The Kokua Bulletin



OCTOBER 2024

ALOHA EFMP 'OHANA!

Welcome to Awesome October! We hope that the fall season is off to a great start for you! The MFSC EFMP Team is excited to share resources and activities that strengthen and support your engagement with career, school and family life.

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-familysupport-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. The **second Thursday of every month, JBPHH EFMP** will be highlighting informational topics, via email, filled with relevant material that is specific to our EFMP community. Our aim is to connect you with information & resources that cater to your unique needs and serve as valuable assets in the well-being and empowerment of your family members.

This month's topic: Self-Care.





National Down Syndrome Awareness Month is observed each October. It's a month to raise awareness and promote advocacy.

Use #DownSyndromAwarenessMonth to post on social media.

Learn more: <u>Down Syndrome Awareness Month | National Down Syndrome</u> <u>Society (NDSS)</u>



October Disability Observances

ADHD Awareness Month

United States

https://www.adhdawarenessmonth.org/

Spina Bifida Awareness Month

United States

https://spinabifidaassociation.org/event/spina-bifidaawareness-month/

American Veterans Disabled for Life Awareness Day

5-Oct United States

https://www.disabled-

world.com/disability/awareness/avdfl.php

World Mental Health Day

10-Oct Global

https://www.who.int/mental_health/world-mental-health-day/en/



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.

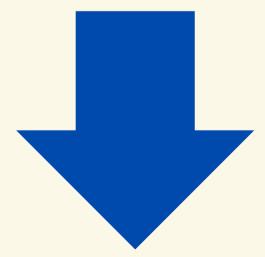
CONNECT WITH RESOURCES

 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 <u>DOES NOT</u> ENROLL YOU IN <u>OR</u> 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

- 12 OCTOBER: WAIKIKI FALL FESTIVAL (WAIKIKI)
- 12 OCTOBER: <u>SOUTWEST SUNSET ON THE BEACH</u>
 <u>MOVIE</u> (WAIKIKI)
- 19 OCTOBER: <u>SPECIAL OLYMPICS FUNDRAISER OVER</u> <u>THE EDGE</u> (WAIKIKI)
- 24 OCTOBER: ROOFTOP STARGAZING (WAIKIKI)
- 26 OCTOBER: <u>NEX SPOOKTACULAR EVENT</u>/TRUNK-OR-TREAT (JBPHH)



Resources

Family

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

School

- JBPHH School Liaison Officer: 808-306-9247 jbphhslo@navy.mil
- Hawaii Family Engagement Center: <u>https://cds.coe.hawaii.edu/hfec/</u>
- Hawaii Afterschool Alliance: <u>https://www.hawaiiafterschoolalliance.org/</u>

Community

- Special Parent Information Network: <u>https://spinhawaii.org/</u>
- Military One Source: <u>https://www.militaryonesource.mil/</u>





EFMP Trainings

2024 Family Strengthening Series

January	Bullying Awareness & Prevention
February	Special Needs Trusts
March	American Red Cross Overview
April	Establishing Secondary Dependency
Мау	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

Third Thursday Monthly, 5-6PM Register today! Space is limited!

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 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

Cherise Yamasaki

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

