MCB Hawaii
EFMP

The Exceptional ‘Ohana December 2026 Newsletter



We wish our EFMP families a wonderful holiday season!



EFMP & Me

Military OneSource offers EFMP & Me, an online tool for military families with special needs. It includes checklists, resources, referrals, and step-by-step guidance for EFMP enrollment, PCS moves, education, medical needs, deployment, and other family-support topics. Families can also use the tool to connect with an EFMP Family Support provider. No account is required to use the tool. militaryonesource.mil
Learn more:
https://www.militaryonesource.mil/resources/network/efmp-and-me/

EFMP FAMILY WORKSHOP SERIES

In partnership with the MCBH Library

Power Up! Family Strategies for Empowered Minds

Join us for books, parent strategies, and sensory activities for children. Connect with other families while learning about common learning and developmental needs.

All ages welcome. EFMP enrollment is not required.

- **Jan. 12:** ADHD — The Attention Adventure
- **Jan. 26:** Anxiety — The Courage Quest
- **Feb. 9:** Autism — The Amazing Minds Mission
- **Feb. 23:** Learning Disabilities — The Learning League

1700–1800
MCBH Library, Classroom 106, Building 219

CALENDAR OF EVENTS

Sensory Friendly Storytime in partnership with MCBH library (every 3rd Wed of the month)
1000-1100 Dec 16

Navy Clinic Hours (every Tuesday of the month)
0830–1130
Tuesday, Dec 1, Tuesday, Dec 8, Tuesday, Dec 15, Tuesday, Dec 22, Tuesday Dec 29

Special Events
EFMP Family Field Trip to Honolulu Hale make family connections while touring the holiday lights with our TEO Shana LoPresti
Dec 11 1800-1930 RSVP Required, Free Event

EFMP Closures
December 25, 2026
January 1, 2027

Military OneSource
Free counseling, family support, and helpful resources.
800-342-9647

TRICARE
Find healthcare providers, specialists, and covered services.
tricare.mil

Hawai'i Parent to Parent
Support and resources for families of children with disabilities.
808-262-3463

EFMP CONTACT INFO

(808)496-0290

EFMP office
Building 219 Suite 107

EFMP website

mcbh.efmp@usmc.mil



Howzit O'ahu – December 2026 Events

Kaimukī Christmas Parade & Tree Lighting

Thursday, December 3 | 6:00–7:00 PM
Location: Waiʻalae Avenue, Kaimukī
Admission: Free
Enjoy marching bands, festive floats, community groups, and the annual Christmas tree lighting.



Honolulu City Lights

December 5–31 | Lights nightly from 6:00 PM
Location: Honolulu Hale, 530 S. King Street
Admission: Free
Celebrate the season with beautiful light displays, holiday decorations, and festive family photo opportunities.



A Very Merry Fest Gift Festival

December 5–6 | Sat. 10 AM–7 PM, Sun. 10 AM–5 PM
Location: Pearlridge Center, ʻAiea
Admission: Free
Enjoy holiday shopping, local vendors, live entertainment, and family-friendly activities, including a petting zoo.



Holiday Craft & Collectibles Fair

Saturday, December 12 | 9:00 AM–1:00 PM
Location: Japanese Cultural Center of Hawaiʻi,
Admission: Free
Explore handmade gifts, unique crafts, and Japanese-inspired items from local artists and small businesses.



What does Autism support include for military families?

ABA Services

Applied Behavior Analysis (ABA) is an evidence-based approach that applies principles of learning and behavior to help individuals develop practical skills and address behaviors that interfere with daily functioning. ABA services may support communication, social interaction, self-care, and other functional life skills. Services are individualized and may use structured teaching, naturalistic or play-based activities, and positive reinforcement.

ABA providers use observation and data to identify factors that may influence behavior and to evaluate whether interventions are effective. Treatment plans should be based on the individual's needs, goals, and progress.

Core Components

- Assessment: A BCBA evaluates skills, needs, and factors affecting behavior.
- Goals: Goals may include communication, social skills, self-help, and functional life skills such as hygiene, dressing, eating, and routines.
- Implementation: Trained staff use individualized strategies to teach skills and support positive behavior.
- Progress Monitoring: Providers collect data, monitor progress, and adjust strategies as needed.
- Caregiver Collaboration: Caregivers may receive guidance to support skills during daily routines.

ABA May Support

- Communication and language development
- Independence with daily living and self-help skills
- Social interaction, play, and participation
- Attention, learning readiness, and task completion
- Reduction of behaviors that create safety concerns or interfere with daily activities
- Skill use at home, school, clinic, and in community settings

ABA services may be provided in the home, clinic, school, or community, depending on the individual's needs, goals, and available supports.

AUTISM TRICARE TOOLKIT FOR PARENTS

The TRICARE Autism Care Demonstration (ACD) provides eligible beneficiaries diagnosed with autism spectrum disorder (ASD) access to Applied Behavior Analysis (ABA) services and care coordination support.

How to Enroll

1. Receive an ASD diagnosis from an approved TRICARE provider.
2. Complete EFMP and ECHO requirements, if applicable.
3. Request an ACD referral and authorization through the diagnosing provider or your child's Primary Care Manager (PCM).
4. Complete the initial ABA assessment and develop an individualized treatment plan.
5. Connect with the Autism Services Navigator (ASN), who can help coordinate care and services.

For questions about eligibility, referrals, or providers, contact your TRICARE regional contractor.

Parent Toolkit:
https://tricare.triwest.com/globalassets/tricare/beneficiary/tricare-west-region-acd-information-parent-toolkit.pdf

KEY TIPS FOR PARENTS

- **Keep important records organized:** Maintain copies of medical evaluations, school documents, service plans, medication lists, and prior treatment records.
- **Stay connected with EFMP:** Your installation's Exceptional Family Member Program (EFMP) office can help explain available support, relocation considerations, and local resources.
- **Understand your TRICARE benefits:** Contact your regional contractor to confirm referrals, authorizations, covered services, and provider options for your child's needs.
- **Coordinate with your child's school:** Ask about evaluations, accommodations, special education services, and available school-based supports.
- **Plan ahead for PCS moves:** Start early by gathering records, researching resources at the next duty station, and communicating with EFMP and medical providers.
- **Use support resources:** Military OneSource, installation family-support programs, and local parent-support groups may provide information, referrals, and practical assistance.



Every Family. Every Journey. Every Step.

No two families are the same, and that's what makes our community strong. MCBH EFMP is here to support you through every step.

Your family. Your journey. Our support.

Together, we grow.