

# MCB Hawaii EFMP The Exceptional 'Ohana October 2024



## Virtual Pumpkin

## Exploration Series

Join us for some Pumpkin sensory fun!

- ◆ Prepping
- ◆ Painting
- ◆ Stamping
- ◆ Carving

Check out our EFMP Hawaii Facebook page for a series of tutorial videos on how to get the most out of your pumpkin!



## Join us on Facebook!

[www.facebook.com/efmphawaii](http://www.facebook.com/efmphawaii)

Contact Us:

Main: 808-496-0290

Fax: 808-257-1650

Email: [mcbh.efmp@usmc.mil](mailto:mcbh.efmp@usmc.mil)

Facebook & Instagram: @EFMP Hawaii



## Happy Halloween!

EFMP will be hosting our Sensory-Friendly Trick-or-Treating event on **October 30, 2024 From 1:30-3:30pm**. 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!

**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!



**EFMP** Exceptional Family Member Program



# OCTOBER IS ADHD AWARENESS MONTH

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. The purpose of ADHD Awareness Month is to spread 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, Non-Discriminatory Disorder

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. If the person meets all of the criteria for ADHD, he or she will be diagnosed with the disorder.

### 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. \* Problems with overeating and obesity. \* Problems with the law.

### 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).

The factors that appear to increase a child's likelihood of having the disorder include gender, family history, prenatal risks, environmental toxins, and physical differences in the brain.

### 7 ADHD Treatment is Multi-faceted

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 Other Mental Health Conditions Often Occur Along With ADHD

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, call us at (808)-496-0290.**

You can also email us at [mcbh.efmp@usmc.mil](mailto:mcbh.efmp@usmc.mil) or contact your case worker.

Please register at least 1 day prior to the event.

DATE	TIME	TOPIC	LOCATION
October 3	10:30 AM	INTRODUCTION TO EFMP— Learn about all that EFMP has to offer!	Virtually on Teams. RSVP to get link at (808) 496-0290 or email at above link
October 12	10:00 AM	Service VS. Therapy Animals— Learn more about defining the difference & identity & identify installation regulations.	On Teams— get the link when you RSVP
October 30	1330-1530	Sensory Friendly Trick or Treat— Start at EFMP office, continue around building 219 and the Ed Center.	Around building 219 , 244 and 220
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	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.