

The Kokua Bulletin

EFMP Exceptional
Family Member
Program

JUNE 2024

ALOHA EFMP 'OHANA!

Happy June EFMP families! Get your sunscreen on and get ready for summer. June marks the beginning of Hurricane Season. Make sure you update your NFAAS information so your EFM's needs can be supported in the event of a Hurricane or any other emergency situation. Be prepared by having important information, medication and supplies that your EFM will need to endure a hurricane emergency.

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!

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HURRICANE PREPAREDNESS



MAKE A PLAN



BUILD A KIT



STAY INFORMED

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

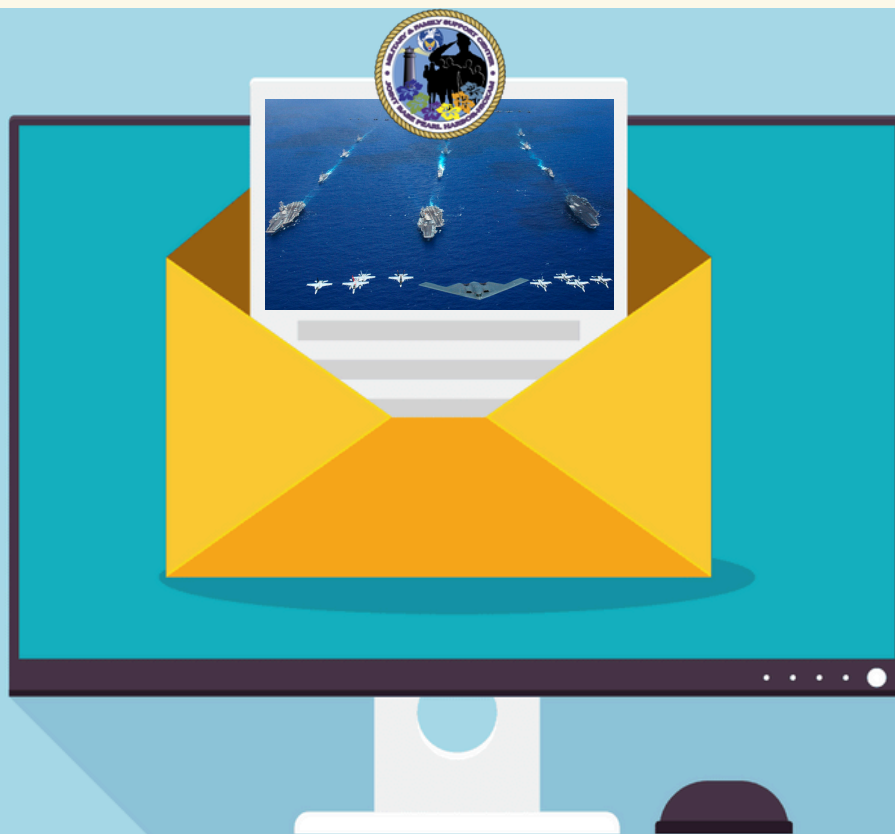
Register: <https://jbphh.greatlifehawaii.com/support/military-family-support-center/exceptional-family-member-program-efmp>



JBP HH EFMP Digital Digest

We are excited to introduce a new *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** 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: MFSC Overview & Deployment Support.



June is PTSD Awareness Month



Posttraumatic Stress Disorder Awareness month is observed in June. Help to bring awareness and support those diagnosed with this condition. Be kind to one another, because we don't know what others are going through on a daily basis.

Learn more:

<https://www.ptsd.va.gov/understand/awareness/index.asp#:~:text=June%20is%20OPTSD%20Awareness%20Month>.





June Disability Observances

Alzheimer's & Brain Awareness Month

United States

<https://www.alz.org/hawaii>

Cataract Awareness Month

United States

<https://ascrs.org/>

June 27 - National PTSD Awareness Day

United States

<https://www.ptsd.va.gov/understand/awareness/index.asp>

June 23 - Dravet Syndrome Awareness Day

Global

<https://dravetfoundation.org/what-is-dravet-syndrome/>

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.

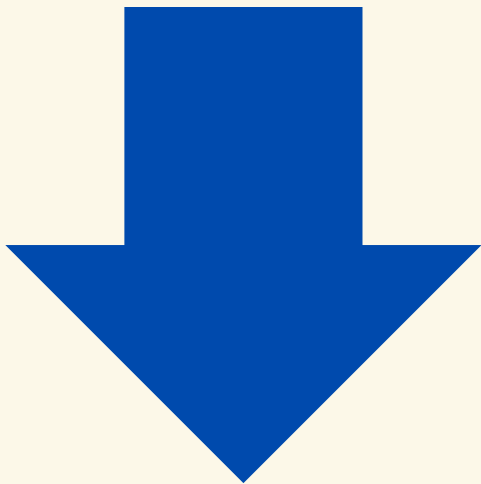
CONNECT WITH RESOURCES

- 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**.

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/>

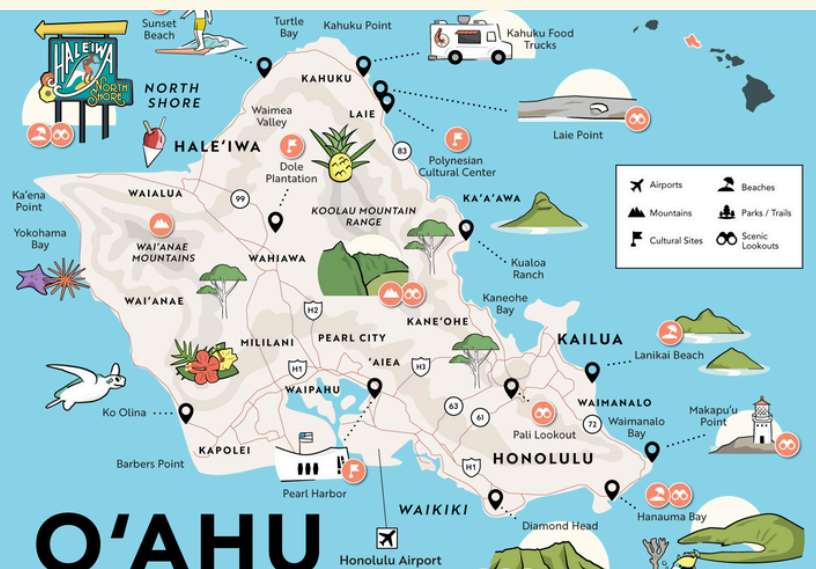
Child Care Aware:

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



Oahu Events

- **MAY 24- JULY 14: 50TH STATE FAIR (ALOHA STADIUM)**
- **JUNE 7-9: THE PAN-PACIFIC FESTIVAL (WAIKIKI)**
- **JUNE 7: KING KAMEHAMEHA STATUE LEI DRAPING (ALI'IOLANI HALE)**
- **JUNE 8: KING KAMEHAMEHA CELEBRATION FLORAL PARADE (IOLANI PALACE TO QUEEN KAPIOLANI PARK)**
- **JUNE 8: EFMP SENSATIONAL SUMMER SENSORY EVENT (MILITARY & FAMILY SUPPORT CENTER)**
- **JUNE 12 & 26: STARGAZING SHOW (INTERNATIONAL MARKETPLACE LEVEL 6 GARAGE)**
- **JUNE 25: WAIKIKI ARTFEST (KAPI'OLANI BANDSTAND)**



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!



Navy 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**

