



February 2022

HENDERSON HALL EFMP TEAM

Email: efmphh@usmc-mccs.org
Website: 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



NEW!

Attend Henderson Hall EFMP Lunch and Learns to earn door prizes and the chance to win a **Gift Basket!**

For each Lunch and Learn you attend (in-person or virtually), your name will be entered into a drawing to win a gift basket. The drawing will take place on May 1, 2022.

Contact TEO, Crissy Johnson-Carroll to learn more.
Crissy.johnson@usmc-mccs.org

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 (FNA) and Service Plan (SP)

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THE EXCEPTIONAL FAMILY MEMBER PROGRAM HAS MORE THAN JUST ONE CONNECTION POINT FOR FAMILIES.
THE PROGRAM HAS THREE SEPARATE COMPONENTS: **IDENTIFICATION & ENROLLMENT**, **ASSIGNMENT COORDINATION** AND **FAMILY SUPPORT**.



SPECIAL NEEDS FORUM

A Special Needs Forum is your opportunity to give feedback, ask questions, and voice your concerns about our Exceptional Family Member Program. Due to current Covid-19 restrictions Henderson Hall EFMP will be issuing a survey to EFMP families in place of the Special Needs Forum usually held live on Facebook. Please take some time to complete the survey below by clicking on the link.

The EFMP Special Needs Forum survey takes approximately 15-20 minutes and will help us know how we can improve our EFMP program and what we are doing well. Thank you for your assistance.

<https://surveys.max.gov/71827?lang=en>



Interview with Clinical Psychologist, Dr. Michelle Bubnik-Harrison

The Kennedy Krieger Institute is located in the Baltimore Washington D.C. area. Their mission is *"To transform the lives of children with disorders of the brain through groundbreaking research, innovative treatments, and life-changing education."* Henderson Hall EFMP will be collaborating with the Kennedy Krieger Institute to offer a series of virtual classes for Henderson Hall EFMP-enrolled families. These classes will feature Guest speakers from the Kennedy Krieger Institute. Dr. Michelle Bubnik-Harrison is one of the guest speakers. She will be presenting a class about Supporting Teens Success in School and Beyond. Get to know Dr. Bubnik-Harrison and more about her class in the interview below. **Register** for this class at: efmphp@usmc-mccs.org or by **calling 703-693-5353**.

- Q.)** What is your background? (autobiography or information about yourself you would like to share.)
A.) I am a psychologist working with children, teens, young adults and their families. I am originally from New York City and admire the different ways people embrace their passions such as making art, playing sports, and making the world a better place.
- Q.)** What is your role at Kennedy Krieger Institute?
A.) I provide therapy to patients as well as train aspiring psychologists in our frontline treatments. I'm also building our behavioral health services for military families. Specifically, in our increasing virtual world, I am helping families get connected with our team of experts.
- Q.)** What do you enjoy about your work?
A.) I love to see when the youth and families are able to embrace their passions and lives. Making progress on their concerns (e.g., depression and anxiety) frees them to chase their dreams and make them a reality.
- Q.)** What kind of programs are available to families at Kennedy Krieger Institute? Do you offer programs for all ages or mostly children? Is there anything you would like to share about your programs? (ex. Expedited services for military families)
A.) Kennedy Krieger Institute is a children's hospital with a range of services located in Baltimore, Maryland. The Behavioral Psychology department offers treatment for a range of behavioral health concerns from early childhood through young adulthood. Our team expedites services for military families and your child's first appointment would be within a few weeks. I work in the program for school-aged children to young adults. We can address a range of concerns from adjusting to new area or friends to longer-standing concerns such as depressed mood and Attention Deficit Hyperactivity Disorder. Our team often meets with the youth individually or simultaneously with their caregivers. We also have a great group program to enhance treatment or address specific concerns such as DBT, anxiety and LGTBQ.
- Q.)** What information would you like to share about your upcoming virtual presentations and collaboration with EFMP at Henderson Hall? What can attendees expect to learn?
A.) In our work we regularly hear about problems with school particularly as demands increase in middle and high school. My presentation will focus on proven ways to promote success at school and collaborate with your teen. We will also cover ways to promote thriving and resiliency to best navigate any challenge for your family. We are excited about our collaboration with the team at Henderson Hall. We look forward to additional presentations focused on other ages and concerns.
- Q.)** Do you have any tips for navigating stressors and uncertainty during the Covid-19 pandemic?
A.) The pandemic has had different waves of stressors for youth and families. Each of these (initial lockdowns, returning to school...) periods calls us to consider what is important for ourselves and for families at that time. That vision can help us make a plan for that phase and emphasize what we stand for. I witnessed many families get creative about how they embraced their passions.
- It's great to check in with family members, particularly as things shift, to hear each other's perspectives. Then you can attempt to make a plan honoring what's meaningful to each person, the best you can. I also believe that we can all benefit from self-compassion. There have been difficult parts of the past few years for each of us and that is ok.
- Q.)** Is there anything you would like to add or like EFMP families to know?
A.) We are eager to help you enhance you and your children's lives. Despite multiple stressors during the course of the pandemic, we want to build on your strengths, enhance resiliency, and get you on track where you want your family life to go.

