

The Kokua Bulletin



**SEPTEMBER
2026**

**SEPTEMBER WHISPERS CHANGE; EMBRACE IT WITH OPEN ARMS.
EFMP 'OHANA**

As we head into September, we hope you are thoroughly enjoying the beautiful Hawaiian sunshine and making wonderful memories with your loved ones!

September also represents the active period of the Central Pacific hurricane season. We kindly remind you to take a few quick minutes to review and update your Navy Family Accountability and Assessment System (NFAAS) information. Keeping these details current ensures your Exceptional Family Member (EFM) can receive immediate and seamless support during any unexpected emergency.

Taking a few minutes now to gather essential documents, medications, and any specialized supplies your EFM may require can make a meaningful difference in staying prepared and confident should a storm arise.

JBPHH remains committed to supporting our families through a wide range of services and classes, including employment readiness, relationship enrichment, parenting support, and more. To explore available programs or register for upcoming offerings, please visit greatlifehawaii.com.

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EFMP Overview

New to the Program? Have Questions? We're Here for You.

If you're just joining the EFMP community or want to better understand how the program supports your family, you're in the right place. EFMP is designed to walk alongside military families with special needs by offering the following support:

- Collaboration between military and civilian agencies
- Coordinated support across medical, educational, and community systems
- Information & referral services to help you navigate resources with confidence

Our one-hour **EFMP Overview class** gives you a clear picture of what to expect after enrollment and how to access the services that can make a real difference for your 'ohana. This class is open to all branches and welcomes anyone seeking clarity, connection, or guidance.

When: First Wednesday of Every Month - 0900 to 1000

Where: Virtually & MFSC Classroom (2nd Floor)

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



JBPHH EFMP Digital Digest

Digital Digest is your monthly guide to navigating the world of exceptional family support with confidence and clarity. **Each month**, the **JBPHH 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: EFMP Concerns & Actionable Solutions





This Month's Topic

The transition into September brings unique adjustments for military families, particularly those balancing school restarts, new routines, and the coordination of specialized medical or educational care. As a community, our goal is to ensure that every exceptional family member has uninterrupted access to the resources and support they need to thrive. The single most effective way to deal with EFMP challenges is extreme proactivity and complete transparency.

Major Concern	Actionable Solutions (How to Deal with It)	Pro-Tip / Best Practice
Gaps in Medical Continuity <i>(Specialist waitlists, medication gaps, TRICARE hiccups during a PCS)</i>	• Initiate PCS prep 6–9 months early. Do not wait for hard orders. • Request 90-day supply extensions for critical medications before moving. • Contact the receiving base's TRICARE Case Manager to pre-authorize therapies prior to arrival.	Create a "Medical Passport": Keep a physical binder with the last 2 years of clinical notes, current prescriptions, and active authorizations. Never pack this in HHG (household goods).
IEP & Educational Friction <i>(School districts rejecting prior accommodation or delaying services)</i>	• Leverage the Interstate Compact on Educational Opportunity for Military Children • Engage the base School Liaison Officer (SLO) before arriving. • Use free advocate resources like LDAH (in Hawaii) or STOMP (national).	Pre-Move IEP Meeting: Request a "transition IEP meeting" at the departing school to document exactly what accommodations are vital, making it harder for the new school to deny them.
Caregiver Burnout & Isolation <i>(Loss of local support systems, intense daily caregiving demands)</i>	• Maximize the EFMP Respite Care Program • Join branch-specific EFMP Facebook groups or local non-profit hubs before arriving. • Utilize Military Family Life Counselors (MFLCs) for free, confidential, non-medical counseling.	Prioritize Respite Care: Do not treat respite care as a luxury; it is a readiness tool. Apply for it immediately upon arrival at the new duty station.
Career Stigma & Anxiety <i>(Fear that EFMP enrollment hurts promotional opportunities)</i>	• Educate leadership: Ensure commanders explicitly state that EFMP is a <i>readiness</i> program, not a career-ender. • Frame EFMP as a safety net that keeps the service members focused on the mission by securing family care. • Know the rules: EFMP status is strictly protected by HIPAA/privacy laws.	Focus on Readiness: An assignment match made via EFMP ensures the family has care, preventing emergency humanitarian reassignments later which <i>can</i> disrupt a career.
Self-Censoring & Underreporting <i>(Minimizing family needs on screening paperwork to secure a desired assignment)</i>	• Provide full transparency: Disclose all diagnoses, therapies, and special education requirements during screening. • Understand that incomplete screenings can lead to immediate assignment cancellation if the truth is discovered later.	Prioritize Family Safety: If the receiving Military Treatment Facility (MTF) cannot support your family's condition, the family's health will suffer, and the service member may face an abrupt, career-disrupting early PCS.

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.

