



MCB Hawaii EFMP

The Exceptional Ohana

September 2024

Special Needs Forum & IEP BINDER WORKSHOP

The semi-annual Special Needs Forum will be held on Thursday, 26 September, 10:30 in MCBH building 219, classroom 2 (next to the EFMP office).

This forum focuses on Special Education,

Learn how to create
and organize an IEP binder.

RSVP today to reserve your binder materials!
Adaptive school supplies (limited quantities)
will also be available.

RSVP at 808-496-0290

By Monday, September 24th

This annual EFMP Resource Guide features military and community resources that support Exceptional Families. This guide is not exhaustive, so if you don't see something you are looking for, visit our EFMP office or contact your EFMP Family Case Worker for even more resources available to you and your family! EFMP is here to help find the supports *you* need!

Kūlia i ka nu'u - This is the value of accomplishment and achievement. The literal translation for kūlia i ka nu'u is "Strive to reach the summit." Those who demonstrate this value continually pursue improvement and personal excellence. For them, the most satisfying competition is with themselves: They consider their life and everything within it to be a work in progress, and they enjoy the effort.

Kūlia i ka Nu'u

Pursue personal excellence

EFMP Resource Guide 2024

American Diabetes Association Hawaii—If you are finding daily diabetes management to be a struggle, the American Diabetes Association can help! For an overview of programs, visit: <https://www.diabetes.org/>

AYSO EPIC Soccer—The mission of the AYSO EPIC program is to provide a quality soccer experience for individuals whose physical or cognitive disabilities make it difficult for them to successfully participate on mainstream soccer programs. <https://aysovolunteers.org/ayso-vip-is-now-epic/>

Armed Services YMCA (ASYMCA)—With branch locations at Joint Base Pearl Harbor-Hickam, Marine Corps Base Hawaii, and U.S. Army Schofield Barracks/Wheeler Army Airfield, the ASYMCA provides innovative and quality social, educational, and recreational programs to meet the needs of military service members and their families in the state of Hawaii. www.asymca.org/honolulu-hi



Assistive Technology Center of Hawaii (ATRC)—A non-profit agency designed to educate individuals about assistive technology and link people to specific technology that aids or improves daily living. www.atrc.org

Autism Society of Hawaii—The Autism Society of Hawaii serves children and adults on the autism spectrum and works to develop opportunities for all those affected so that they can reach their highest potential. www.autismsocietyofhawaii.org

Base Library MCBH—Supports the educational, recreational, and lifelong learning needs of all service members and their families. www.mccshawaii.com/library

Child & Youth Programs MCBH—Provides childcare services, information, referrals and assistance in locating appropriate, affordable and accessible childcare and recreational programs in the local area, both on and off base. <http://mccshawaii.com/cyp/>

City & County- Parks and Recreation Division—Committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. To request a reasonable modification, contact the Therapeutic Recreation Unit at 808-768-3027. For a list of programs & parks visit: <https://www.honolulu.gov/parks/program/programs-classes.html>

Community Children's Counsel (CCC)—The Community Children's Councils serve children and families including those with disabilities and mental health needs through collaborative partnerships. Fully supported collaborative partnerships require equal participation and shared responsibilities. www.hawaiipublicschools.org/ParentsAndStudents/SupportForParents/Pages/CCC.aspx

Community Counseling MCBH—Counseling services available for individuals, couples, children, and families. Marines, Sailors attached to Marine Units, and Marine retirees and their families are eligible for services. Licensed and experienced counselors are here to assist with the challenges that can affect your emotional well being, relationships, family life and military readiness. Services are confidential, within the limits of the law, and counseling records are not kept permanently or part of your medical record. <http://mccshawaii.com/ccp/>

Down Syndrome `Ohana—Families joined together to support all individuals with Down Syndrome in the home, school, and community. Join the `ohana today! www.dsosohawaii.com

Early Intervention— A federal and state-mandated program that provides services to support the development of infants and toddlers from birth to three years of age. <http://health.hawaii.gov/eis>

Easter Seals Hawaii—Early Intervention Services: Provides exceptional, individualized, family-centered services to empower people with disabilities or special needs to achieve their goals and live independent, fulfilling lives. www.easterseals.com/hawaii/