To learn more please visit, www.kennedykrieger.org/military, or call, 667-205-4900.

Families thriving and building resilience



Michelle Bubnik-Harrison, Ph.D
March 24th 2022, 19:00
Supporting teens success in school and beyond

Dr. Bubnik-Harrison is a psychologist working with youth and families. She provides therapy for children and teens to maximize their functioning at school, home, and with peers. She also runs groups for teens and their parents to promote their academic success. Dr. Bubnik-Harrison is also a liaison for the Behavioral Health Services for Military Families Program at Kennedy Krieger Institute.

Sara Hinojosa, Ph.D.
April 22nd 2022, 12:00 noon
The ABC's of Managing Behavior in School-Aged Children
Dr. Hinojosa is a psychologist who works with school-aged children and their caregivers. Primarily, Dr. Hinojosa focuses on helping caregivers learn how to problem-solve and manage a variety of problematic behaviors that can affect children, from toileting to tantrums to anxiety. She also runs multiple parent groups to support caregivers of children with ADHD. In addition to her clinical work, Dr. Hinojosa supports the Behavioral Health Services for Military Families program at KKI.



Kennedy Krieger Institute

To register, email: efmphh@usmc-mccs.org or call (703) 693-5353.

Visit <http://www.mccshh.com/efmp/> to learn more about this virtual speaker series!



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.

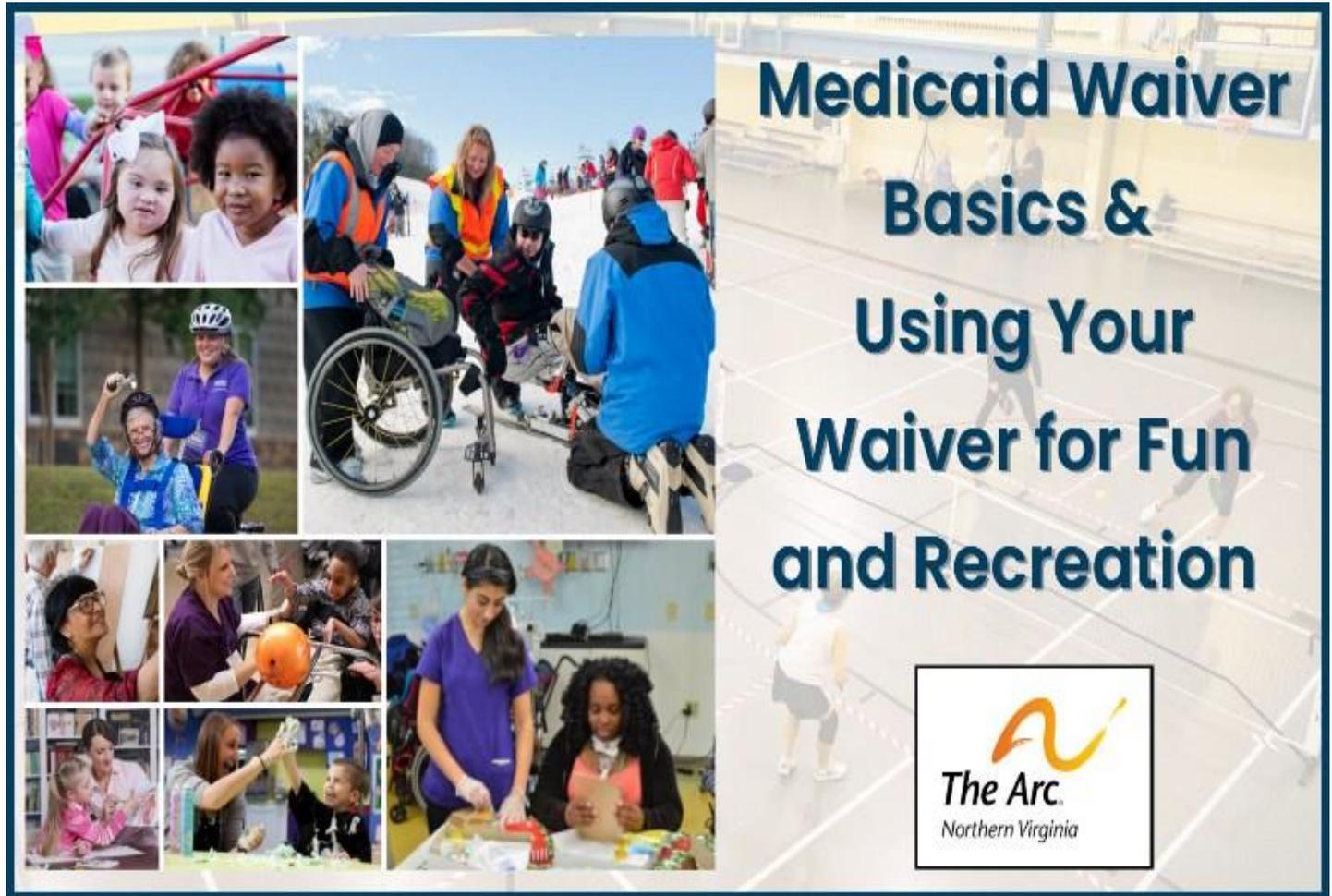
WHERE: Groups are now being offered through Telehealth for Live Online Sessions. Learn behavior management from your home with a Licensed Psychologist!

