

# The Kokua Bulletin

**EFMP** Exceptional  
Family Member  
Program

**JULY 2025**

## **ALOHA EFMP 'OHANA!**

Summer is in full swing, and we hope you're soaking up the sunshine and making unforgettable memories! The 4th of July is right around the corner, and Hawaii is ready to celebrate in style! Join the Oahu events for a star-spangled day filled with fun—think live music, family activities, tasty treats, and the most spectacular firework show on the island!

Whether you're diving into summer adventures or just enjoying some well-deserved downtime, the MFSC EFMP Team is here to support you every step of the way. From resources to referrals, we've got your back!

Here's to a fantastic July!

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 EFMP? Have Questions? We're Here to Help!

Are you just getting started with the Exceptional Family Member Program (EFMP)? Curious about how we can support your family? Join us to learn how EFMP serves as a vital assignment coordination tool—designed to ensure military families with special needs receive the support they deserve.

This engaging, one-hour class offers a comprehensive overview of the EFMP, tailored specifically to our center. You'll gain insight into:

- Coordination between military and civilian agencies for enhanced personnel support.
- Medical, educational, and community support services
- Access to Information & Referral resources tailored to your family's needs.

Whether you're navigating enrollment or looking ahead to the next steps, this session will guide you through what to expect and how to connect with the services available to you.

- Special Education support navigating IEPs & 504 Plans

**Open to all branches of service.**

**When:** First Wednesday of every month from 9:00 am to 10:00 am

**Where:** Offered both virtually and in person (classroom setting)

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



# JBPHH EFMP Digital Digest

We're thrilled to launch a new digital format designed to support and empower families navigating exceptional journeys. Our goal is to connect you with tailored information and resources that meet your unique needs—helping to enhance the well-being, strength, and success of every member of your family.

## **This month's topic: Maximizing TRICARE Benefits for Exceptional Families- Unlocking TRICARE ECHO: Extra Support for Exceptional Families**

Did you know your family may be eligible for more than standard TRICARE benefits? The Extended Care Health Option (ECHO) is designed to provide additional services for family members with qualifying special needs.

### **What Does ECHO Cover?**

**ECHO helps with:** In-home medical services, respite care for primary caregivers, durable medical equipment (like wheelchairs or communication devices), special education services, applied Behavior Analysis (ABA) for autism spectrum disorders, and more?

**To be eligible for ECHO:** Your family member must be enrolled in the EFMP. They must have a qualifying condition (developmental, physical, or mental). You must be enrolled in TRICARE Prime, Select, or TRICARE Overseas Program.

**How to Get Started:** <https://tricare.mil/echo>



# 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.

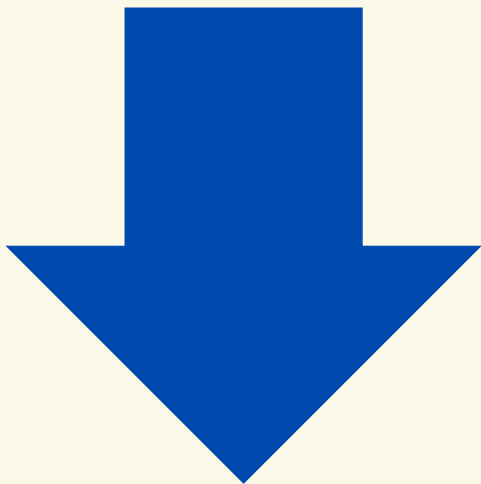
## CONNECT WITH RESOURCES

- 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 an individual with special needs, it is crucial to prioritize self-care in order to maintain your own well-being. Respite care offers short-term relief for primary caregivers and provides flexible care options. Services may be delivered in various settings, including the home, specialized facilities, or adult day centers. Additional options may include schools, camps, or through volunteer organizations.

Eligible families enrolled in the Exceptional Family Member Program (EFMP) can access respite care services for children through **Child Care Aware**.

For **adults with special needs**, respite care may be available through state programs or nonprofit organizations. Payment assistance options may include the Tricare Extended Health Care Option (ECHO) or Medicaid Waivers, depending on eligibility.

