



## MAY 2022

# Happy Mother's Day!

### HENDERSON HALL EFMP TEAM

Email: [efmphp@usmc-mccs.org](mailto:efmphp@usmc-mccs.org)  
Website: [www.mccshh.com/efmp/](http://www.mccshh.com/efmp/)

**Program Manager:**  
703-693-6368

**Family Case Worker:**  
703-693-6510

**Family Case Worker:**  
703-693-4172

**Training, Education & Outreach Specialist:**  
703-693-5353

**Administrative Specialist:**  
703-693-7195



## Mother's Day is Sunday, May 8

### EFMP SERVICES AVAILABLE:

- ✦ Family support & case management (including deployment support)
- ✦ Informed assignment screening
- ✦ Special housing consideration (HQMC EFMP)
- ✦ EFMP attorney assistance
- ✦ Resources and referrals
- ✦ Support at IEP meetings
- ✦ Eligibility for Tricare ECHO (with qualifying conditions)
- ✦ Transition assistance (Warm Hand-off)
- ✦ Workshops and trainings
- ✦ Lending library
- ✦ Loan locker
- ✦ Respite Care Reimbursement Program
- ✦ Family Needs Assessment and Service Plan

### Zembiec Pool Hours!



**CURRENTLY CLOSED—  
OPEN MID-MAY**

#### ZEMBIEC POOL IS OPEN

The Zembiec Pool Facility (Bldg. 11) is open under the following hours:

#### Hours of Operation

Monday-Friday: 6:00am - 6:00pm  
Weekends & Holidays: Closed

The Zembiec Pool Facility is open to Active Duty and Reserve Uniformed Service Members, Retirees, their Dependents, and DoD/USCG Civilians with Approved ID Card.

### Military Spouse Appreciation Day

**Military Spouse Appreciation Day** is Friday, May 6. Thank you *Military Spouses* for all you do. Thank you for your strength, courage, patience, and dedication. Your contributions to the military community and our nation are greatly appreciated!



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<https://efmpandme.militaryonesource.mil/>



## **VIRTUAL Lunch and Learn**

May 24th, 2022  
11:30 AM – 12:30 PM

**Using Zoom Pro**

Please email  
**Henderson Hall EFMP**  
efmphha@usmc-mccs.org  
for a link to the session!

### **Topic:**

Early Intervention (EI) Overview

Do you have concerns about your child's development? Are you a parent of an infant or toddler with a developmental delay or disability?

In this Lunch and Learn, we're talking about the what and why of early intervention. Join us as we go over:

- a detailed overview of EI,
- key terminology and,
- getting started!

\*This presentation is generalized for all states and territories with Virginia-specific examples.

Presented by Kathleen Gibson, Early Childhood Specialist, Parent Educational Advocacy Training Center







## What is Equine Therapy?

Some of the benefits of equine therapy include, but are not limited to, increased self-esteem, learning to take personal responsibility, soothing anxiety, learning to care for oneself and others, patience, humility, a sense of pride, and everyday joy. Equine therapy can benefit those with a wide range of disabilities. NOTE: *Tricare does not cover equine-assisted therapy, but may cover hippotherapy for MS or CP.* Check out the following local websites:



### Brave HEART Program (Hagerstown, MD)

<http://www.braveheartriding.org/>

An environment where veterans, military members, and their families come together to facilitate healing and strengthen relationships through equine interaction and outdoor activities in a peaceful farm setting.

### Freedom Riding (Oakton, VA)

<http://www.freedomriding.org/>

The mission of Freedom Riding in Oakton, VA is to support the treatment and healing of children who could benefit from any a variety of sensory-based engagements, often associated with a variety of conditions: such as attention deficit hyperactivity disorder, anxiety, autism, cerebral palsy, dementia, depression, developmental delays, genetic disorders, traumatic brain injuries, behavioral issues, abuse issues, drug and alcohol addiction, and other mental health situations. Their program is meant to be used in conjunction with common clinical therapies. Check their website for current availability.

### HEAL Foundation (Catlett, VA)

<http://www.heal.foundation/>

The HorsePower Equine Assisted Learning (HEAL) Foundation is located at HorsePower Farm in Catlett, Virginia. The 48 acre farm provides a private setting for Equine Assisted Psychotherapy (EAP) in the D.C. metropolitan area. The mission of HEAL is to empower individuals and groups with a safe, professional, and therapeutic equine experience. HEAL supports the limitless emotional growth and healing potential created by the bond between horse and human. HEAL was created to provide equine assisted psychotherapy services (EAP) directly to our veterans and their families.

### Northern Virginia Therapeutic Riding Program (Clifton, VA)

<https://www.nvtrp.org/>

NVTRP, at O'Shaughnessy Farm, is a nonprofit 501(c)(3) that helps each individual realize their highest potential by providing equine-assisted activities to people with disabilities, youth-at-risk, recovering military personnel, and others in need in an inclusive, community setting.