WHEN: 90 minute sessions; various times and dates

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**





Medicaid Waivers are the way Virginia funds services for people with developmental disabilities. Everything from a small amount of respite, to in-home care and employment supports are covered by Waivers. For Therapeutic Recreation month in February, we'll highlight how the Waiver can help support these options in this one hour presentation. Lucy Beadnell, Director of Advocacy, will review what Waivers are, services Waivers offer, how to apply, and give tips for families on waiting lists for services.

Note: *Due to ongoing health and safety concerns regarding COVID-19, this workshop will be held as a Zoom online webinar.*

Remember, ALL Arc of Northern Virginia events are **FREE** to attend, but pre-registration is required.

To **register** for the webinar, visit: <https://thearcofnova.org>



FEBRUARY 2022

FREE Henderson Hall Marine & Family Programs Financial Management Classes and Consultations



MAKE THE MOST OF YOUR MONEY

The Personal Financial Management Program offers Personal Financial Counselors (PFCs) to help you and your family manage finances, resolve financial problems & reach long-term goals

PFCs can provide face-to-face counseling and/or deliver presentations to service members and their families using telephonic or virtual platforms

SERVICES INCLUDE

- ✓ Budgeting
- ✓ Military Pay & Benefits
- ✓ Credit Reporting
- ✓ Car Buying Strategies
- ✓ Saving & Investing
- ✓ TSP
- ✓ Retirement Planning
- ✓ Deployment Readiness

Contact

Steve Harris
703-614-6950
Steven.R.Harris@usmc-mccs.org

Robert Rea
202-384-5731
pfc.henderson.usmc@zeiders.com

Located in Henderson Hall Building 12

Schedule your FREE consultation today!

Personal Financial Counseling services are offered at no cost. They are private and confidential.

EMERGENCY PREPAREDNESS

Ready Marine Corps (marines.mil)

- ✦ [BUILD A KIT](#)
- ✦ [TIPS FOR EFM'S](#)
- ✦ [PREPARE YOUR CHILDREN](#)
- ✦ [MAKE A FAMILY PLAN](#)
- ✦ [ACTIVITIES FOR KIDS](#)

It's always a good idea to be prepared for an emergency. From winter storms, to disasters such as floods or fires, make sure you are prepared by visiting Ready Marine Corps at : marines.mil for helpful information about how to plan and prepare for an emergency. Putting together an emergency kit for home and one to keep in your car is also a good idea.

