

MCB Hawaii EFMP
The Exceptional 'Ohana
February 2025

*Did you know that EFMP has a
Respite Care Reimbursement Program?*

The respite care reimbursement program is intended to reduce stress on sponsor families by providing temporary rest periods for family members who care for those with special needs. Up to 20 hours of respite care per month, per eligible family. Not sure whether or not you're eligible? Call your EFMP Family Case Worker today!

For More information, join our Respite Care Training or call/email the EFMP office directly.

Have a family member using TRICARE ECHO benefits? You may be eligible to access additional respite hours through ECHO.

Visit <https://tricare.mil/Plans/SpecialPrograms/ECHO/Benefits> for more information.

Having a Self-care Plan

As a parent or a caregiver of someone with high-needs, the lives of all involved are complicated. It's very easy to become hyper-focused, overinvolved, and unable to separate "Self" from "Situation". This is very common, normal, and at the same time are the very things required to function within the daily life of caring for a family member with exceptional needs. Over time this can lead to feeling overwhelmed and frustrated. If unchecked, these feelings build, leaving one vulnerable to burnout.

It is important for caregivers to know when they are wearing down and get into the habit of recharging their batteries. A way to prevent stress and burnout is to plan on incorporating some type of respite into your life. Time to replenish through some quiet time alone, exercise, or a date with a significant other or friend can do wonders for your physical and mental health. Taking care of yourself will help you better care for others.

CONTACT US:

Main: 808-496-0290

Fax: 808-257-1650

Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii



EFMP Exceptional
Family Member
Program

Positive Reinforcement Through Random Acts of Kindness

February 17th is Random Acts of Kindness Day, and we'd like to encourage a focus on spreading positivity everyday! Performing a random act of kindness can significantly improve someone else's day by making them feel seen and appreciated, but it can also boost your own happiness and well-being by improving your mood through the release of feel-good hormones like oxytocin and dopamine, reducing stress, and fostering a sense of connection to others. Essentially, by performing random acts of kindness, you are reinforcing positive interactions and behaviors within a community or social setting and creating a ripple effect of positivity!



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
February 5	10:00 AM	Respite Care Overview— Understand respite care eligibility and the requirements for reimbursement.	Virtual on Teams. Call or email to register and we'll provide a link.
February 18	12:00 PM	Special Education Overview— Join us in learning more about PCSing with an IEP.	BUILDING 219, CLASSROOM 2
February 19	10:00AM	Sensory-friendly Storytime with the base Library. This Storytime incorporates more songs and movement for the active child.	BUILDING 219, CLASSROOM 2
February 20	10:30AM	Managing Deployments— Come learn strategies on ways to handle deployments.	Virtual on Teams. Call or email to register and we'll provide a link.
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location.	Branch Health Clinic Kaneohe Bay

Mālama
To care for and protect

Mālama — is the value of taking care of, or protecting. Mālama relates to our environment, culture, each other, ourselves, and everything with which we interact. It's about honoring our connection with nature, culture and our community.