

The Kokua Bulletin



DECEMBER
2025

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!

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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. 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!



JBPHH EFMP Digital Digest

Digital Digest aims to empower and assist in navigating the world of exceptional family support. **JBPHH EFMP** will be highlighting informational topics 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: Deployment Support



Whether this is the first or the 20th time that your spouse has been called to deploy, relationships change when a spouse serves away from home. Luckily, there are ways to help you keep in touch and maintain a strong relationship with your partner. Here are some ways to nurture your love through deployment:

Talk about your upcoming separation- Set aside some quiet time to talk about your feelings and plan how each of you will manage during your time apart. If you have children, get a sitter and spend a few hours alone with your spouse in honest, open conversation. Don't ignore or dismiss your feelings. Be sure to discuss how you'll handle emergencies, parenting issues and finances. Identify people you can connect with for support.

Discuss how you will stay in touch- Explore options such as email, phone calls, video-chat and regular mail. Talk about which forms of communication make you feel closest and which options are most easily accessible.

Establish mutual trust- Trust is important in relationships, but it's even more crucial when you're dealing with a separation or deployment. Practice open and honest communication. Even during difficult conversations, mutual respect is essential.

Keep busy and stay active- The more fulfilled you feel, the better you will handle separations and difficult times. Participate in social outings and recreational or civic groups. Connect with other military spouses through your local Family Readiness Program, or Military OneSource's Blog Brigade. If you have children, keep them occupied and on track. Check out these resources for [supporting your children through the deployment cycle](#).

Parenting through deployment- Share daily happenings from home. Hearing about your life (even the everyday routine) will help your deployed spouse feel closer to you. Talk about what your children say, what your pet did, the unusual dinner you prepared. Details and descriptions will make these conversations more than just small talk.

Learn about your spouse's job and other interests- Learn what your spouse's daily life is like to help you better understand his or her experiences while you are apart. Though your deployed spouse may not be able to share some aspects of the job, you can talk about other activities that keep him or her occupied.

Send care packages- It may sound old fashioned, but sending a care package never goes out of style. Care packages deliver a little piece of home to your deployed spouse. Be creative. Include treats, funny notes, personal coupons (for when your partner returns) and items that have special meaning for both of you.

Record your thoughts in a journal to share with your spouse- You may want to keep an online journal with pictures your spouse can access over the internet. This is a great way to nurture your love while keeping your spouse up-to-date on life at home. Just be sure the journal is private, since you don't want your life's details available to the public.

Share songs that remind you of your spouse- Listening to songs that bring back happy memories keeps you connected and helps nurture your relationship.

Be realistic about communication- Keep in mind that your deployed spouse may be in an area with limited mail or email service or cannot respond right away. Remember, sporadic communication doesn't mean your spouse doesn't care. Trust that your partner will connect with you as soon as he or she can. If the stress of your partner being gone starts to feel like more than you can handle, lean on someone. Talk with a close friend, family member or counselor and don't be afraid to ask for help with your responsibilities. Remember that a solid plan, a healthy dose of mutual trust, and communication can help you and your spouse through anything. Find more resources and tips to keep your relationship strong during every phase of deployment from Military OneSource and your Military and Family Support Center. Military OneSource is ready 24/7 to help you and your family thrive.

Deployment Support For Children

Every deployment is different, and each child may react differently. Understanding how to support children during deployment begins with paying close attention to their reactions and using available resources when needed.

Seek help if children need it- Reactions to separation vary depending on the child, their age and previous experiences with separation. Be aware of their reactions, and try to determine if they are a normal, or are red flags that require additional support or professional help. If you have questions or concerns about your child's behavior, the Military and Family Life Counseling Program supports service members, their families and survivors with non-medical counseling worldwide. Trained to work with the military community, military and family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the military community both on and off the installation. Learn more about child and youth behavioral military and family life counselors. To access a child and youth behavioral military and family life counselor, you can contact your installation child development center, youth or teen center, an installation public school, your child's military youth summer camp, or the commander or unit training point of contact. To access military and family life counselors, call Military OneSource at 800-342-9647, call OCONUS, or schedule a live chat. You may also contact your installation's Military and Family Support Center.

Encourage communication and community involvement-

Talk with children about their feelings, and let them know you're there to support them. While some children may ask many questions, others may feel better keeping their thoughts to themselves. Provide them with a notebook or journal so that they can write down their thoughts, make up stories or even draw pictures to express how they're feeling. Visit the Sesame Street for Military Families website for more deployment resources for young children. Encourage older children to get involved in clubs, sports teams or other community activities. This can provide a social network as well as something to divert their attention from separation issues.

Use support systems and programs to keep kids involved-

People in military support programs understand the challenges families face during a deployment. A reliable support system also lets you connect with other families and children going through the same thing.

Your installation Military and Family Support Center can help you connect with:

- Deployment resources for families
- Family readiness groups
- School liaisons
- Chaplains
- Child and youth programs

Children of active-duty, National Guard and Reserve service members who don't live near installations may also feel isolated if none of their friends are from military families. The following resources can help children who live off-installation stay connected and supported.

Boys & Girls Clubs of America Mission Youth Outreach – offers free club membership to provide high quality programs and caring mentors.

4-H Military partnerships – offer programs for positive youth development through intentional learning experiences.

Yellow Ribbon program – promotes the well-being of National Guard and Reserve members, their families and communities by offering events to connect them with resources through the deployment cycle.