## MILCON 2022

**From Alpha to Zulu**

Sunday, May 8 - Monday, May 9, 2022

Virginia Crossings Hotel and Conference Center  
1000 Virginia Center Pkwy Glen Allen, VA 23059

Join us for an in-person conference for service members and their families who have students with disabilities, and the professionals who serve them.

*Topics include special education, PCSing (Permanent Change of Station) with an IEP, transition services, and more.*

Please note - PEATC has a limited number of complimentary hotel rooms for individuals that live at least 60 miles away from the conference location. The rooms are on a first-come, first-serve basis. You will be able to request a hotel room on your registration.

### MEET AND GREET:

May 8, 2022 | 6 - 8 PM

There will be a Meet and Greet with an exhibitor's hall on Sunday, May 8, 2022 from 6-8 pm. This will give attendees an opportunity to network with each other, the presenters, and the keynote speaker. Attendees will also be able to gather important resources. Refreshments will be served.

### KEYNOTE:

May 9, 2022 | 9 - 9:45 AM



*Patrick J. Bingham, Ph.D.  
Vice Chairman/Treasurer of the  
Military Child Education Coalition*

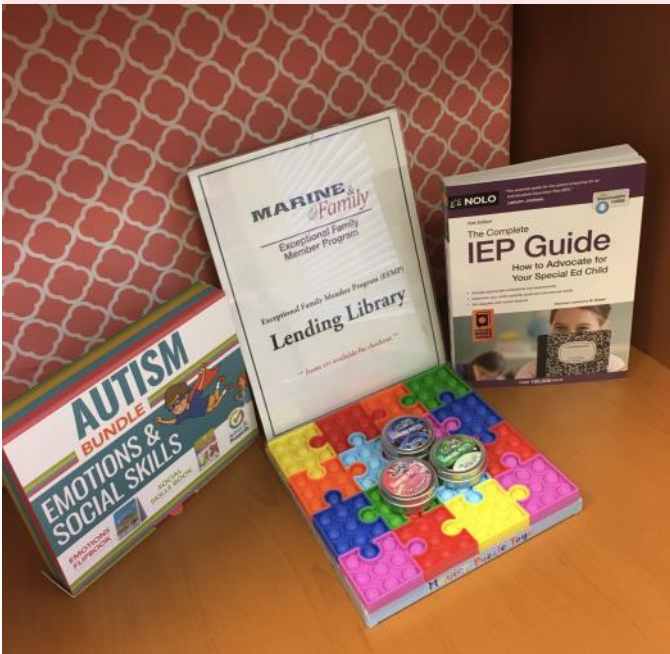
Dr. Bingham will kick off the conference with a presentation on education, the military family, and advocacy.

REGISTRATION:  
<https://bit.ly/3oGAwtO>



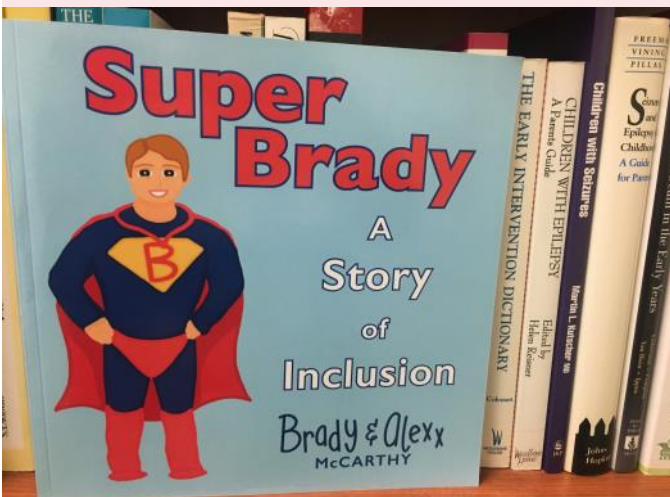
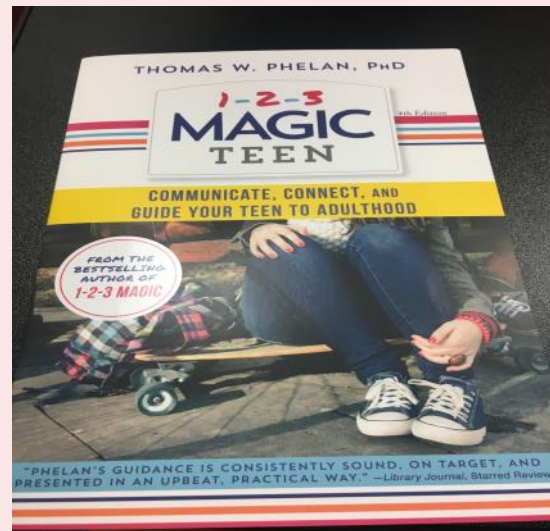