## **ARCH National Respite Locator:**

<https://archrespite.org/caregiver-resources/respitelocator/>

## **Child Care Aware:**

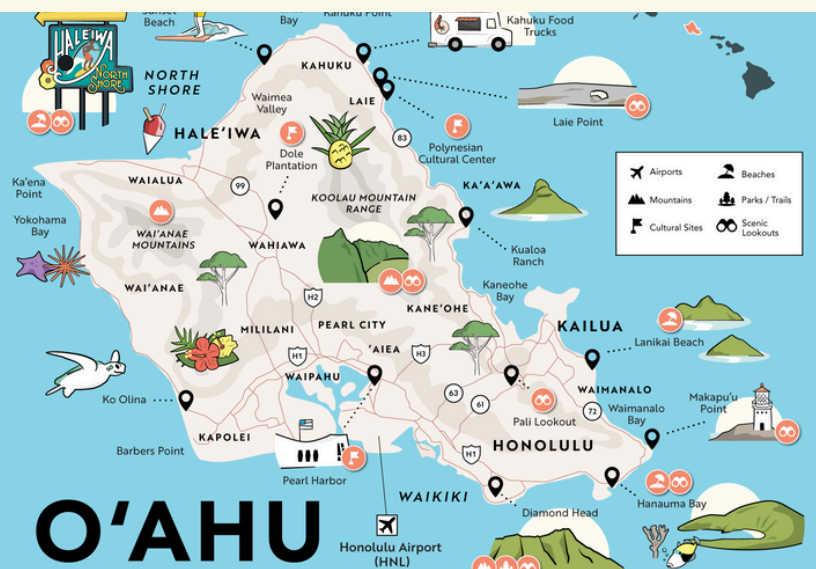
<https://www.childcareaware.org/fee-assistancerespite/>





# Oahu Events

- 4<sup>TH</sup> OF JULY 2025 FIREWORKS & FAMILY EVENTS
- THE 48<sup>TH</sup> ANNUAL PRINCE LOT HULA FESTIVAL
- PAU HANA CONCERT IN THE PARK-HICKAM HARBOR
- YMCA JULY 4<sup>TH</sup> FAMILY CAMP AT CAMP ERDMAN
- ISLAND THUNDER MUSIC-WHEELER ARMY AIRFIELD
- MCCS SENSORY-FRIENDLY STORYTIME
- SEA LIFE PARK HAWAII'S MANO (SHARK) WEEK



# FREEDOM RUN



## JULY 4TH



Timed 10k/5k - Walk, Run & Roll for Epilepsy Awareness



7 am | Kailua High School

1 in 10 people will have a seizure in their lifetime! We are raising awareness, hope and funds for epilepsy and seizure first aid training across Hawaii.

A generous donor is offering \$5 off to the 1st 100 youth that sign up! Coupon Code 'keiki2025'  
Pet Oasis brought to you by EL Pets!  
Games & Prizes by Hawaii Pacific Neuroscience!

Register, create a team & win prizes all for a great cause | [www.epilepsyhawaii.org](http://www.epilepsyhawaii.org)

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# 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/>



# ALOHA





# MFSC Classes

TOPICS INCLUDE:  
MIND BODY MENTAL FITNESS SERIES  
FAMILY STRENGTHENING SERIES  
PARENTING CLASSES  
PERSONAL DEVELOPMENT  
ANGER MANAGEMENT  
COMMUNICATION  
FEDERAL RESUME WRITING WORKSHOP  
NETWORKING & LINKEDIN  
AND MANY MORE!



TO REGISTER FOR CLASSES: [JBPHH.GREATLIFEHAWAII.COM/SUPPORT](http://JBPHH.GREATLIFEHAWAII.COM/SUPPORT)

## MILITARY & FAMILY SUPPORT CENTER CLASSES

4827 BOUGAINVILLE DRIVE | HONOLULU, HI 96818

### EMPLOYMENT READINESS

DATE	TIME	CLASS
July 7	1:00 p.m. - 3:00 p.m.	Intro to Resume Writing
July 9	3:30 p.m. - 5:30 p.m.	Salary Negotiations
July 11	1:00 p.m. - 3:00 p.m.	Networking & LinkedIn
July 15	9:00 a.m. - 11:00 a.m.	Acing the Interview
July 28	3:30 p.m. - 5:30 p.m.	Federal Employment: USAJobs (V)
July 29	9:00 a.m. - 11:00 a.m.	Federal Resume Writing Workshop

### FAMILY READINESS

DATE	TIME	CLASS
July 2	9:00 a.m. - 10:00 a.m.	EFMP Overview
July 9	1:00 p.m. - 3:00 p.m.	EFMP Command POC Training
July 17	9:00 a.m. - 10:00 a.m.	EFMP Family Strengthening Series
July 22	6:00 p.m. - 8:00 p.m.	Ombudsman Advanced Training

### INFORMATION & REFERRAL

DATE	TIME	CLASS
July 8	6:00 p.m. - 8:00 p.m.	Informational Assembly
July 10	9:00 a.m. - 11:00 a.m.	FAP Leadership Training
July 16	9:00 a.m. - 3:00 p.m.	Chief of the Boat Training
July 29	9:00 a.m. - 11:00 a.m.	FAP Advanced Training