EFMP offices— Enrollment in the EFMP ensures a family member's documented medical and educational needs are considered during the assignment process. It also allows families to receive the support and assistance they need to navigate medical and educational systems. hawaii.usmc-mccs.org/efmp

Epilepsy Foundation of Hawaii— The Epilepsy Foundation of Hawaii's mission is to increase public awareness of epilepsy and help our friends and family with seizures be safe and be part of our community. www.epilepsyhawaii.org/

FOCUS— FOCUS Resiliency Training provides families and couples the skills needed to improve communication, solve problems and set goals. The FOCUS Hawaii team now has virtual Tele FOCUS program allows families and couples to meet with a provider through video teleconference. Contact the FOCUS Project at (808) 257-7774.



Hawaii@focusproject.org

Ohana Military Communities/HUNT— Housing open to active duty service members stationed on O`ahu who have one or more accompanying dependents. www.ohanamarinecorpscommunities.com



Hawaii Fi-Do—Dedicated to breeding, raising, and successfully training assistance dogs to provide physical, medical, and therapeutic support for people who face the daily challenges of life with a disability other than blindness. www.hawaiifido.org

Hawaii Disability Rights Center (HDRC)— The mission of the corporation is to protect and promote the human, civil and legal rights of individuals with disabilities through the provision of information and advocacy. <http://hawaiidisabilityrights.org/>

Hawaii International Dyslexia Association (HIDA)—Provides information and support to parents of struggling readers. <https://hi.dyslexiaida.org>

Hilopa'a—Family-to-Family Health Information- Are you receiving services from a Medicaid program? Do you have questions or concerns or maybe just need some help figuring things out? The Hawai'i State Medicaid Ombudsman is here to help! <http://www.hilopaa.org>

Ho`omana—A support group run by parents, for parents of children on the Autism Spectrum in the Windward district. They meet once a month in the evening to give parents support, guidance, and to provide the sharing of experiences from group members and facilitators. <https://goo.gl/oTW8kz>



HUGS—Serves families with children up to the age of 21 who have been diagnosed with any illness or disease that affects life expectancy. The organization is the only one of its kind in the state that provides programs designed to improve the quality of life for families as they deal with the emotional and financial hardships of caring for a seriously ill child. <https://hugshawaii.org>

Juvenile Diabetes Research Foundation (JDRF)—is the leading global organization funding type 1 diabetes (T1D) research. JDRF's goal is to progressively remove the impact of T1D from people's lives until we achieve a world without T1D. JDRF collaborates with a wide spectrum of partners and is the only organization with the scientific resources, policy influence, and a working plan to better treat, prevent, and eventually cure T1D. <https://www.jdrf.org/hawaii/>

Leadership in Disabilities & Achievement of Hawaii (LDAH)—The Parent Training & Information Center (PTI) for the state of Hawaii. LDAH's mission is to enhance educational, work and life opportunities for children and youth with or at risk of disabilities by empowering them and their families through screening, identification, information, training and mentoring, and by public outreach and advocacy. <https://ldahawaii.org/>

L.I.N.K.S.—Informative courses that explain about military history and tradition, how to cope with a PCS move, and how to find and make use of the resources the base offers to families. There are different courses specifically designed for kids, teens, marines, and spouses. <http://mccshawaii.com/L.I.N.K.S.>

Military Child Education Coalition— Find behavioral health guides for understanding child and youth behavioral health issues for military families, “Leaving your Footprint” Series, and more are available by visiting <https://www.militarychild.org/>



Make a Wish Foundation—Every 37 minutes Make-A-Wish® grants the wish of a child diagnosed with a life-threatening medical condition in the United States and its territories. Make-A-Wish believes that a wish experience can be a game-changer. This one belief guides them in everything they do. It inspires them to grant wishes that change the lives of the kids they serve. www.hawaii.wish.org

NAMI Hawaii—NAMI Hawaii provides free support, information and resources if you or a loved one are struggling with a mental health condition. Please contact NAMI Hawaii at info@namihawaii.org or (808) 591-1297.

