

The Kokua Bulletin

EFMP Exceptional
Family Member
Program

JULY 2026

HAPPY JULY TO OUR EFMP 'OHANA

As we welcome the summer season, I hope you're finding moments to enjoy the sunshine and ease into the months ahead. June also marks the beginning of Hurricane Season, and this is a timely reminder to review and update your Navy Family Accountability and Assessment System (NFAAS) information. Keeping your details current ensures your Exceptional Family Member (EFM) can receive the support they need during a hurricane or any unexpected emergency.

Taking a few minutes now to gather essential documents, medications, and any specialized supplies your EFM may require can make a meaningful difference in staying prepared and confident should a storm arise.

JBPHH remains committed to supporting our families through a wide range of services and classes, including employment readiness, relationship enrichment, parenting support, and more. To explore available programs or register for upcoming offerings, please visit greatlifehawaii.com.

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EFMP Overview

New to the Program? Have Questions? We're Here for You.

If you're just joining the EFMP community or want to better understand how the program supports your family, you're in the right place. EFMP is designed to walk alongside military families with special needs by offering the following support:

- Collaboration between military and civilian agencies
- Coordinated support across medical, educational, and community systems
- Information & referral services to help you navigate resources with confidence

Our one-hour **EFMP Overview class** gives you a clear picture of what to expect after enrollment and how to access the services that can make a real difference for your 'ohana. This class is open to all branches and welcomes anyone seeking clarity, connection, or guidance.

When: First Wednesday of Every Month - 0900 to 1000

Where: Virtually & MFSC Classroom (2nd Floor)

Register: <https://jbphh.greatlifehawaii.com/support/military-family-support-center/mfsc-class-schedule-registration>



JBP HH EFMP Digital Digest

Digital Digest is your monthly guide to navigating the world of exceptional family support with confidence and clarity. **Each month**, the **JBP HH EFMP** team shares focused, meaningful topics straight to your inbox - content created specifically with our EFMP community in mind.

Our goal is to connect you with information, tools, and resources that truly support your unique needs and strengthen the well-being and empowerment of your entire 'ohana.

This month's topic: Sun, Fun, and Growth: A Family Guide to Summer Independence



Summer break offers a wonderful pause from the rigid school year, but the sudden loss of structure can sometimes be overwhelming for children. Building your child's independence during these warmer months does not require a strict curriculum; rather, it thrives in the relaxed, everyday moments of summer.

By thoughtfully structuring your open days, you can create a supportive environment that prevents boredom, boosts your child's confidence, and equips them with essential tools for the upcoming school year. Here is a unified approach to fostering independence specifically tailored for your summer routine:

Summer Strategy	The Goal	How to Practice During the Summer
Establishing Summer Anchor Points	To provide comforting consistency and emotional grounding during long, unstructured days.	Build reliable markers into your daily flow. Start with a cool morning walk before the heat sets in, schedule dedicated outdoor time (like sprinkler play or a park visits) and use afternoon quiet reading as a predictable way to cool down, rest, and escape the midday sun.
Implementing Visual Schedules	To help children easily anticipate daily activities and smoothly transition between home and summer outings.	Display a daily timeline using simple pictures or symbols (e.g., a pool icon, a sandwich for picnic lunch, a book for quiet time). This allows your child to visually map out what is happening on varied summer days, reducing frustration and building a sense of ownership over their schedule.
Practicing Real-World Life Skills	To turn summer errands and relaxed afternoons into fun, low-pressure learning opportunities.	Involve your child in normal seasonal chores. Let them help locate fresh fruit or beach supplies during grocery shopping, hand the cash to a vendor when paying for items like an ice cream treat, or assist in the kitchen by mixing and pouring ingredients for simple recipes like fruit smoothies or

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.

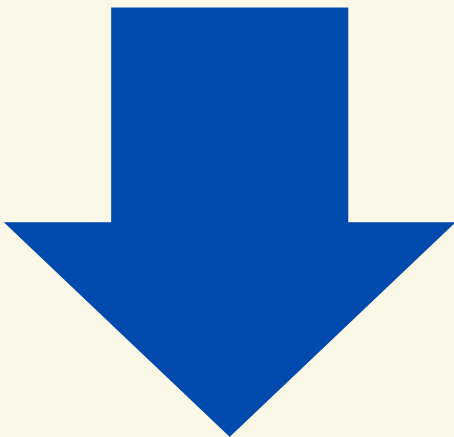
Connect with resources

- 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 808-789-7327.