Visit the Ready Marine Corps website to get ideas for your kit at :

www.ready.marines.mil

To reach the Joint Base Myer-Henderson Hall Fire department you can call: (703) 588 - 2800/2801

In case of an emergency call 911

3 STEPS TO READINESS

- **Stay informed** about various hazards and what to do before, during, and after an incident or event. [Sign up for emergency notifications](#) to get up-to-date information.
- **Make a plan** for yourself and your family to know where to go, what to do, who to contact, and what to take when faced with an emergency.
- **Build a kit** for your home, office, and vehicle that will sustain you for at least 72 hours.





FEBRUARY 2022

Special Needs Summer Programs

Even though it's February you might want to consider looking for and reserving your child's place at a summer camp or program. Spots at summer programs in the National Capital Region (NCR) fill up quickly and it is never too early to start looking for a program to enrich and enhance your child's summer experience.

Name	Description	Contact Information
Camp Easterseals Virginia	Camp Easter Seals UCP provides a traditional camping experience for children and adults with physical and intellectual disabilities. Located in Craig County near Roanoke, VA, in a beautiful mountain setting. The camp features eight separate living cabins and various activities including an outdoor swimming pool and Craig Creek for canoeing.	900 Camp Easter Seals Rd. New Castle, VA 24127 (540) 864-5750 camp@eastersealsucp.com
Emerging Stars Animal Camp	Camp Aristotle helps students improve and maintain their social and self-regulation skills in an engaging and supportive environment.	8721 Sunnybrook Farm Rd. Spotsylvania, VA, 22551 United States (540) 842-6624
Camp Aristotle	A fun and engaging environment for students with social and communication challenges!	Silver Spring Campus 9115 Georgia Avenue Silver Spring, MD 20910 Fairfax Campus 3800 Concorde Parkway, Suite 500 Chantilly, VA 20151
Speech of Cake, Inc	Speech of Cake, Inc... where mastering communication and literacy skills is a piece of cake!	8101 Hinson Farm Rd. Ste. 118 Alexandria, VA 22306 (703) 705-2151 marina@speechofcakeinc.com
Camp Holiday Trails	Camp Holiday Trails is for children and teens with medical needs in Charlottesville, VA.	400 Holiday Trails Ln. Charlottesville, VA 22903 (434) 977-3781 Info@campholidaytrails.org
Get Moving Get Social Summer Camp	Get Moving Get Social is a therapeutic summer camp that is guaranteed to be an enjoyable experience for your children. They will have daily workouts and develop their sports skills by learning the techniques of several sports as they develop their social skills. Each day will incorporate social activities and physical activities. We will also have some time for an arts and craft project and some yoga.	150 S. Washington St. Ste. 100 Falls Church, VA 22046 (703) 909-7971
Social Skills for Life - Camp Friendship	Camp Friendship is a fun summer program for children who need to work on social, communication, and friendship skills. Making friends isn't always easy! At our program, kids will have tons of fun working on social skills while doing all kinds of fun camp-like activities.	210 E. Broad St. Falls Church, VA 22046 (609) 529-2918
Camp LIGHT	Camp LIGHT is a summer camp for children ages 6-17 (plus one week for adults with special needs), located in the Shenandoah Valley. The camp strives to give campers new tools and skills, along with love and support, to inspire them to become anything they can dream.	Creative Works Ln. Waynesboro, VA 22980 (540) 471-1659



FEBRUARY 2022



SPECIAL EDUCATION WORKSHOP SERIES

JANUARY 19th

From Referral to Eligibility: A Deeper Dive

FEBRUARY 2nd

Anatomy of an IEP

FEBRUARY 16th

Measurable IEP Goals

MARCH 2nd

How To Talk So Schools Will Listen (And Listen So Schools Will Talk)

MARCH 16th

Dispute Resolution Options in Virginia

PEATC presents this virtual workshop series for parents and professionals who want to learn more about special education in Virginia.

You can attend one, some, or all of these informative workshops!

LOCATION: Zoom

.....
Each workshop will take place at 6:30 PM

REGISTER:

<https://bit.ly/3phygsb>



partners@peatc.org | 800-869-6782 | www.peatc.org

Sexual Health And Wellness Virtual Sessions For Youth With Disabilities

For youth with disabilities ages 14 - 22

This is a part of a series of sessions designed specifically for Virginia youth with disabilities. These trainings are designed to increase an individual's capacity for self-advocacy and decision-making. Throughout the 7 session series, we will cover important topics including: setting and respecting boundaries, self-esteem and self-acceptance, pregnancy & STI prevention, abuse prevention, and human anatomy.