# Henderson Hall EFMP Lending Library and Loan Locker



If you haven't had the opportunity to check out **Henderson Hall EFMP's Lending Library** or **Loan Locker** this might be a good time to do so. The Lending Library and Loan Locker are located in Building 12 at Henderson Hall. It was recently updated with many new and exciting items. You can try out items for free on a first come, first serve basis. A list of items is available on the HH EFMP website under the resources tab at: [MCCS Henderson Hall \(mccshh.com\)](http://mccshh.com)

This month, we are **highlighting** a couple of items from our Lending Library and Loan Locker that might be of interest to you. One of the NEW books in our extensive Lending Library is "**1-2-3 Magic Teen,**" a book about communicating and connecting with your teen to adulthood.



Another one of the NEW books in our Lending Library available to check out is "**Super Brady: A Story of Inclusion**". If you have any questions about the Lending Library or Loan Locker, please give us a call at: 703-693-5353.

# SUPPORT GROUPS



## Pentagon Chaplain - A Support Group for EFMP-enrolled Families

**Date:** First Tuesday of each month

**Time:** Start time 11:30 am

**Place:** Virtual via Zoom

Zoom ID: 894-7615-5681

Password: 584678

Chaplain Kandanada from the Pentagon is offering an ongoing EFMP support group online. For more information please call **703-693-9268**.

## Stress Management Class Series with the Military and Family Life Counselor (MFLC)

### Three C's of Communication

Thursday, May 12 at 6:30 pm or Wednesday, May 25 at 12:00 pm

This presentation seeks to help participants improve verbal and nonverbal communication through the use of the "Three C's" (communication, collaboration, and commitment).

Register with Spring Richardson, LPC at 703-414-9885 or [srichardson9@magellanfederal.com](mailto:srichardson9@magellanfederal.com)

## Parent Group Therapy for Parents of Children with ADHD (K-5)

See flyer to the right —

Contact Dr. Hinojosa at 443-923-7459 or [BMCGroups@kennedykrieger.org](mailto:BMCGroups@kennedykrieger.org)

## Fort Meade EFMP Support Group

### Sip-N-Share

Thursday, May 12 from 11:30 am – 12:30 pm  
via MS Teams

Join Ft. Meade EFMP for a non-disability specific support group to share experiences, frustrations, or just hang out. This group is a place to learn about various supports and resources, speak with other EFMP families, and learn about resources in your community. Call 301-677-4473/4779 for more information.

Kennedy Krieger Institute  
Behavior Management Clinic, Behavioral Psychology  
**DOCS K-5: ADHD**  
Developing our Children's Skills:  
Attention Deficit Hyperactivity Disorder

Do you have a child in kindergarten through fifth grade who has been diagnosed with ADHD?

Join one of our caregiver groups and learn about:

1. What ADHD is and how it will impact your child.
2. Creating routines that work.
3. Improving your ability to manage your child's behavior.
4. Preventing problem behavior from happening.
5. Teaching kids skills they need to be successful.
6. Managing school-related concerns, including homework.

**WHERE:** Groups are now being offered through Telehealth for Live Online Sessions. Learn behavior management from your home with a Licensed Psychologist!

**WHEN:** 90 minute sessions, seven weeks in a row; various times and dates; attendance is required at all seven sessions

**COST:** Parent group therapy is a covered benefit through many insurances, including Tricare; we will confirm coverage prior to the start of the group

To register or obtain more information, contact  
Dr. Sara Hinojosa at 443-923-7459 or [BMCGroups@kennedykrieger.org](mailto:BMCGroups@kennedykrieger.org)



Henderson Hall  
**EXCEPTIONAL FAMILY MEMBER PROGRAM**

# Workshops

Kennedy Krieger Resiliency Speaker Series

## The ABC's of Managing Behavior in School-Aged Children

FRIDAY, APRIL 22 • NOON - 1PM

Join Clinical Psychologist Sara Hinojosa, from the Kennedy Krieger Institute, for the basics of problem-solving and behavior concerns for children. Parents will learn some of the "why's" underlying behavior as well as a few strategies to manage behavior.



Sara Hinojosa, Ph.D.