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

Child Care Aware - Respite





EFMP Family Support

EFMP Respite Care

AVAILABLE FOR ELIGIBLE
NAVY FAMILIES

Sailors enrolled in the Exceptional Family Member Program (EFMP) may qualify for respite care, either 20 or 32 hours per month, for their eligible dependent children at no cost.



AVAILABLE IN THE U.S.

ELIGIBILITY REQUIREMENTS

- The Sailor is active duty or a reservist on active-duty orders. The EFM(s)
- (birth through 18 years) resides with the Sailor.
- The EFMP enrollment letter will state how many hours the Sailor is eligible to receive.

Respite care is provided by well-trained and background screened providers throughout the United States.



**20 or 32 HOURS FREE
PER MONTH**

Sponsors with an EFM designated as Level of Need 3 are eligible for 20 hours per month. Sponsors with an EFM designated as a Level of Need 4 are eligible for 32 hours per month.



FOR MORE INFORMATION

**Call 800-424-2246 x317 or
visit www.childcareaware.org**

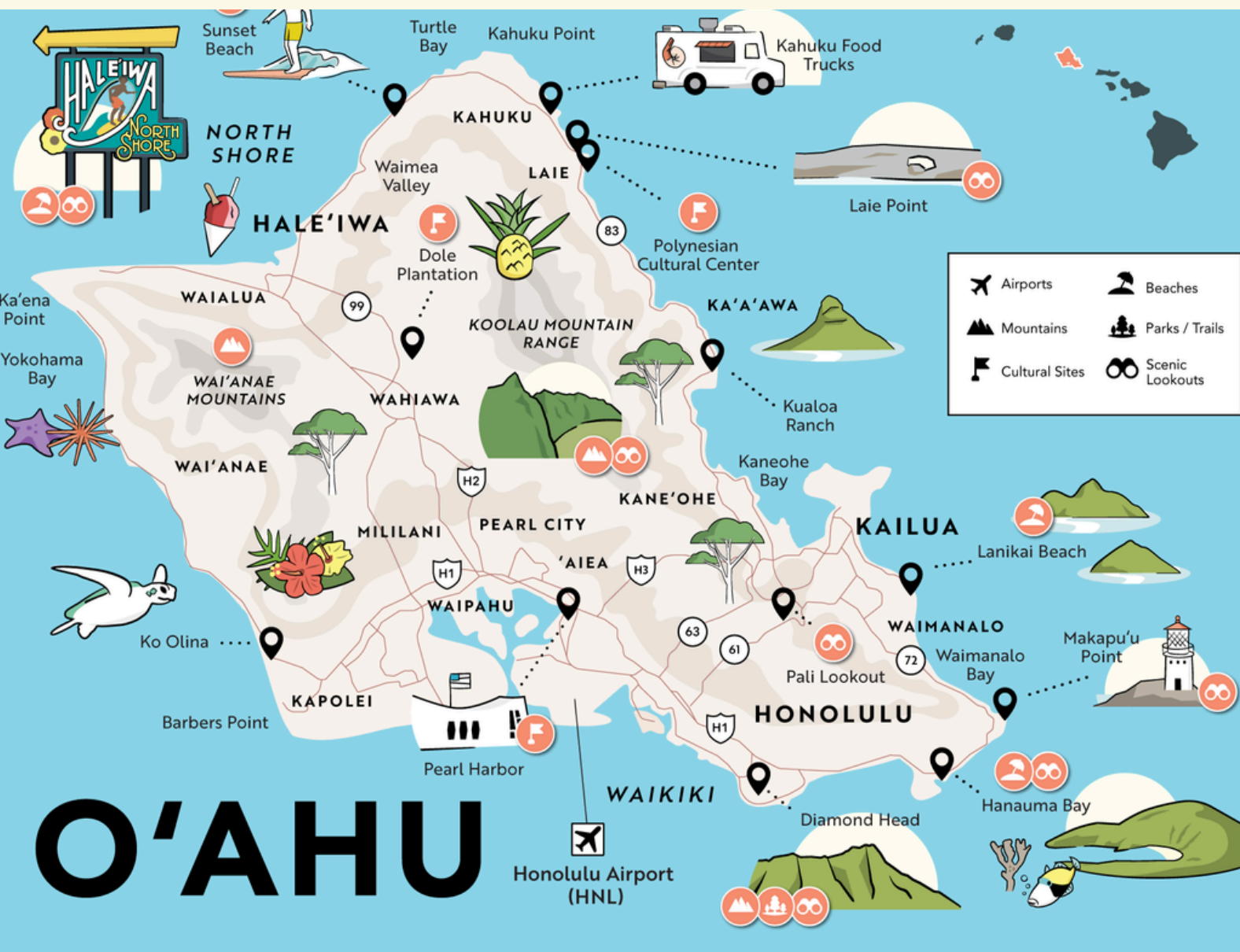
Oahu Events

July 1-31 – Mano Month: Sharks of Hawaii at Sea Life Park:-
Waimanalo, Hawaii

July 3 -AFE Heatwave Summer Event Series - Kaneohe, Hawaii

July 4 - Sensory Swim Saturday - (First Saturday of Every
Month) – Hickam Family Pool – Honolulu, Hawaii

July 4 & 18 – NEX: Pet Adoptions (1st and 3rd Saturday of Every
Month) – Navy Exchange Events- Honolulu, Hawaii



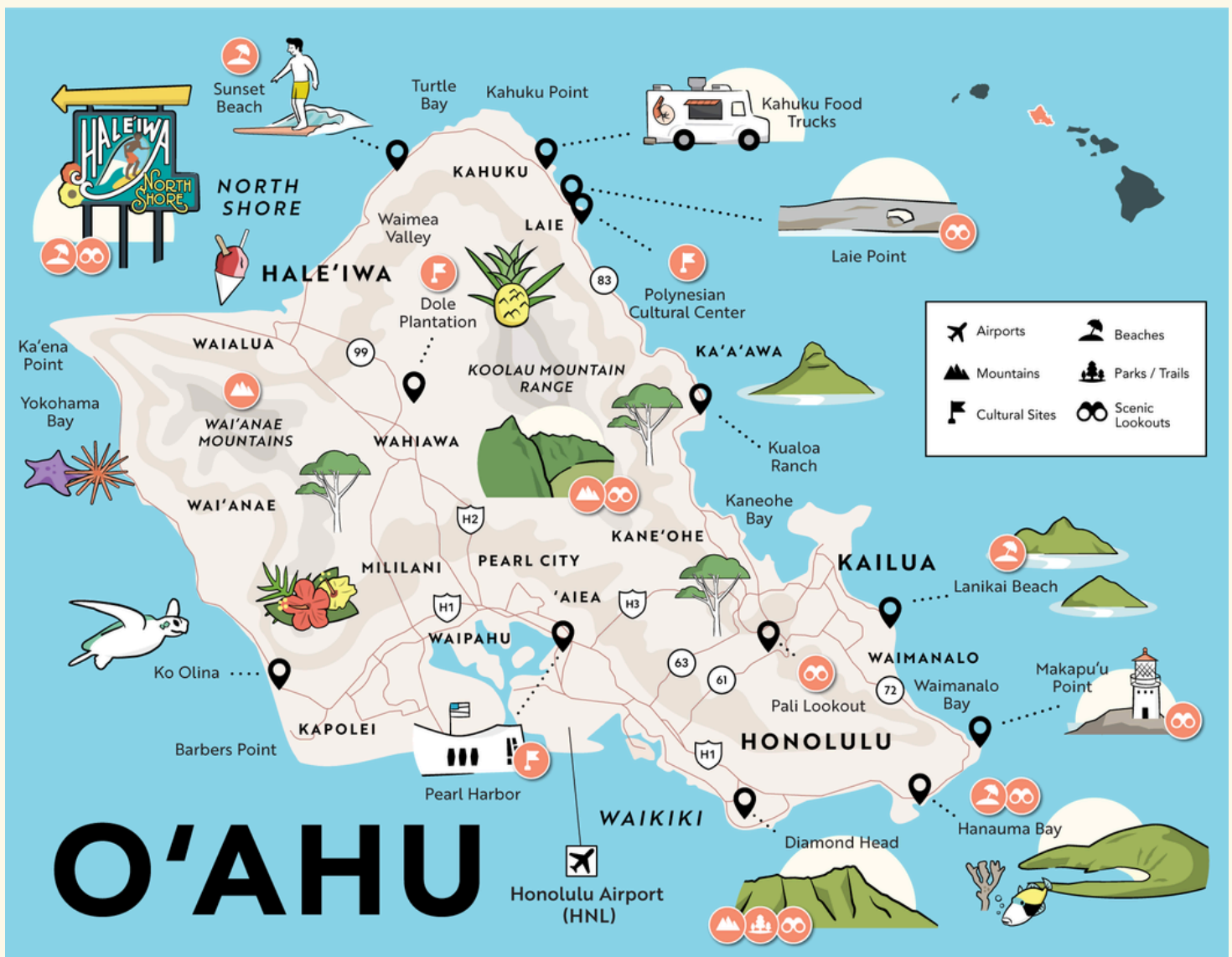
Oahu Events Cont.

