

The Kokua Bulletin



NOVEMBER 2023

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!

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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

Where: Virtually & MFSC CLASSROOM 262

Register:

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



Scan to Register!



Coffee Talk

EFMP Coffee Talk meets on the **second Thursday** of every month, from 9am - 10am. Come learn, share and connect with other EFMP families and Resource Providers.

Join us virtually or in-person as we welcome community partners and local programs to share information about their services and support for families. Q&A will be held at the end of the session. Our next session will be held on **November 9th at 9 a.m.** Sign up today!

Register:

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



Disability Awareness

November is National Warrior Care Month

The Department of Defense, Military Services, and collaborating organizations mark Warrior Care Month in November by highlighting the strength and resilience – physically, mentally, and spiritually – of our wounded, ill, and injured service members and their families and caregivers. The effort is aimed at raising awareness of the recovery coordination resources and programs available today and inspiring year-round discussions regarding today's warrior care priorities.

Learn More:

<https://health.mil/Military-Health-Topics/MHS-Toolkits/Toolkits/Warrior-Care>





November Disability Observances

Alzheimer's Awareness Month

United States

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

Diabetes Awareness Month

United States

<https://diabetes.org/get-involved/community/american-diabetes-month>

Epilepsy Awareness Month

United States

<https://www.epilepsy.com/volunteer/spreading-awareness/national-epilepsy-awareness-month>

Men's Health/Prostate & Mental Health Month

United States

<https://us.movember.com/>



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.

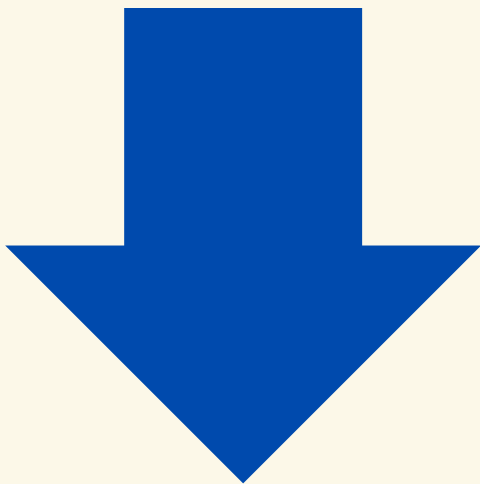
CONNECT WITH RESOURCES

- 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 the Special Needs Coordinator, Kaori Walker at 808-448-6782.

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/>

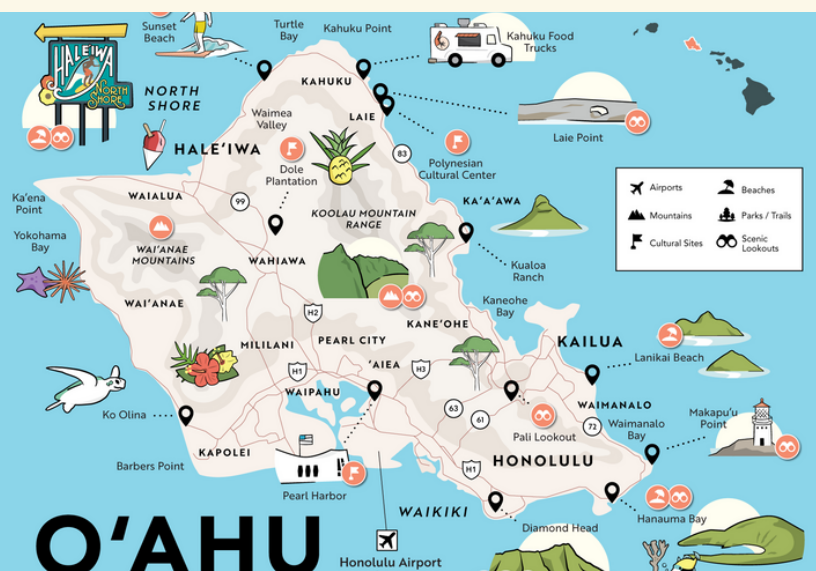
Child Care Aware:

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



Oahu Events

- 1-30 NOVEMBER: THANKSGIVING LUAU (PARADISE COVE KO'OLINA)
- 1-30 NOVEMBER: KAMA'AINA & MILITARY DISCOUNTS (WAIKIKI BEACH WALK)
- 2 NOVEMBER: ROYAL HAWAIIAN BAND (INTERNATIONAL MARKET PLACE)
- 3 NOVEMBER FIRST FRIDAY ART WALK (CHINATOWN)
- 4 NOVEMBER: MAKAHIKI FESTIVAL-HAWAIIAN NEW YEAR (WAIMEA VALLEY)
- 11 NOVEMBER: 77TH ANNUAL LIONS CLUB VETERANS DAY PARADE (WAHIAWA)
- 24 NOVEMBER: WAIKIKI HOLIDAY PARADE/PEARL HARBOR COMMEMORATION (WAIKIKI BEACH)



Resources

Family

- Adolescent Support & Counseling Services (ASACS): 808-421-4200 EXT. 319



School

- JBPHH School Liaison Officer: 808-306-9247
jbphhslo@navy.mil
- Hawaii Family Engagement Center:
<https://cde.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

EFMP Trainings

Coming Soon in 2024!

January	Bullying Awareness & Prevention
February	Special Needs Trusts
March	American Red Cross Overview
April	Establishing Secondary Dependency
May	PCS/Moving with an EFM
June	Family Support During Deployment
July	Transition & Employment for Persons with Disabilities
August	IEP Overview
September	School Liaison Officer: Core Areas of Service
October	EFM Medicaid, Medicare & Social Security Benefits
November	Early Intervention Services [0 to 3 years]
December	Positive Advocacy Strategies



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!



EFMP Contacts

Jessi Koehn

Work and Family Life Supervisor/EFMP RCL

(808) 474-0087

jessica.r.koehn.civ@us.navy.mil

Anthony Choe

EFMP CL, EFMP-FS

(808) 474-0154

anthony.choe2.naf@us.navy.mil

*Non-medical case management for Navy and AF

Dianne Wilson

EFMP CL, EFMP-FS

(808) 471-5444

dianne.n.wilson.naf@us.navy.mil

*Non-medical case management for Navy and AF

Andrea Alexander

EFMP CL, EFMP-FS

(808) 474-0150

andrea.k.alexander.naf@us.navy.mil

*Non-medical case management for Navy and AF

[vacant]

EFMP CL, EFMP-FS

(808) 474-0060

*Non-medical case management for Navy and AF

Navy & Air Force MFSC (Main)

4827 Bougainville Drive

Honolulu, HI 96818

(808) 474-1999 *MFSC Main Line

(808) 474-1998 *Fax Line in Cap Admin Office

mfschawaii@navy.mil

Navy & Air Force MFSC (Satellite)

655 Vickers Avenue

JBPHH, HI 96853-5385



EFMP Contacts

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**

Kaori Walker (AF)

Special Needs Coordinator
(808) 448-6782
kaori.walker.ctr@health.mil
Air Force/15th Medical Group – Hickam Clinic
755 Scott Cir
JBPHH, HI 96853

***ALL AF EFMP questions are sent HERE**

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.

***Overseas Screening**

Meesha Williams

Command EFMP Medical Liaison
Headquarters Pacific AF
(808) 448-1612
meesha.williams.ctr@us.af.mil
HQ PACAF/SGOM
25 E. Street, Suite A-110
JBPHH, HI 96853

Cherise Yamasaki

School Liaison
(808) 306-9247
JBPHHSLO@navy.mil
School Liaison Office
530 Peltier Ave. Bldg. 1925
Honolulu, HI

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

