

MCB Hawaii EFMP

The Exceptional 'Ohana

October 2026



EFMP Presents:

A Sensory-Friendly Halloween

**Please join us for our
Special Needs Forum and
Trick-or-Treat Event**

October 28, 2026

1:30-3:30 pm

Building 220 Education Center

We encourage all families to come out, in costume (optional), and Trick-or-Treat around buildings 219 & 220. We will have candy and other give-a-ways for all the kids to enjoy!

Contact Us:

Main: 808-496-0290

Fax: 808-496-1650

Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii



EFMP Exceptional
Family Member
Program



**With Halloween upon us, a lot of children will
be visiting your home. Please keep the
following in mind:**

- ♦ The child grabbing more than one piece of candy may have challenges with fine motor skills
- ♦ The child who takes a while to pick out one piece of candy may have motor planning difficulties
- ♦ The child who does not say trick-or-treat or thank you may be non-verbal
- ♦ The child who looks disappointed when they see your bowl may have an allergy or may be diabetic
- ♦ The child not wearing a costume may have a sensory sensitivity or autism

Be kind. Be Patient.

It's everyone's Halloween!



October Spotlight: ADHD

Attention Deficit Hyperactivity Disorder (ADHD or ADD) is a complex brain disorder that impacts approximately 11 percent of children aged 4-17 and almost 5 percent of adults in the United States. ADHD is not a behavior disorder. It is a developmental impairment of the brain's self-management system and executive functions. This month's spotlight is to highlight reliable information about ADHD to dispel the harmful stories that perpetuate the stigma. It also aims to encourage people affected by ADHD to seek assessment, get appropriate treatment, and share resources.



7 Facts about ADHD

1 ADHD is Real

Nearly every mainstream medical, psychological, and educational organization in the United States long ago concluded that Attention-Deficit/Hyperactivity Disorder (ADHD) is a **real, brain-based medical disorder**. These organizations also concluded that children and adults with ADHD benefit from appropriate treatment.

2 ADHD is a Common

ADHD is a non-discriminatory disorder affecting people of every age, gender, IQ, religious and socio-economic background.

In 2011, the Centers for Disease Control and Prevention reported that the percentage of children in the United States who have ever been diagnosed with ADHD is now 9.5%. Boys are diagnosed 2 to 3 times as often as girls. Among adults, the Harvard/NIMH National Comorbidity Survey Replication found 4.4% of adults, ages 18-44 in the United States, experience symptoms and some disability. ADHD and ADD refer to the same disorder. The only difference is that some people have hyperactivity and some people don't.

3 Diagnosing ADHD is a Complex Process

In order for a diagnosis of ADHD to be considered, the person must exhibit a large number of symptoms, demonstrate significant problems with daily life in several major life areas (work, school, or friends), and have had the symptoms for a minimum of six months.

To complicate the diagnostic process, many of the symptoms look like extreme forms of "normal" behavior. Additionally, a number of other conditions resemble ADHD. Therefore, other possible causes of the symptoms must be taken into consideration before reaching a diagnosis of ADHD.

What makes ADHD different from other conditions is that the symptoms are excessive, pervasive, and persistent. That is, behaviors are more extreme, show up in multiple settings, and continue showing up throughout life.

No single test will confirm that a person has ADHD. Instead, diagnosticians rely on a variety of tools, the most important of which is information about the person and his or her behavior and environment.

5 ADHD is Not Benign

Particularly when the ADHD is undiagnosed and undertreated, ADHD contributes to:

- * Problems succeeding in school and successfully graduating.
- * Problems at work, lost productivity, and reduced potential earnings.
- * Problem with relationships.
- * More driving citations and accidents.

6 ADHD is Nobody's FAULT

ADHD is NOT caused by moral failure, poor parenting, family problems, poor teachers or schools, too much TV, food allergies, or excess sugar. Instead, research shows that ADHD is both highly genetic (with the majority of ADHD cases having a genetic component), and a brain-based disorder (with the symptoms of ADHD linked to many specific brain areas).

Article from: ADHDawarenessmonth.org

7 ADHD Treatment is Multifaceted

Currently, available treatments focus on reducing the symptoms of ADHD and improving functioning. Treatments include medication various types of psychotherapy, behavioral interventions, education or training, and educational support. Usually a person with ADHD receives a combination of treatments.

4 ADHD and Other Conditions

Up to 30% of children and 25-40% of adults with ADHD have a co-existing anxiety disorder. Experts claim that up to 70% of those with ADHD will be treated for depression at some point in their lives. Sleep disorders affect people with ADHD 2 to 3 times as often as those without it.



FIDGET TOYS

Fidget toys are self-regulation tools to help with focus, attention, calming, and active listening. Fidgets come in all different shapes, sizes and textures and are often referred to by various different names. Stress balls, tangles and putty can be all used as fidget toys to promote movement and tactile input that is critical for some students learning.

Come Visit the

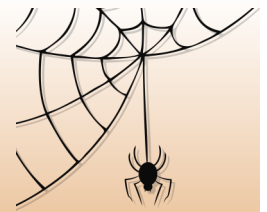
EFMP Lending Library

We have a variety of fidget tools for you to try out!

You can borrow these fidget toys and find more materials at the EFMP Lending Library. Call (808) 496-0290 or stop by our office for more info!



Training & Events



For event registration or questions, call us at (808)-496-0290.

You can also email us at mcbh.efmp@usmc.mil or contact your case worker.

DATE	TIME	TOPIC	LOCATION
October 21	10:00 AM	Partnering with MCBH Library: Sensory Friendly Storytime	Building 219 Classroom 106
October 28	1330-1530	Sensory Friendly Trick or Treat— Start at EFMP office, continue around building 219 and the Ed Center.	Start at Building 220 (Education Center). See signage for Classroom letter.
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	MCBH Branch Health Clinic Kaneohe Bay



Kuleana



Sense of responsibility

Kuleana is the Hawaiian value of one's personal sense of responsibility. The person possessing Kuleana, believes in the strength of this value, and will be quick to say, "I accept my responsibilities, and I will be held accountable." Kuleana speaks the language of self-motivation, ownership, empowerment, and the personal transformation which can result. Effective delegation becomes about the sharing of Kuleana with others. Kuleana can give us amazing clarity about what begins and ends with us as individuals.