New Parent Support Program MCBH—A team of professionals who focus on providing one-on-one support for new parents. The program helps parents, including expecting parents, develop the skills they need to provide a nurturing environment for their children. <http://mccshawaii.com/npsp>



Online Military OneSource—Your search stops here – click around for answers to the military life questions you didn't even know to ask. Military OneSource is your central hub and go-to-place for the military community. www.militaryonesource.mil

School Liaison Program MCBH— The School Liaison can help answer questions related to the Hawaii Department of Education (DOE), Private Schools, and or Home Schooling and provides current information on educational services to help families make the best educational decisions for their children. <http://mccshawaii.com/slp/>



Semper Fit MCBH—The Semper Fitness Center staff are committed to promoting wellness and fitness for Marines, Sailors, and authorized patrons, to include youth sports. <http://www.mccshawaii.com/semperfit>

Special Olympics Hawaii—Providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults in Hawaii with intellectual and/or developmental disabilities. <http://www.specialolympicshawaii.org/>

Special Parent Information Network (SPIN)—A parent-to-parent organization in Hawaii that provides information, support and referral to parents of children and young adults with disabilities and the professionals who serve them. <http://spinhawaii.org/>



Tails of Aloha—Tails of Aloha is an all-volunteer Animal Assisted Therapy Organization whose teams work with hospitals, nursing homes, hospices, schools, and private homes.

<http://www.tailsofaloha.com/>

Therapeutic Horsemanship of Hawaii- Offering therapeutic riding & regular riding lessons in Waimanalo, O`ahu, HI. <http://www.thwaimanalo.org/index.php>

TRICARE Extended Health Care Option (ECHO)—Provides assistance to beneficiaries with special needs for an integrated set of services and supplies such as the Autism Care Demonstration for ABA services, Speech Language Pathology, and other therapies. https://tricare.mil/Plans/SpecialPrograms/ECHO.aspx?sc_database=web



Co-regulation:

Helping others navigate big emotions

Co-Regulation is a tool we can use to assist those having difficulty managing their feelings and emotions by developing warm responsive relationships, creating a safe supportive environment, and coaching or modeling self-regulation skills. But before a parent or trusted adult can help a child or anyone else, they need to understand and be aware of their own emotional skills and limitations.

We must be able to regulate our own emotions in difficult moments to help children or others gain these same skills to teach them to self-regulate. By consistently practicing co-regulation, parents and other trusted adults foster and teach self-regulation skills in kids. Self-regulation skills include identifying emotions, self-soothing, looking at a situation from another's perspective, waiting/taking turns, problem solving, and so much more. Through co-regulation, we can help others learn to manage their own stress, resist immediate gratification, plan ahead, problem solve, adapt to change, and take healthy risks.

First, pause and regulate your own emotions, such as by taking a deep breath. It's important to remember to stay calm because emotions are contagious. Next, validate the other person's feelings by using supportive words, observe their response, and then decide how to respond next, whether it be with a few reassuring words or non-verbally such as a gentle touch. Sometimes being silent but physically present, is all the other person may need in the moment. Support them in calming down by modeling or offering calming strategies, then talk when they're ready.

Co-regulation takes practice, and we may sometimes feel our own self-regulation skills aren't where it should be. It's important to have a growth mindset and understand that regulation is something we can all work on by being more mindful of our own emotions and responses.

FCB Behavior Specialist, adapted from:

[Co-regulation: Helping children and teens navigate big emotions - Harvard Health](#)



Training & Events

For event registration, call us at 808-496-0290.

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

Please register at least 1 day prior to the event.

DATE	TIME	TOPIC	LOCATION
September 5	10:30 AM	Accessing Community Resources— Come learn more about how to identify an array of resources available to you, such as Marine & Family Programs, as well as other military resources, state, federal, and Local resources.	Virtually on Webex.
September 12	10:00 AM	SSI/SSDI and Medicaid Waiver— Join EFMP on Webex to get a better understanding of what is Medicaid & Supplemental Security Income (SSI)	Join on Webex Call to RSVP and get the Link
September 26	10:30 AM	Special Need Forum — The semi-annual Special Needs Forum will be focused on Special Education Overview.	EFMP office (building 219) in the classroom next to our office.
September 26	10:30 AM	Special education Overview— Come join us to create and/or organized your IEP binder. We have the material you need to create a binder. If you already have one we can help you organize it.	EFMP office (building 219) in the classroom next to our office.
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic Kaneohe Bay



EFMP Exceptional Family Member Program