

The Kokua Bulletin



FEBRUARY 2024

ALOHA EFMP 'OHANA!

Welcome to February! There is plenty for everyone to celebrate this month - Black History Month, Chinese New Year, and Valentine's Day. As you continue to settle into 2024, remember that the MFSC EFMP Team is excited to help with program and resource needs.

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. 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 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, at rotating locations, from 9am - 10am. Come learn, share and connect with other EFMP families and Resource Providers.

Join us in-person as we provide a space to network with community partners, local programs, and other families. Rotating monthly topics will be provided and open discussion will be encouraged. Our next session will be held at the **MFSC Hickam Lanai (655 Vickers Ave, Bldg 1105) on February 8th at 9 a.m. with guest presenters Linnea Mack & Meta Dunn from Surfer Rider Spirit Sessions.** Sign up today!

**Locations and topics are subject to change. **

Register:

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





February 4th is World Cancer Day

Observed every February 4th, World Cancer Day targets misinformation, raises awareness regarding cancer, and reduces stigma. A cancer diagnosis can change everything, but it doesn't have to define who you are. Life is bigger than a diagnosis. Bigger than chemotherapy, surgeries, and the scars. It's about the memories that live on, even if the ones we love are no longer with us. Life is bigger than cancer.

Learn more: <https://www.uicc.org/events/world-cancer-day-2024>





February Disability Observances

Low Vision Awareness Month

United States

<https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/vision-rehabilitation-resources/low-vision-awareness-month>

Rheumatoid Arthritis Awareness Day

2- Feb United States

<https://rheum4us.org/>

Anosmia Awareness Day

27 - Feb United States

<https://www.anosmiaawareness.org/>

Rare Disease Day

29 - Feb Global

<https://www.rarediseaseday.org/>



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.

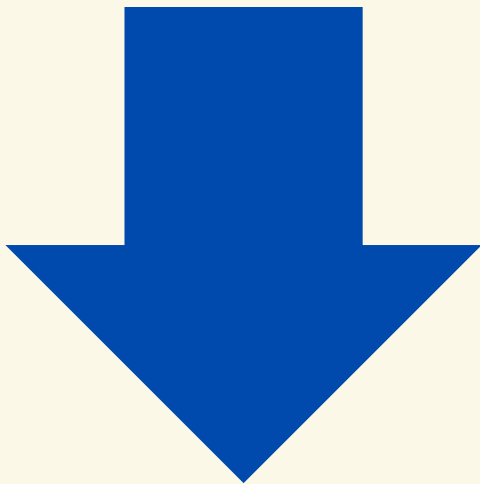
CONNECT WITH RESOURCES

- 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:

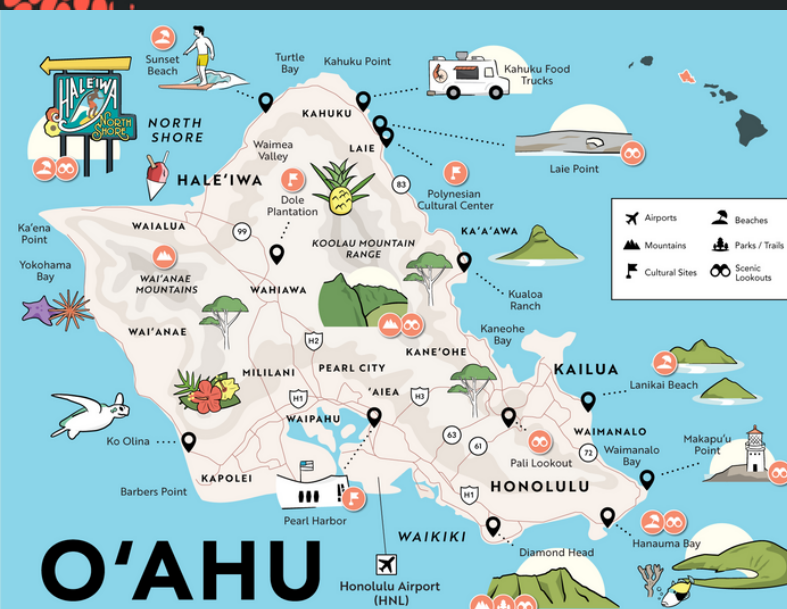
<https://www.childcareaware.org/fee-assistancerespite/>



Oahu Events

- 2-3 FEBRUARY: PUNAHOU CARNIVAL (PUNAHOU HIGH SCHOOL)
- 8 & 10 FEBRUARY: KO'OLINA ARTFEST (KO'OLINA LAGOON #3)
- 10 FEBRUARY: NIGHT IN CHINATOWN FESTIVAL & LUNAR NEW YEAR PARADE (CHINATOWN)
- 23-24-25 FEBRUARY: AMAZING COMIC CON ALOHA (CONVENTION CENTER)

CELEBRATING
**BLACK
HISTORY
MONTH**



Resources

Family

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



School

- JBPHH School Liaison Officer: 808-306-9247
Email: jbphhslo@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/>



ALOHA

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!



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

Regina Fivella

Regional Work and Family Life Consultant/EFMP RCL
(808) 474-0126
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*Non-medical case management for Navy and AF

Dianne Wilson

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Andrea Alexander

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*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
efmp-cnreh@us.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**

