

# The Kokua Bulletin

**EFMP** Exceptional  
Family Member  
Program

**MAY 2024**

## **ALOHA EFMP 'OHANA!**

May Day is lei day in Hawaii EFMP 'Ohanas! The MFSC EFMP Team hopes that your spring season has been pleasant so far! This spring season still has a lot more to offer for you and your Ohana! May 10th is also National Military Spouse Appreciation day, so acknowledge the significant contributions, support and sacrifices of spouses in the Armed Forces.

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](http://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, 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

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



**Scan to Register!**

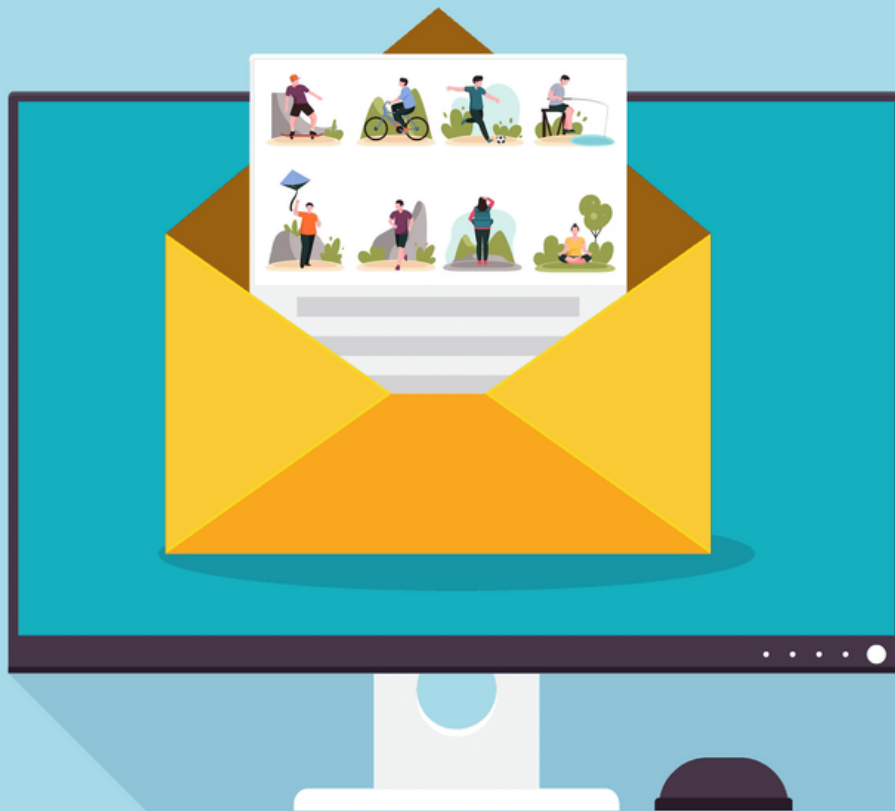


**EFMP**

# JBP HH EFMP Digital Digest

JBP HH EFMP's Digital Digest is a digital format that aims to empower and assist in navigating the world of exceptional family support. The second Thursday of every month, JBP HH 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: Recreational Activities**

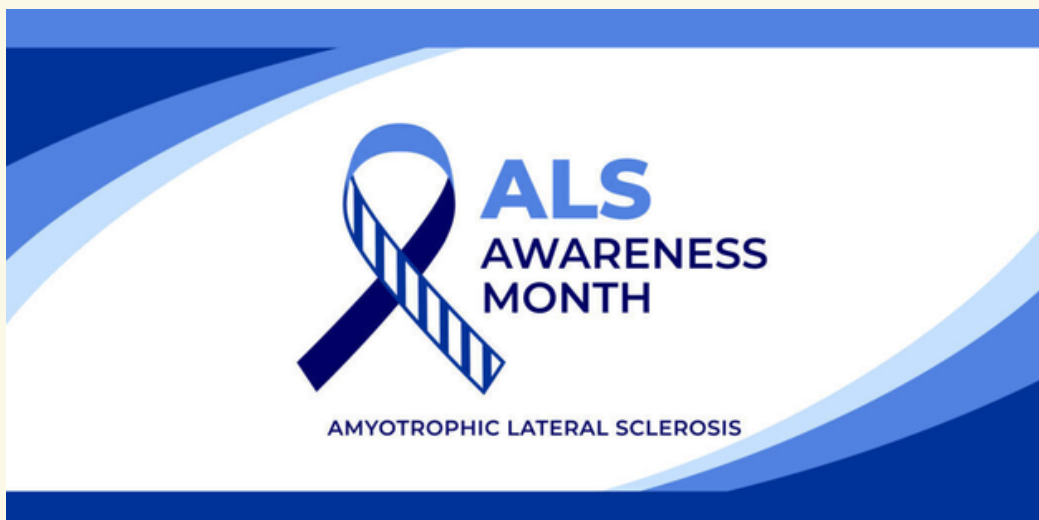


# May is ALS Awareness Month



Amyotrophic Lateral Sclerosis Awareness Month is observed every May and hopes to raise awareness of ALS, let the voices of those with the disease be heard,, and to show our support for those that provide care/dedication to the treatment and study of the condition.

