



MCB Hawaii EFMP

# The Exceptional Ohana

May 2024

## What is Mental Wellbeing?

Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel or how well we're coping with daily life or what feels possible at the moment.

Good Mental wellbeing doesn't mean that you're always happy. Or that you're unaffected by your experiences. Having good wellbeing doesn't always mean that you don't have a mental health problem. You may live with a mental health problem, but have good wellbeing right now. Or you might not have a mental health problem, but be struggling with your wellbeing at the moment.

May is Mental Health Awareness Month. On the next page we will talk about ways to promote better Mental Health and provide some resources that can help you work through your feelings, which will help you be Mentally Fit.

### Contact Us:

Main: 808-496-0290

Fax: 808-257-1650

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

Facebook & Instagram: @EFMP Hawaii

## Respite Care Overview

The Exceptional Family Member Program (EFMP) initiated the Respite Care Reimbursement Program in 2008 to support the impact of a high operational tempo and the particular impact to families who support a family member with exceptional needs.

The Respite Care Reimbursement program is intended to reduce stress on a sponsor's families by providing temporary rest periods for family members who care for those with special needs.

Respite care is intended to be used as a short break or rest period for the primary care provider. Some examples would be for: date night, lunch with a friend, haircut, to take a nap or go to the gym, etc.

If you have questions about the Respite Care Reimbursement Program or want to know if you are eligible, call your Family Case Worker or

the EFMP Office at

808-496-0290

or join us

via Teams on:

2 May at 1000



**EFMP** Exceptional  
Family Member  
Program

## Is Poor Mental Health the Same Thing as Having a Mental Health Condition?

**NO! We all have tough days and weeks and struggle with mental health. That doesn't automatically mean you have a mental health condition. To be diagnosed, the changes in your thinking and emotions must be seriously hurting your ability to do the things you want to do, and sticking around longer than they should (weeks or months, depending on the condition). You can have times of poor mental health without having a diagnosable condition, similarly being generally physically unhealthy without having a particular illness.**

### How to Improve your mental wellbeing

It's not always easy to take care of your wellbeing or to know where to start. You might find it helpful to: Only try what feels comfortable, give yourself time to figure out what works for you. Different things work for different people, go at your own pace.

Remember that good days for your wellbeing won't always look the same. Our levels of energy and motivation fluctuate daily. Be kind to yourself and do what feels right for you at the moment.

Try to think about what might help you to relax and find time to fit it in to your day. For example, this could be having a bath or long shower, or going for a walk, or listening to music.

Try to make time to do an activity you enjoy on a regular basis. It could vary from cooking a meal, baking, watching TV, or getting in touch with a friend. Connecting with others and or friends helps us feel a greater sense of belonging and in turn decreases our feelings of loneliness.

If you're under a lot of pressure, you may start to feel overwhelmed or out of control. This pressure /stress can manifest in other ways, they may have physical effects on our bodies. To reduce stress try doing something creative like journaling, drawing, painting, or even dancing.

Paying attention and being in the present moment, or focusing on your senses might be helpful. This falls into the mindfulness category, which uses techniques such as meditation or breathing exercises. Another way you can practice mindfulness is by paying more attention to your senses.

Spending time in nature can help improve your mood and reduce feelings of stress and anger. If you can't go outside, bring nature indoors by listening to birds or water sounds, or decorating your space with plants and other natural materials.

How well we sleep can impact our wellbeing as well. Comfortable sleeping environments can improve your sleep along with establishing a routine around your bedtime to help set a regular sleeping pattern.

### *Need help close to home?*

*Contact these resource providers aboard MCBH for more information on the services they provide.*

**F.O.C.U.S**—Families Overcoming Under Stress. Provides resilience training and practical skills to help families with common challenges related to military life. Services are confidential and not part of your medical record.

Email: [Hawaii@focusproject.org](mailto:Hawaii@focusproject.org) or Call: C 901-206-3648, O 808-257-7774

**MCCS Behavioral Health Community Counseling Program.** Licensed and experienced counselors that are there to help with your emotional well being, relationships, family life and military readiness. Services are confidential and are not kept permanently or as part of your medical record.

Visit the C.A.A.R.E Center (BLDG 216) or call 808-496-7780/8803



# 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
May 2	10:00 AM	RESPITE CARE— Understand respite care eligibility and know requirements for reimbursement.	Vitural on Teams
May 24	8:30 AM	SUCCESSFUL PSC TRANSITIONS— Partnering with IRRS	BUILDING 579
May 29	10:30 AM	EARLY INTERVENTION OVERVIEW— Learn about developmental milestones, and Individualized Family Support Plans (IFSP)	Virtual on Teams
May 31	9:00 AM	EFMP FAMILY FIELD TRIP— Honolulu Zoo	Call EFMP to RSVP and get information on where we'll meet up: 808-496-0290
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic Kaneohe Bay

## 'Imí ola

Seek our best life

When we practice *'Imi ola* as a personal value, we create and fulfill our own destiny. *'Imi ola* is to seek the highest form of our well-being. This is not selfish, but **expressive**: To *'Imi ola* is to define and celebrate your gifts as you breathe best working form into your actions, growing into the person you're meant to be — the person you can most generously share with others through your Aloha Spirit.