

The Kokua Bulletin



**NOVEMBER
2026**

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!

IN THIS ISSUE:

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



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>



JBPHH EFMP Digital Digest

Digital Digest aims to empower and assist in navigating the world of exceptional family support. This months 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**

Please take care of yourself this holiday season



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.

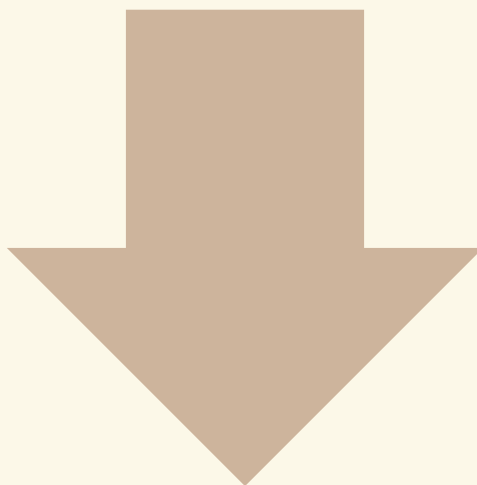
CONNECT WITH RESOURCES

- 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 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:

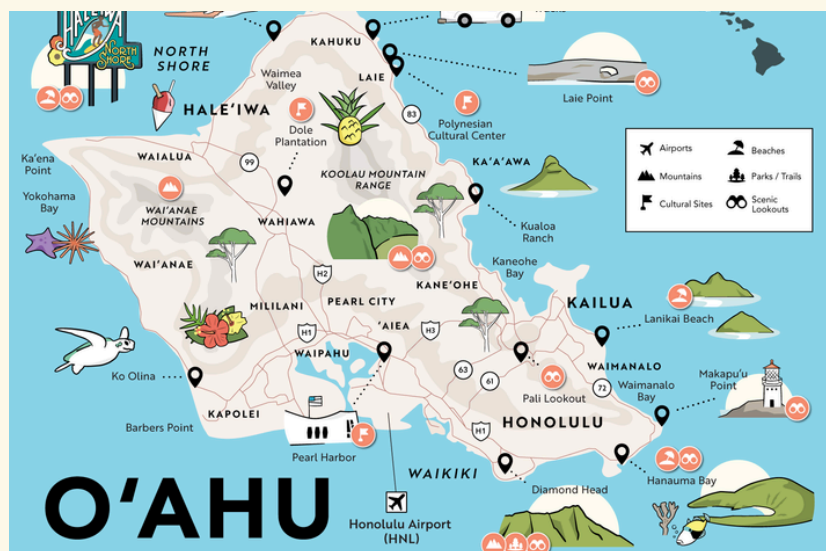
ARCH National Respite Locator

Child Care Aware - Respite



Oahu Events

- 11/07/2026- 'OHANA DAY OPEN HOUSE (HONOLULU)
- 11/07/2026- HAWAII DANCE BOMB (KING ST)
- 11/14/2026- WAIKIKI ARTFEST (KAPIOLANI PARK)
- 11/20/2026- DR. SEUSS' HOW THE GRINCH STOLE CHRISTMAS! THE MUSICAL (HONOLULU)
- 11/27/2026- WAIKIKI HOLIDAY PARADE (KALAKAUA AVE.)
- 11/28/2026- PHAMILY FUN DAY: SANTA AT THE HANGAR (PEARL HARBOR AVIATION MUSEUM)



Resources

Family



Hawaii Ohana Support Network:
<https://www.hawaiiohanasupportnetwork.org/>

School

JBPHH School Liaison Officer: 808-306-9247
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





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](#)



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) 473-1880 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) 473-1880 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**