**CONCLUDED**

Kennedy Krieger Resiliency Speaker Series

## Managing Summer Stressors and Screen time

MONDAY, MAY 16 • NOON - 1PM

Summer brings more than just warm sun, it often means disrupted routines, extra free time, more complaints from kids about being bored, and more requests for screen time. Parents can learn about why disrupted routines can lead to problem behavior and how to help teach children time-management, both on and off of a screen! This presentation will target strategies for elementary and middle school aged children



[mccsHH.com/efmp](https://mccsHH.com/efmp)



To register or for more information:

Email: [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

or call: **703-693-5353**









**LEGEND**

- HH EFMP = Blue
- PEATC = Red
- OAR = Orange
- Arc of Northern Virginia = Brown
- Fort Belvoir Community Hospital = Green
- Kennedy Krieger Institute = Purple
- Fort Meade EFMP = Pink

# May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <b>HH EFMP Lunch &amp; Learn</b>  11:30 AM - 12:30 PM	4	5 <b>Ft. Belvoir Community Hospital ARC</b>  8:00 pm - 12:30 pm	6 Military Spouse Appreciation Day 	7
8 <b>Mother's Day!</b> 	9	10	11	12 <b>Ft. Meade EFMP Sip-N-Share</b>  11:30 AM - 12:30 PM	13	14
15	16 <b>Kennedy Krieger Resiliency Speaker Series</b>  11:30 AM - 12:30 PM	17 <b>HH EFMP Lunch &amp; Learn</b>  11:30 AM - 12:30 PM	18	19	20	21 <b>ARMED FORCES DAY</b> 
22	23	24 <b>PEATC</b>  11:30 AM - 12:30 PM	25	26	27	28
29	30 <b>MEMORIAL DAY</b> 	31				

**EXCEPTIONAL FAMILY SUPPORT MADE FOR YOUR MILLIFE**





**Event: Henderson Hall EFMP Lunch & Learn Series - Introduction to EFMP**

**Date:** Tuesday, May 3, 2022

**Time:** 11:30 am – 12:30 pm

**Place:** Virtual

Call for more information 703-693-5353 or to register email: [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

What is the USMC Exceptional Family Member Program? Who is eligible and what are the benefits and requirements? How do you enroll in the program? This workshop will discuss why the EFMP exists, and how it can help you to support and advocate for your exceptional family member.

**Event: Autism Resource Clinic (ARC)**

**Date:** Thursday, May 5, 2022

**Time:** 8:00 am – 12:30 pm

**Place:** Ft. Belvoir Community Hospital

Call for more information - 571-231-1027

All military parents/guardians of children with Autism Spectrum Disorder are invited to attend FBCH Autism Resource Clinic. There will be a variety of local experts each month from medical, local schools, military, and community to provide a plethora of resources for newly diagnosed families, newly relocated families, and families that just need more support.

**Event: PEATC – MILCON 2022**

**Date:** Sunday, May 8, 2022 through Monday May 9, 2022

**Time:** 6:00 pm – 8:00 pm

**Place:** Virginia Crossings Hotel and Conference Center - 1000 Virginia Center Pkwy Glen Allen, VA 23059

There will be a Meet and Greet with an exhibitor's hall on Sunday, May 8, 2022 from

6-8 pm. This will give attendees an opportunity to network with each other, the presenters, and the keynote speaker. Attendees will also be able to gather important resources. Refreshments will be served.

**Event: Ft. Meade EFMP Sip-N-Share**

**Date:** 2<sup>nd</sup> Thursday of each month

**Time:** 11:30 am – 12:30 pm

**Place:** Virtual, MS Teams

Call for more information 301-677-4473/4779 or to register email: [pearl.a.drah.civ@army.mil](mailto:pearl.a.drah.civ@army.mil) or [bellc4@magellanfederal.com](mailto:bellc4@magellanfederal.com)

Grab your favorite beverage and join Ft. Meade EFMP for a support group to share experiences, frustrations, or just hang out. This is a non-disability specific support group offered to EFMP families. This group is a place to learn about various supports and resources, speak with other EFMP families, and learn about resources in your community.

**Event: Kennedy Krieger Resiliency Speaker Series "Managing Summer Stressors and Screen time"**

**Date:** Monday, May 16, 2022

**Time:** 12:00 pm – 1:00 pm

**Place:** Virtual

Call for more information 703-693-5353 or email [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

Summer brings more than just warm sun, it often means disrupted routines, extra free time, more complaints from kids about being bored, and more requests for screen time. Parents can learn about why disrupted routines can lead to problem behavior and how to help teach children time-management, both on and off of a screen! This presentation will target strategies for elementary and middle school aged children.

**Event: Henderson Hall EFMP Lunch & Learn Series – Respite Care Reimbursement Program**

**Date:** Tuesday, May 17, 2022

**Time:** 11:30 am – 12:30 pm

**Place:** Virtual

Call for more information 703-693-5353 or to register email: [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

The Respite Care Reimbursement Program is available to eligible EFMP-enrolled families. This workshop covers the Respite Care Reimbursement Program guidelines, eligibility, and the application process. This is an essential briefing if you will be utilizing this USMC EFMP respite care subsidy program.



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