

The Kokua Bulletin

EFMP Exceptional
Family Member
Program

APRIL 2026

ALOHA EFMP 'OHANA!

Happy April, EFMP 'Ohana! As we step into this new month, it feels like the islands are waking up a little brighter - spring energy in full bloom, kids laughing a bit louder after Spring Break, and families settling into the rhythm of a fresh season.

April also carries something truly special: **Month of the Military Child**. It's a time to lift up the incredible keiki who grow, adapt, and thrive through every transition military life brings. Their strength, heart, and resilience deserve to be seen and celebrated all month long.

JBPHH continues to stand beside you with resources that support your whole 'ohana - whether you're building career skills, strengthening relationships, navigating parenting, or simply looking for ways to stay connected and supported. You can explore everything available to you at greatlifehawaii.com.

IN THIS ISSUE:

- EFMP Overview
- Digital Digest
- EFMP & Me Tool
- Respite Care
- Oahu Events
- Resources
- MFSC Classes
- EFMP Contact List



WWW.GREATLIFEHAWAII.COM

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
- Special Education support navigating IEPs & 504 Plans

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 - 0900 to 1000

Where: Virtually & MFSC Classroom 261

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



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: Positive Parenting and Stress Management



JBP HH EFMP Digital Digest

Positive Parenting & Stress Management

Parenting a child with special needs is a journey filled with love, strength, and unique challenges. Many parents report feeling overwhelmed, so caring for your own well-being is essential for your entire 'ohana. When you're centered and supported, you're better able to help your child grow and thrive.

Managing Stress: Caring for Yourself First

- Acknowledge your feelings – Stress, worry, and exhaustion is normal. Recognizing them is the first step toward managing them.
- Pause and reset – Try the S.T.A.R. method: Smile, Take a deep breath, And Relax. A few slow breaths can calm your body and mind.
- Stay connected – Lean on friends, family, or support groups. Other parents on similar journeys can offer understanding and practical ideas.
- Make space for yourself – Even small moments matter. A short walk, music, or quiet time can help you recharge. Self-care is a necessity, not a luxury.

Positive Discipline: Teaching with Connection

Positive discipline focuses on teaching skills and building confidence. Children do better when they feel understood and supported.

- Look for the “why” – Behavior is communication. Consider whether your child is hungry, tired, overstimulated, or frustrated.
- Give clear directions – Tell your child what to do (“Please put your toys in the box”) instead of what not to do.
- Offer simple choices – Choices like “red shirt or blue shirt?” build cooperation and a sense of control.
- Use calm, related consequences – Keep consequences respectful and connected to the behavior. Follow through without anger.
- Connect daily – A few minutes of one-on-one time strengthens trust and makes guidance easier.

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.

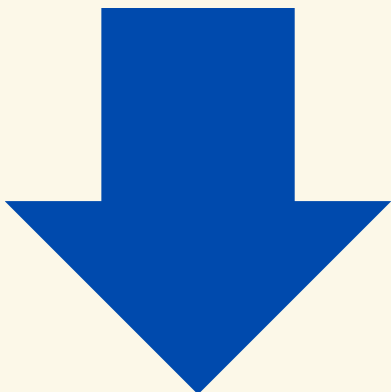
CONNECT WITH RESOURCES

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

Child Care Aware:

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





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**



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



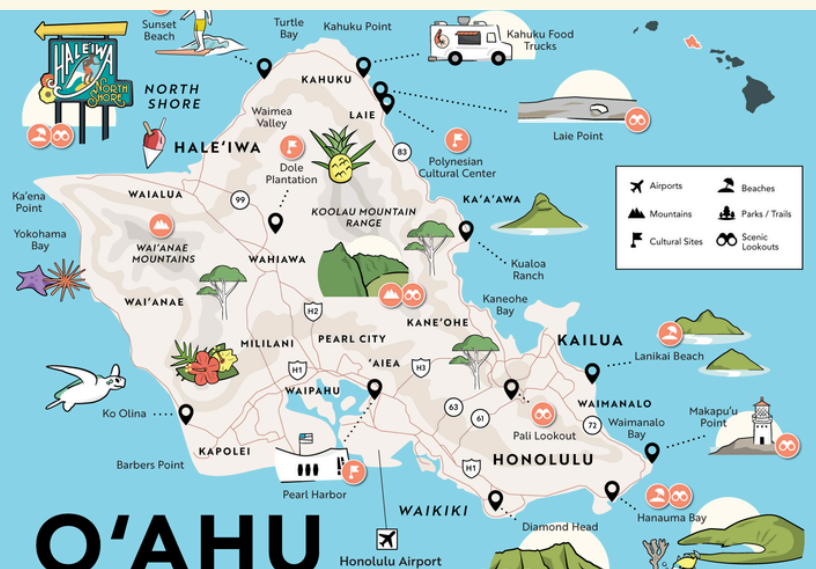
jbphh.mfsc



Revised: JANUARY 2026

Oahu Events

- **APRIL 1: EFMP SCAVENGER EGG HUNT & SPECIAL NEEDS FORUM - ANYONE CAN PARTICIPATE! (MARINE CORPS BASE HAWAII (MCBH) KANEOHE BAY, HAWAII 96863)**
- **APRIL 3 (HICKAM FAMILY POOL), APRIL 4 (TOWERS POOL), APRIL 5TH (SCOTT POOL) - GOLDEN EGG SPLASH DOWN**
- **APRIL 4: FIRST SATURDAY OF EVERY MONTH - SENSORY SWIM SATURDAY - (HICKAM FAMILY POOL)**
- **APRIL 5: EASTER BRUNCH - (TRADEWINDS)**
- **APRIL 1, 8, 15, 22, & 29: EVERY WEDNESDAY - TODDLER STORYTIME (JBPHH LIBRARY)**
- **APRIL 4, 11, 18, 25: THIS EVENT REPEATS EVERY WEEK ON SATURDAYS - PRE-K STORY TIME (JBPHH LIBRARY)**
- **APRIL 11, 18, 25: MANY ACTIVITIES FOR CHILDREN AND THEIR FAMILY - MARCH INTO SPRING (NAVY EXCHANGE RETAIL - NEX)**
- **APRIL 18TH: JOINT BASE PEARL HARBOR OHANA BALL 2026 - MANGIAMO BY 604**



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@us.navy.mil
- Hawaii Family Engagement Center:
<https://cde.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/>

Resource Highlight

- <https://pva.org>
- <https://www.amputee-coalition.org>
- <https://www.parkinson.org>
- <https://www.autismspeaks.org>



**4TH
ANNUAL
EVENT**

**MILITARY & FAMILY SUPPORT CENTER'S
EXCEPTIONAL FAMILY MEMBER PROGRAM**



06 JUNE 2026

9:00 AM - 12:00 PM

**SENSATIONAL
SUMMER
CELEBRATION**

MILITARY & FAMILY SUPPORT CENTER

4827 BOUGAINVILLE DRIVE

HONOLULU, HI 96818


(808) 474-1999

MFSCHAWAII@US.NAVY.MIL

***SPONSORED BY THE MFSC IN PARTNERSHIP WITH LOCAL COMMUNITY AGENCIES*
OPEN TO ALL CAC ID CARDHOLDERS & THEIR SPONSORED GUESTS. EVENT SCHEDULE IS
SUBJECT TO CHANGE WITHOUT NOTICE.**



 **JBPHH.MFSC**

 **JBPHH_MFSC**

EFMP Exceptional
Family Member
Program



FIRST
WEDNESDAY
 OF EVERY
 MONTH

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

- ✓ 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



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.



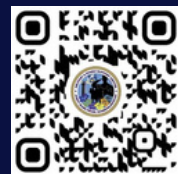
WHAT TO EXPECT:

- 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 jbphh_mfsc



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 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**