DSHN
Disability-inclusive
Sexual Health Network



www.peatc.org
partner@peatc.org
703-923-0010



Upcoming 2022 Sessions

Dates / Topic

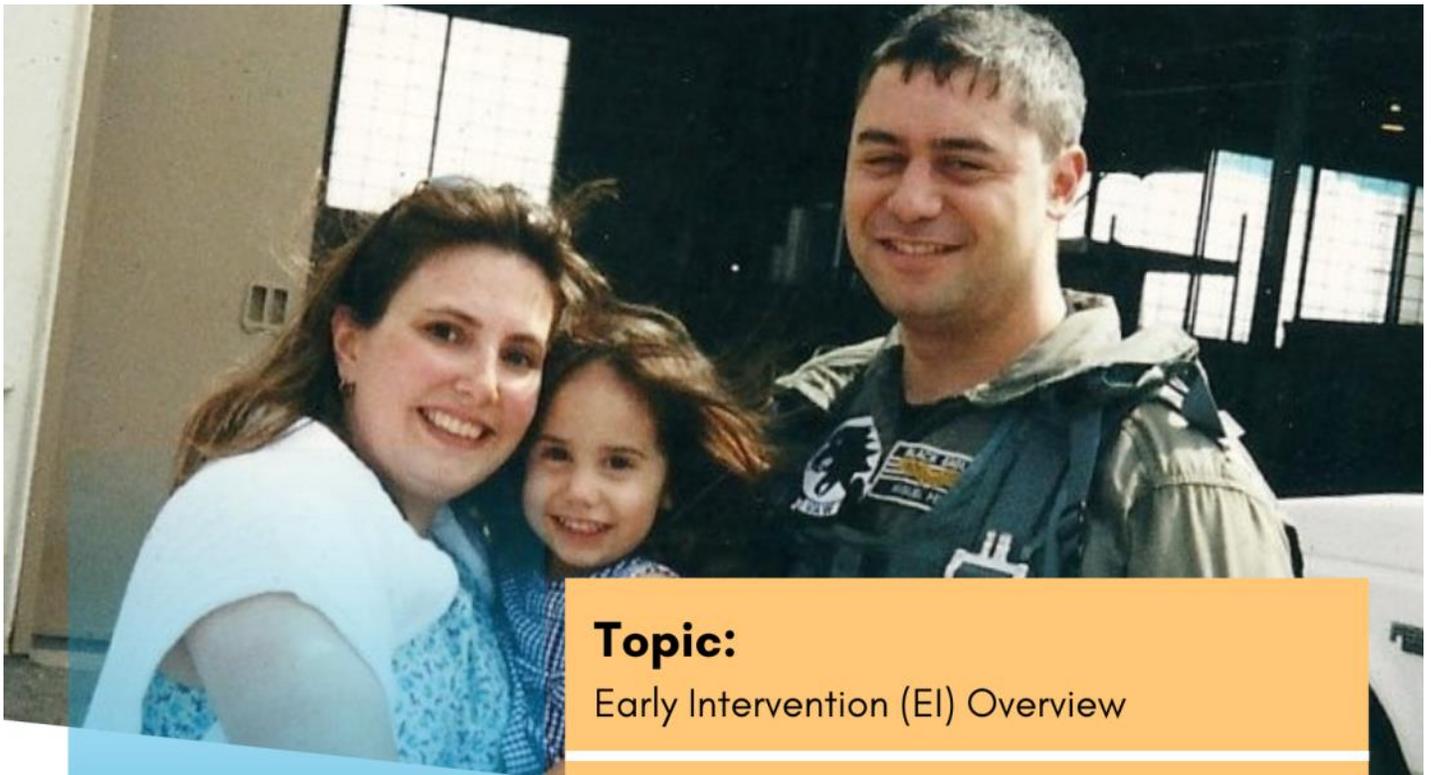
- February 2nd** - Puberty
- February 16th** - Private and Public
- March 2nd** - Social Media and Literacy
- March 16th** - Human Reproduction
- March 30th** - Pregnancy
- April 6th** - Romantic Relationships
- April 20th** - Safe and Healthy Boundaries

Time: 6:30 pm - 7:30 pm
Sessions will be held via zoom.

REGISTER HERE:
<https://bit.ly/3JH4hDC>



Individuals under age 18 or under guardianship must be registered by parent or guardian.