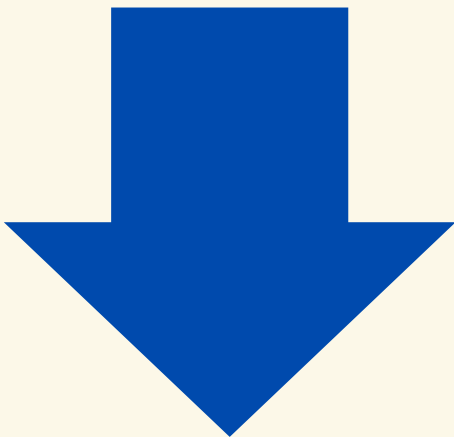
Connect with resources

- 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.**

EMERGENCY PREPAREDNESS FOR EFMP FAMILIES DURING HURRICANE SEASON

HURRICANE SEASON IN HAWAII IS FROM JUNE 1ST - NOVEMBER 30TH ANNUALLY

SUMMER STORMS, TRAVEL, AND OUTDOOR ACTIVITIES CAN BRING UNEXPECTED SITUATIONS. EFMP FAMILIES SHOULD KEEP AN EMERGENCY KIT READY WITH ESSENTIALS LIKE MEDICATIONS, MEDICAL DOCUMENTS, COMFORT ITEMS, AND COMMUNICATION AIDS. IT'S ALSO HELPFUL TO CREATE A PLAN THAT INCLUDES EMERGENCY CONTACTS AND A LIST OF YOUR FAMILY MEMBER'S SPECIFIC NEEDS.

IT'S IMPORTANT TO KEEP YOUR NFAAS (NAVY FAMILY ACCOUNTABILITY AND ASSESSMENT SYSTEM) ACCOUNT UPDATED TO ENSURE YOU RECEIVE TIMELY SUPPORT AND GUIDANCE DURING ANY EMERGENCY. WEBSITE: [HTTPS://NAVYFAMILY.NAVY.MIL](https://navyfamily.navy.mil)

1. CREATE A FAMILY EMERGENCY PLAN

- COMMUNICATION: DESIGNATE AN OUT-OF-TOWN CONTACT FOR ALL FAMILY MEMBERS.
- EVACUATION ROUTES: KNOW THE SAFEST ROUTES AND ENSURE EVERYONE, ESPECIALLY THOSE WITH MOBILITY CHALLENGES, CAN NAVIGATE THEM.
- MEDICAL NEEDS: COMMUNICATE EVERYONE'S MEDICAL NEEDS (MEDICATIONS, MEDICAL EQUIPMENT, ETC.).
- SPECIAL CONSIDERATIONS: FOR CHILDREN OR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES, EXPLAIN EVACUATION PROCEDURES SIMPLY.

2. CREATE AN EMERGENCY KIT

- BASIC SUPPLIES: FOOD, WATER, FLASHLIGHTS, BATTERIES, ETC.
- MEDICATIONS: 7-10 DAY SUPPLY OF PRESCRIPTION AND OVER-THE-COUNTER MEDS.
- MEDICAL DEVICES: BACKUP SUPPLIES FOR MEDICAL EQUIPMENT LIKE CPAP MACHINES, OXYGEN TANKS, ETC.
- IMPORTANT DOCUMENTS: WATERPROOF CONTAINER FOR IDS, MEDICAL RECORDS, ETC.
- ADAPTIVE DEVICES: ENSURE ASSISTIVE DEVICES (HEARING AIDS, WHEELCHAIRS) ARE IN GOOD CONDITION AND HAVE BACKUP POWER.

7. SPECIAL CONSIDERATIONS FOR CHILDREN

- SENSORY NEEDS: USE COPING TOOLS LIKE NOISE-CANCELING HEADPHONES, FIDGET TOYS, CALMING MUSIC.
- ROUTINE: PRACTICE THE EMERGENCY PLAN WITH CHILDREN, ESPECIALLY THOSE WITH AUTISM OR DEVELOPMENTAL CONDITIONS.
- VISUAL INSTRUCTIONS: USE VISUAL SCHEDULES OR PICTURES TO EXPLAIN PROCEDURES.

3. PREPARE FOR POWER OUTAGES

- BACKUP POWER: INVEST IN A GENERATOR FOR MEDICAL EQUIPMENT.
- NON-ELECTRIC ALTERNATIVES: USE BATTERY-OPERATED FANS, COOL TOWELS, OR ICE PACKS.
- CHARGING OPTIONS: EXTRA CABLES, PORTABLE CHARGERS, AND SOLAR-POWERED CHARGERS.

5. KEEP MEDICAL PROFESSIONALS IN THE LOOP

- NOTIFY PROVIDERS: INFORM HEALTHCARE PROVIDERS OF YOUR NEEDS DURING EMERGENCIES.
- LOCAL HOSPITALS: KNOW WHERE THE NEAREST FACILITY CAN ACCOMMODATE SPECIAL MEDICAL NEEDS.

8. EMERGENCY SHELTER & EVACUATION

- ACCESSIBLE SHELTERS: FIND SHELTERS EQUIPPED FOR MOBILITY CHALLENGES AND MEDICAL EQUIPMENT.
- TRANSPORTATION ASSISTANCE: CONTACT LOCAL AGENCIES FOR SPECIAL TRANSPORTATION SERVICES DURING EVACUATION.