**Learn more:** <https://www.als.org/awareness>







# May Disability Observances

## **Mental Health Awareness Month**

United States

<https://www.mhanational.org/mental-health-month>

## **Arthritis Awareness Month**

United States

<https://www.niams.nih.gov/community-outreach-initiative/health-observances>

## **May 16 Global Accessibility Awareness Day**

Global

<https://accessibility.day/>

## **May 30 World Multiple Sclerosis Day**

Global

<https://worldmsday.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.

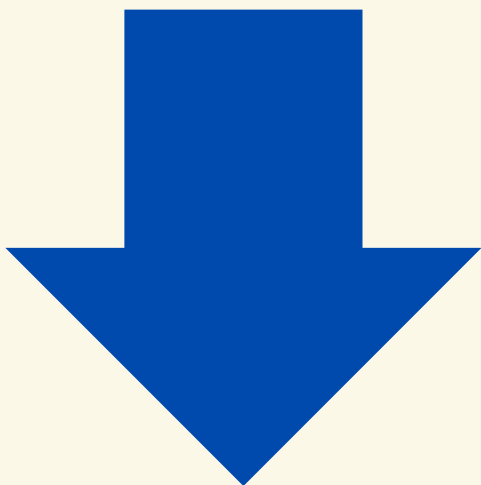
### CONNECT WITH RESOURCES

- 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, Navy 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/>

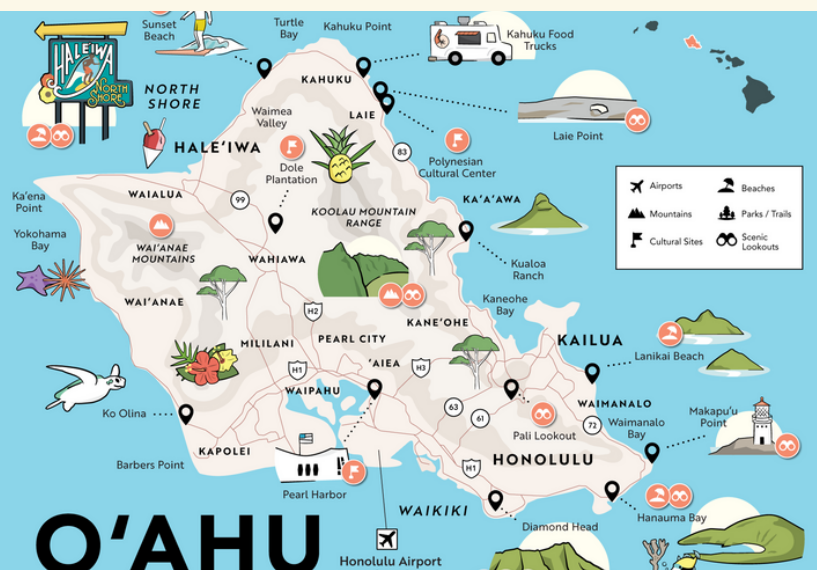
**Child Care Aware:**

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



# Oahu Events

- MAY 1: MAY DAY CELEBRATIONS (QUEEN KAPIOLANI PARK)
- MAY 11: KO'OLINA CHILDREN'S FESTIVAL (KO'OLINA LAGOON)
- MAY 13-16: THE HAWAII ADAPTIVE SURFING CHAMPIONSHIPS (QUEEN'S WAIKIKI)
- MAY 26: HIBISCUS HALF MARATHON (KAPIOLANI PARK)
- MAY 27: 25TH ANNUAL SHINNYO LANTERN FLOATING CEREMONY (ALA MOANA BEACH)
- MAY 24-JULY 14: 50TH STATE FAIR (ALOHA STADIUM)





# 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](mailto: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

<b>January 18th</b>	<b>Bullying Awareness &amp; Prevention</b>
<b>February 15th</b>	<b>Special Needs Trusts</b>
<b>March 21st</b>	<b>American Red Cross Overview</b>
<b>April 18th</b>	<b>Establishing Secondary Dependency</b>
<b>May 16th</b>	<b>PCS/Moving with an EFM</b>
<b>June 20th</b>	<b>Family Support During Deployment</b>
<b>July 18th</b>	<b>Transition &amp; Employment for Persons with Disabilities</b>
<b>August 15th</b>	<b>IEP Overview</b>
<b>September 19th</b>	<b>School Liaison Officer: Core Areas of Service</b>
<b>October 17th</b>	<b>EFM Medicaid, Medicare &amp; Social Security Benefits</b>
<b>November 14th</b>	<b>Early Intervention Services [0 to 3 years]</b>
<b>December 19th</b>	<b>Positive Advocacy Strategies</b>

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](http://jbphh.greatlifehawaii.com/support)**



**Scan to Register!**



# EFMP Contacts

## **Regina Fivella**

Regional Work and Family Life Coordinator/EFMP RCL

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\*Non-medical case management for Navy and AF

## **Jessi Koehn**

Work and Family Life Supervisor/EFMP RCL

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\*Non-medical case management for Navy and AF

## **Anthony Choe**

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## **Dianne Wilson**

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## **Andrea Alexander**

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## **Tiffanie Newcomer**

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(808) 474-1999

\*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

efmp-cnreh@us.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  
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HQ PACAF/SGOM  
25 E. Street, Suite A-110  
JBPHH, HI 96853

## **Cherise Yamasaki**

School Liaison  
(808) 306-9247  
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School Liaison Office  
530 Peltier Ave. Bldg. 1925  
Honolulu, HI

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

