

# The Kokua Bulletin



NOVEMBER 2025

## ALOHA EFMP 'OHANA!

Welcome to November! The final month of fall is a great time for reflection upon all the people, places and things we hold dear. As you prepare to share the bounty of the year with your loved ones, the MFSC would like to thank our entire client community for their service and support.

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](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. 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 (November 5) at 9:00 a.m.

**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. This month's topic is caregiving. A caregiver is anyone providing care and support for a family member or friend with an illness or disability. Caregivers can be parents, siblings, spouses, children or friends. They provide assistance with a variety of daily living activities. Caregiver stress is the emotional and physical strain of providing care. It can take many forms:

- **Fatigue**
- **Depression or anxiety**
- **Frustration and anger**
- **Guilt based on unrealistic expectations**

Self-care is particularly important for those caring for another person. Activities that promote self-care vary widely and can include something as extensive as taking a vacation, or something small but meaningful, like taking time to exercise, reading a book or getting a haircut. Self-care reduces stress and helps a caregiver maintain a positive attitude. Self-care is an effective strategy to actively manage stress and effectively care for someone. Some self care strategies include:

- **Plan fun activities:** Scheduling time for enjoyable activities unrelated to caretaking. Participating in hobbies and staying active.
- **Stress management on the go:** Deep breathing is a simple way to reduce stress during difficult moments throughout the day. When feeling stressed, take three slow, deep breaths, inhaling through the nose and exhaling forcefully through the mouth.
- **Social support: Communicating thoughts, feelings and expectations** to family members, friends or members of support groups can reduce feelings of depression, anxiety and isolation.
- **Respite care:** Respite care benefits the whole family by providing a break for the primary caregiver while ensuring the family member with a disability is with a trained caregiver. Contact an Exceptional Family Member Program Family Support service provider to learn about respite care options and resources.
- **Outlook and attitude:** Having realistic expectations and determining what can and cannot be controlled are important in maintaining a positive outlook.

# 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

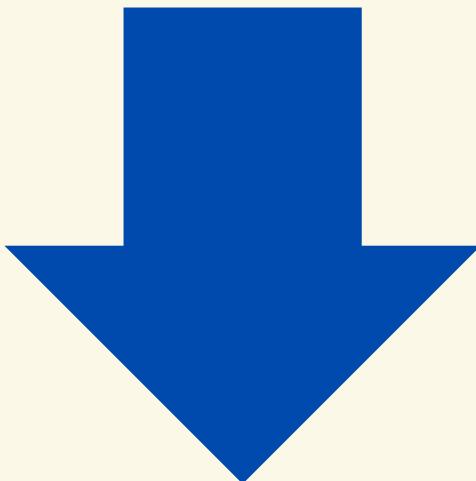
- THE CUSTOMIZED CHECKLISTS WILL GUIDE YOU TO LOCAL AND VIRTUAL SUPPORT AND DIRECT YOU TO WHO AND WHAT YOU NEED TO KNOW AS YOU NAVIGATE MILITARY LIFE.

## 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, Meesha Williams 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-assistancerespite/>



# **EFMP** **ANCHORED TOGETHER**

**EXCEPTIONAL  
FAMILY MEMBER  
PROGRAM**

**JOIN US FOR FUN, CONNECTION, AND SUPPORT! THIS  
EVENT IS DESIGNED TO GIVE CHILDREN A CHANCE TO  
PLAY IN AN ALL ABILITIES ENVIRONMENT, WHILE OFFERING  
CAREGIVERS THE OPPORTUNITY TO CONNECT, SHARE  
RESOURCES, AND SUPPORT ONE ANOTHER.**

**WHEN:** **FIRST MONDAY OF THE MONTH  
AT 0900 & LAST WEDNESDAY  
OF THE MONTH AT 1400**

**WHERE:** **SAND PARK PLAYGROUND  
CORNETA AVE & 12TH ST**

**efmp-cnrh@us.navy.mil  
808-474-1999**



[jbphh\\_mfsc](https://www.instagram.com/jbphh_mfsc/)



[jbphh.mfsc](https://www.facebook.com/jbphh.mfsc)





# EFMP RESOURCE FAIR 2026

**Saturday • January 31 • 9 a.m.–12p.m.**



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



**EFMP** Exceptional  
Family Member  
Program

**Call 808-474-1999 or email [MFSCHawaii@us.navy.mil](mailto:MFSCHawaii@us.navy.mil) for more information.**

Event schedule is subject to change without notice.



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



# Oahu Events

- **1-30 NOVEMBER: KAMA'AINA & MILITARY DISCOUNTS (WAIKIKI BEACH WALK)**
- **8 NOVEMBER: OAHU FESTIVAL (WAIKIKI)**
- **9 NOVEMBER VAL NOLASCO HALF MARATHON (RUNNING ROOM KAPAHULA)**
- **11 NOVEMBER: 78TH ANNUAL LIONS CLUB VETERANS DAY PARADE (WAHIAWA)**
- **11 NOVEMBER: MAKAHIKI FESTIVAL (WAIMEA VALLEY)**
- **28 NOVEMBER: WAIKIKI HOLIDAY PARADE/PEARL HARBOR COMMEMORATION (WAIKIKI BEACH)**
- **30 NOVEMBER: KAPOLEI CITY LIGHTS PARADE & BLOCK PARTY (KAPOLEI HALE)**



**O'AHU**

[WWW.GREATLIFEHAWAII.COM](http://WWW.GREATLIFEHAWAII.COM)



# Resources

## Family

- Adolescent Support & Counseling Services (ASACS): 808-421-4200 EXT. 319



## School

- JBPHH School Liaison Officer: 808-306-9247  
[jbphhslo@us.navy.mil](mailto:jbphhslo@us.navy.mil)
- Hawaii Family Engagement Center:  
<https://cds.coe.hawaii.edu/hfec/>
- Hawaii Afterschool Alliance:  
<https://www.hawaiiafterschoolalliance.org/>



## Community

- Leadership in Disabilities and Achievement:  
<https://ldahawaii.org>
- 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](http://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.navhlthclnpearlhi.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**