Keep other adults in the loop-Make sure to alert and stay connected with important adults in your children's life during deployment. Teachers, counselors, coaches, school administrators, religious leaders, family and friends can help parents learn about any behavior changes outside the home. Other adults can also be a vital source of support for both parents and children.

Make timelines easy to understand-

Children may be especially focused on how much time a deployed parent will be away. Explain the deployment timeline in a way that they'll understand. Try turning it into an activity – like making a calendar or building a paper chain day-by-day – to keep children motivated and excited about the upcoming reunion. However, it's important to set realistic expectations and be prepared for deployment extensions.

Reach out if you need help-Whether you live on-base or off, in the U.S. or overseas, the military community is available to help you manage deployment challenges. Military OneSource consultants are available 24/7/365 to answer questions and connect you to the resources and services you and your family need to live your best MilLife. Call 800-342-9647, call OCONUS, or schedule a live chat. You can also contact your local MFSC.

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.

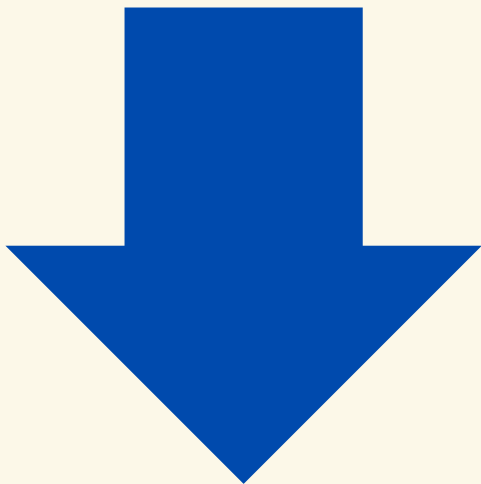
CONNECT WITH RESOURCES

- 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/>

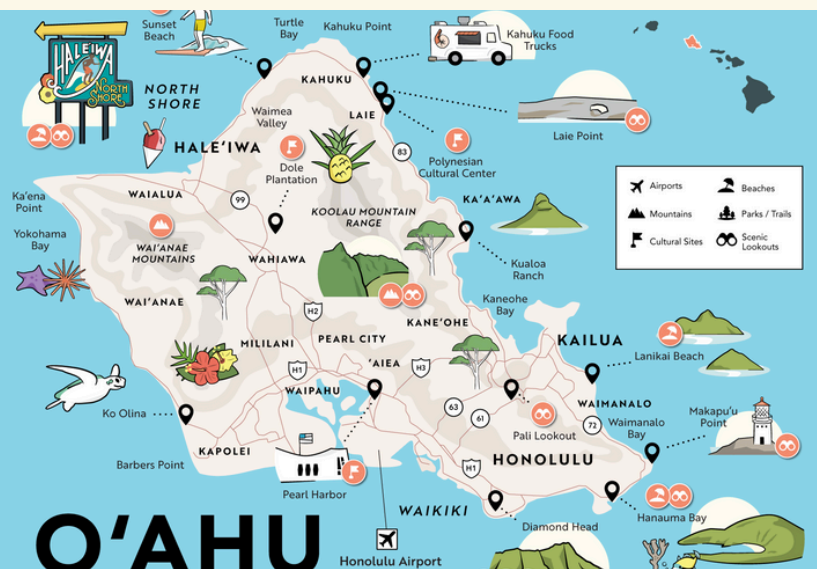
Child Care Aware:

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



Oahu Events

- 4 DECEMBER: ROYAL HAWAIIAN BAND (INT MARKET PLACE)
- 6 DECEMBER: FOR LOVE OF COUNTRY GALA (PEARL HARBOR AVIATION MUSEUM)
- 6-8 DECEMBER: 84TH PEARL HARBOR REMEMBRANCE DAY (SEE SCHEDULE)
- 12 DECEMBER: BISHOP MUSEUM AFTER DARK (WAIKIKI)
- 13 & 20 DECEMBER: CHRISTMAS IN POLYNESIA (POLYNESIAN CULTURAL CENTER)
- 12 & 14 DECEMBER: THE NUTCRACKER (BALLET HAWAII - BLAISDELL ARENA)





EFMP RESOURCE FAIR 2026

Saturday • January 31 • 9 a.m.–12p.m.

Learn more about base and community resources available to Exceptional Family Member Program (EFMP) families.



Military and Family Support Center
4827 Bougainville Dr.
Honolulu, HI, 96818
Open to all DOD ID cardholders & their sponsored guests.



EFMP Exceptional Family Member Program

Call 808-474-1999 or email MFSCHawaii@us.navy.mil for more information.

Event schedule is subject to change without notice.



STAY CONNECTED AND FOLLOW US ONLINE!
jbphh.greatlifehawaii.com | [@greatlifehawaii](https://www.instagram.com/greatlifehawaii)



56TH ANNUAL

tower lighting

CELEBRATION

FRI • DEC 12 • 4-8 P.M. • FREEDOM TOWER



SPONSORED BY



Tower Lighting Ceremony

Featuring a Brand New Light Show!!!

Live! U.S. Pacific Fleet Band and
USAF Band of the Pacific
Snow Zone

Home Depot Builders Clinic
More Fun Crafts and Activities
Holiday Drinks from Meadow Gold
MWR's Holiday Bar

Food and Drinks available for purchase
Free Event Shuttle from BX Garden Shop



FREE
Photowith
Santa!



STAY CONNECTED AND FOLLOW US ONLINE!

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Open to all DoD ID cardholders
and their sponsored guests.
All details subject to change.
Scan the QR code for event updates.
No official endorsement intended.



Resources

Family

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



School

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



Community

- 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**

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**

