ave. Bldg. 1925

Honolulu, HI 96818

***IEP/504 questions, specific school and educational requirement questions**