July 4@1330- Sharkey Theatre Free Movie: Moana- Pearl Harbor, HI

July 4 - Independence Day Celebration Schofield - Schofield Barracks, Hawaii

July 17-18 - 49th Annual Prince Lot Hula Festival - Honolulu, Hawaii

July 6,13,20 and 27 - State of Hawaii Department of Education: Be prepared for your IEP Meeting- Held Via ZOOM



Open to all DoD ID Cardholders.



FORT SHAFTER LIBRARY HOMESCHOOL Hangout



Every Monday
10 a.m.-2 p.m.
(Except on Federal Holidays)

We have the space for your
homeschool socializing
needs. Enjoy our books,
board games, blocks, puzzles,
and much more.

Activities are self-led



Want to learn more about the library? We can do that too. Library orientations can be scheduled; please speak with our Library staff.

For more information, call Fort Shafter Library at (808) 438-9521 or scan the QR Code!



*Events subject to change; check ARMY HAWAII LIBRARIES Facebook Page for the latest information.



HiMWR.com or MWR HAWAII



PLANT A SEED, READ

Summer Reading Program 2026

May 22 - August 1

Events are open to all ages
unless otherwise specified.

List of events:

SRP Begins

May 22 • All Day

Patrons can start logging minutes at pearlharborhickam.beanstack.org

Movement Storytime

May 23 • 10 a.m.

Librarians will combine story with fun movement activities.

Goody Bag Pickup

May 27 • All Day

Daytime Playtime

18 months & under (with parent)

May 28 & June 25 • 9 a.m.

Unstructured play in a gentle environment before the library opens.

Quiet Book Club

Ages 18+

May 28 & June 25 • 6 p.m.

Give yourself permission to read. Light refreshments available.

SRP Kickoff

All ages

May 30 • 12 p.m.

Kickoff the Summer Reading Program with games, raffles, and a good time.

Chess Freeplay

All ages

June 3 & July 1 • 2 p.m.

Challenge yourself. Learn new skills. Make new friends!

Coconut Weaving

Ages 10+ (Registration required)

June 4 & 18, July 9 & 23 • 10 a.m.

Join local artist Alan Okuma to learn the art of weaving coconut fronds. Classes limited to 10 people.

Bring Your Own Craft Night

Ages 18+

June 4 & July 2 • 6 p.m.

Enjoy the camaraderie of fellow crafters.

Family Storytime

June 5, 12, 26, &

July 10, 17, 24, 31 • 12 p.m.

Join us for songs, rhymes and a story at this outdoor storytime.

Walking Book Club

Ages 18+

June 9, 23 & July 7, 21 • 9 a.m.

Meet at the park next to Wright Brothers. Listen to your audiobook as we stroll the waterfront.

PAWS to Read

Ages 6+ (Registration required)

June 13 & July 11 • 2 p.m.