4. MEDICAL SUPPLIES & FIRST-AID KIT

- FIRST-AID KIT: INCLUDE ITEMS SPECIFIC TO FAMILY NEEDS (E.G., SENSITIVE SKIN BANDAGES, ANTI-ANXIETY MEDS).
- SPECIAL EQUIPMENT: BACKUP POWER AND SUPPLIES FOR MEDICAL EQUIPMENT LIKE NEBULIZERS OR OXYGEN TANKS.

6. STAY INFORMED

- WEATHER UPDATES: SIGN UP FOR FEMA ALERTS, NATIONAL WEATHER SERVICE UPDATES.
- COMMUNITY SUPPORT: CHECK WITH EFMP COORDINATORS, LOCAL AGENCIES FOR ASSISTANCE.

9. MENTAL HEALTH & COPING STRATEGIES

- STRESS MANAGEMENT: HAVE MENTAL HEALTH RESOURCES AVAILABLE.
- SUPPORT NETWORK: LEAN ON EXTENDED FAMILY, NEIGHBORS, OR EFMP SUPPORT GROUPS.

10. PRACTICE & REASSESS

- PRACTICE THE PLAN: REHEARSE THE PLAN WITH EVERYONE, ESPECIALLY THOSE WITH SPECIAL NEEDS.
- REASSESS REGULARLY: UPDATE YOUR PLAN AND SUPPLIES AS NEEDS CHANGE.



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.

Respitecare 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.

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.



FOR MORE INFORMATION

**Call 800-424-2246 x317 or
visit www.childcareaware.org**

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

September 5-6 – 44th Annual Okinawan Festival :- Honolulu, Hawaii

September 6 - Waimea Valley-Community Volunteer Events - Haleiwa ,Hawaii

September 12 - Megabon 2026 – Pearl City,Hawaii

September 19- Phamily Fun Day Oktoberfest: Pearl Harbor Aviation Musuem - Honolulu, Hawaii



Oahu Events Cont.

September 20- Rooftop Stargazing- Ka Lewa Lanai- Waikiki, Hawaii

September 26 - Sunset on the Beach- The Bad Guys 2 – Wakiki, Hawaii

September 1-30 -Aloha Bricks 2026 stories of Hawaii-
Honolulu, Hawaii



Open to all DoD ID Cardholders.

FORT SHAFTER LIBRARY HOMESCHOOL Hangout

Every Monday
10 a.m.-2 p.m.
(Except on Federal Holidays)

We have the space for your
homeschool socializing
needs. Enjoy our books,
board games, blocks, puzzles,
and much more.

Activities are self-led



Want to learn more about the library? We can do that too. Library orientations can be scheduled; please speak with our Library staff.

For more information, call Fort Shafter Library at
(808) 438-9521 or scan the QR Code!



SCAN ME

181 Chapple Rd.
Bldg. 650,
Fort Shafter,
96858

Monday-Thursday
10 a.m.-5 p.m.
Friday-Saturday
10 a.m.-3 p.m.



*Events subject to change; check
ARMY HAWAII LIBRARIES Facebook
Page for the latest information.



HiMWR.com or MWR HAWAII





Every 3rd Wednesday of Each Month

Library Classroom 106

10:00-11:00 AM

Ages 0-5

Must have base access

MARINE & *Family*

Library Program

EFMP Exceptional Family Member Program



Resources

Please click on each title to access the available websites.

Family

- [Hawaii Ohana Support Network](#)

School

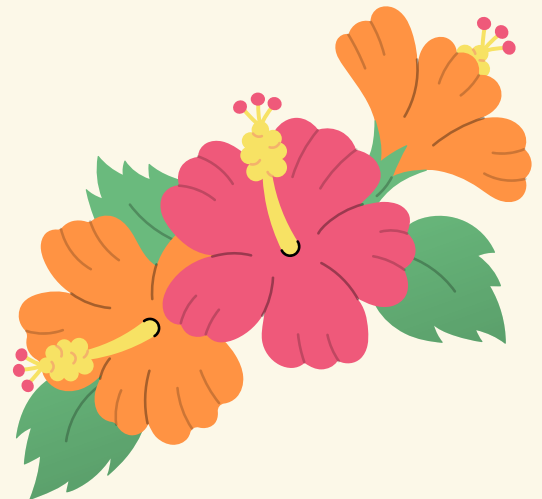
- [JBPHH School Liaison Officer](#)
Contact Number: 808-306-9247
Email: jbphhslo@us.navy.mil
- [Hawaii Family Engagement Center](#)
- [Hawaii Afterschool Alliance](#)

Community

- [Special Parent Information Network](#)
- [Military One Source](#)



BACK TO SCHOOL



SEPTEMBER

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

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](https://www.facebook.com/jbphh.mfsc)  [jbphh_mfsc](https://www.instagram.com/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) 473-2444 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**