### RELOCATION/EMERGENCY MANAGEMENT/DEPLOYMENT

DATE	TIME	CLASS
July 1	9:00 a.m. - 10:00 a.m.	Sponsor Orientation
July 8	8:00 a.m. - 3:00 p.m.	Newcomer's Orientation (Community)
July 9	8:00 a.m. - 11:00 a.m.	Newcomer's Orientation (Navy SM)
July 15	1:00 p.m. - 2:00 p.m.	Sponsor Orientation
July 22	1:00 p.m. - 2:00 p.m.	Sponsor Orientation
July 29	1:00 p.m. - 2:00 p.m.	Sponsor Orientation
M, W, F	9:00 a.m. - 12:00 p.m.	Pre/Post Deployment Brief

For Sponsor Orientation registration, please email [misc\\_redteam@us.navy.mil](mailto:misc_redteam@us.navy.mil)

For FAP Training and Ombudsman Training registration, please email [mfschawaii@us.navy.mil](mailto:mfschawaii@us.navy.mil)

### PERSONAL DEVELOPMENT

DATE	TIME	CLASS
July 9	9:00 a.m. - 11:00 a.m.	Anger Management
July 9	1:00 p.m. - 3:00 p.m.	Mind Body Mental Fitness: Living Core Values
July 15	1:00 p.m. - 3:00 p.m.	Stress Management
July 17	1:00 p.m. - 3:00 p.m.	Mind Body Mental Fitness: Flexibility
July 23	1:00 p.m. - 3:00 p.m.	Mind Body Mental Fitness: Problem Solving
July 30	1:00 p.m. - 3:00 p.m.	Mind Body Mental Fitness: Connection/Communication

\*Registered participants minimum to hold a class\*

### NEW PARENT SUPPORT

DATE	TIME	CLASS
July 3	10:00 a.m. - 11:30 a.m.	Bump Bonding
July 9	10:00 a.m. - 12:00 p.m.	Keiki Story Time
July 16	10:00 a.m. - 12:00 p.m.	Infant Massage
July 16	4:00 p.m. - 7:00 p.m.	Bringing Home Baby
July 31	10:00 a.m. - 12:00 p.m.	Toddler Mania

### PERSONAL FINANCIAL MANAGEMENT

DATE	TIME	CLASS
July 18	1:00 p.m. - 3:00 p.m.	Ditching the Dorms

### TRANSITION ASSISTANCE

DATE	TIME	CLASS
July 22	8:00 a.m. - 11:00 a.m.	CCC/NC Refresher
July 24	2:00 p.m. - 3:00 p.m.	SkillBridge 101

TAP Pre-Separation Classes: July 2, 3, 16, 17, 30, 31

Toregister: Navy personnel: please contact your Command Career counselor or NC. If not available, email [mfschawaii@us.navy.mil](mailto:mfschawaii@us.navy.mil). Air/Space Force personnel: please email [mfschawaii@us.navy.mil](mailto:mfschawaii@us.navy.mil)

Capstone Classes: July 9, 10, 23, 24

Capstone is the final stage of TAP, where all requirements will be verified. Capstone is done on a walk-in basis at 0800 and 1000. Sign-in 30 minutes early.

For separatee & retirement TAP, please contact your CCC or a TAP counselor at 808-474-1999.

JULY 2025



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





# EFMP

## PROGRAM OVERVIEW

Learn about the JBPHH Exceptional Family Member Program! Get an overview of the process and what to expect after enrollment.

- Class will be taught in-person and virtually
- Open to all branches

FIRST  
**WEDNESDAY**  
OF EVERY  
MONTH

- ✓ 9:00 – 10:00 a.m.
- ✓ 4827 Bougainville Rd  
Honolulu, HI 96818
- ✓ 808-474-1999



For more info or to register, please scan QR code or visit <https://jbphh.greatlifehawaii.com/support>

f jbphh.mfsc @jbphh\_mfsc



**EFMP** Exceptional  
Family Member  
Program





**2025**



# EFMP

## FAMILY STRENGTHENING SERIES

**3RD THURSDAY OF**  
JAN | MAR | MAY | JUL | SEP | NOV

**9:00 AM - 10:00 AM**  
**VIRTUAL CLASSES**



- 808-474-1999
- 4827 Bougainville Drive  
Honolulu, HI 96818
- MFSCHawaii@us.navy.mil
- efmp-cnrh@us.navy.mil
- jbphh.greatlifehawaii.com



SCAN QR CODE TO REGISTER

**EFMP** Exceptional  
Family Member  
Program



# 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: 4526 or 2666

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@us.navy.mil

School Liaison Office

530 Peltier Ave. Bldg. 1925

Honolulu, HI 96818

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