VIRTUAL Lunch and Learn

February 1st, 2022
11:30 AM - 12:30 PM

Using Zoom Pro

Please email
Henderson Hall EFMP
efmphh@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



A WORLD OF SUPPORT, WHEREVER YOU GO



EFMP Assignment
Coordination

Your Service medical and personnel professionals will work with you to coordinate your next assignment while taking the special medical and/or educational needs of your family member into consideration.

For additional assistance including specialty consultations, planning tools, non-medical counseling and more, call or visit <https://www.militaryonesource.mil/> | 800-342-9647



Key:
 Blue = Henderson Hall Exceptional Family Member Program (EFMP Program)
 Green = Ft. Belvoir Community Hospital (FBCH)
 Yellow = ARC of Northern Virginia
 Red = PEATC



February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 EFMP Lunch and Learn 11:30 am - 12:30 pm	2 PEATC Workshop 6:30 pm - 7:30 pm	3	4	5
6	7 Arc of Northern Virginia Webinar Start time: 11:00 am	8	9	10 FBCH Autism Resource Clinic 8:00 am - 12:30 pm	11	12
13	14 Valentine's Day 	15 EFMP Lunch and Learn 11:30 am - 12:30 pm	16 PEATC Webinar 6:30 pm - 7:30 pm	17	18	19
20	21 Presidents' Day Federal Holiday	22	23	24	25	26
27	28					

Happy
Valentine's Day!



FEBRUARY 2022

<i>Date</i>	<i>Time</i>	<i>Workshop/Event</i>	<i>Description</i>	<i>Location</i>
Tues., Feb. 1, 2022	11:30 am - 12:30 pm	<i>EFMP Lunch and Learn: Early Intervention Overview</i>	From birth to 5 years, a child should reach milestones in how he/she plays, learns, speaks and acts. A delay in any of these areas could be a sign of a developmental problem. The good news is, the earlier it's recognized the more a child can be helped to reach his/her full potential. Learn how to spot developmental delays and what to do if you have a concern about your child. Register at: efmphh@usmc-mccs.org or by calling 703-693-5353.	Virtual
Wed., Feb. 2, 2022	6:30 pm - 7:30 pm	<i>PEATC: Anatomy of an IEP</i>	PEATC presents this virtual webinar for parents and professionals who want to learn more about the special education process. To register visit: https://bit.ly/p3hygsb or www.peatc.org	Virtual
Mon., Feb. 7, 2022	Start time: 11:00 am	<i>Arc of Northern Virginia : Medicaid Waiver Basics and using your Waiver for Fun and Recreation</i>	Medicaid Waivers are the way Virginia funds services for people with developmental disabilities. Everything from a small amount of respite, to in-home care, to employment supports, are covered by Waivers. For social and recreation month in February Arc of Northern Virginia will highlight Waivers, what they offer, how to apply, and give tips for families on waiting lists for services. To register, visit: https://thearcofnova.org/workshops/#waiver-recreation	Virtual
Thurs., Feb. 10, 2022	8:00 am - 12:30 pm	<i>Ft. Belvoir Community Hospital - Autism Resource Clinic</i>	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 or resources for newly diagnosed families, newly relocated families, and families that just need more support. For more information please contact: Jennifer Hensley , DNP, CPNP, PMHS or Carol Bruch , RN, 571-231-1027	Virtual and In-Person at Ft. Belvoir Community Hospital
Tues., Feb. 15, 2022	11:30 am - 12:30 pm	<i>EFMP Lunch and Learn: Special Education Overview</i>	Are you new to the special education arena or just in need of a refresher on the basics of special education? Join us for a workshop on the need-to-know information on the special education process in order for you to be the best advocate for your child. Register at: efmphh@usmc-mccs.org or by calling 703-693-5353.	Virtual
Wed., Feb. 16, 2022	6:30 pm - 7:30 pm	<i>PEATC: : Private and Public</i>	PEATC presents part of their series covering topics related to sexual health and wellness. To register visit: https://bit.ly/3JH4hDC or www.peatc.org	Virtual
Wed., Feb. 16, 2022	6:30 pm - 7:30 pm	<i>PEATC: : Measurable IEP Goals</i>	PEATC presents this virtual webinar for parents and professionals who want to learn more about the special education process. To register visit: https://bit.ly/p3hygsb or www.peatc.org	Virtual



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