We're teaming up with Hawaiian Humane Society to bring dogs who will gladly listen to kids practice their reading skills!

Saturday Showtime

June 27 • 3 p.m.

Meet us at the puppet stage in the children's area for an interactive show that gets everyone involved in the fun!

NAVFAC: Keep the Water Clean

June 30 • 10 a.m.

Join the Environmental Stormwater Team for an interactive demo and activities that teach us how to protect our water and our oceans.

Family Spelling Bee

Participants ages 8+

(Registration required)

July 18 • 10 a.m.

Gather your team and put your spelling skills on display at this fun competition. All ages can come and support their friends and neighbors.

SRP Finale: BINGO!

All Ages

August 1 • 12 p.m.

One last fun event before school starts. Be ready to shout BINGO!

Read Books, Log Minutes, Win Prizes!

Scan the QR Code for registration details.



Prize Pickup

While supplies last - dates indicate 1st day participants can pick up that prize after they've logged their minutes and reached the milestone.

- June 3 - Pick up prize #1 (all day)
- June 17 - Pick up prize #2 (all day)
- July 1 - Pick up prize #3 (all day)
- July 15 - Pick up prize #3 (all day)
- July 29 - Pick up prize #4 (all day)

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Sensory Storytime



Sensory Storytime with the Base Library and EFMP is a gentle, welcoming environment where kids can enjoy stories, songs, and activities tailored to their sensory needs.

Every 3rd Wednesday of Each Month

Library Classroom 106

10:00-11:00 AM

Ages 0-5

Must have base access

MARINE & *Family*
Library Program

EFMP Exceptional
Family Member
Program



Resources

Please click on each title to access the available websites.

Family

- [Hawaii Ohana Support Network](#)

School

- [JBPHH School Liaison Officer](#)
Contact Number: 808-306-9247
Email: jbphhslo@us.navy.mil
- [Hawaii Family Engagement Center](#)
- [Hawaii Afterschool Alliance](#)

Community

- [Special Parent Information Network](#)
- [Military One Source](#)

Resource Highlights

- [Paralyzed Veterans Association](#)
- [Amputee Coalition](#)
- [Parkinson's Foundation](#)
- [Autism Speaks](#)



MFSC Classes

YOUR MFSC PERSONAL & FAMILY LIFE EDUCATION TEAM OFFERS A VARIETY OF LIFE SKILLS CLASSES!

Topics Include:

Parenting Classes

Personal Growth

Communication

Interpersonal Relationships

Navigating the work Force

and many more!

TO REGISTER:

jbphh.greatlifehawaii.com/support



EFMP Support Group

Anchored Together is our ongoing peer-support space for EFMP parents and caregivers—a gentle place to connect, share, and feel supported by others who understand the unique journey of raising exceptional family members. While you gather, your keiki can enjoy safe, open play at the Hickam Field of Dreams Playground.

This is a relaxed, come-as-you-are space where families can build meaningful connections and find strength in their community. **No registration needed.** Bring snacks, sunscreen, water—whatever helps you and your child feel comfortable.

Please see the flyer attached next for full details.





EFMP

**EXCEPTIONAL
FAMILY MEMBER
PROGRAM**

ANCHORED TOGETHER

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:

**LAST WEDNESDAY OF THE
MONTH AT 1400**

WHERE:

**HICKAM FIELD OF DREAMS
250 WORTHINGTON AVE**

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



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



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



Revised: JANUARY 2026



EFMP

FAMILY STRENGTHENING SERIES

3RD THURSDAY OF
MAR | JUN | SEP | DEC

9:00 AM - 10:30 AM
VIRTUAL CLASSES

2026

Join us for our virtual series designed to support our military families with exceptional members. This is a wonderful opportunity to connect with organizations that provide resources and support to our community.



WHAT TO EXPECT:

- Guest speakers from 3 different organizations
- Valuable information for services and support available
- Connect with other families and build and network of support and community



808-474-1999

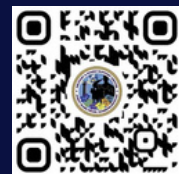
efmp-cnrh@us.navy.mil



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



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



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

