



January 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



Happy New Year!

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)

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 TE0, Crissy Johnson-Carroll to learn more.
Crissy.johnson@usmc-mccs.org

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Roles & Responsibilities

What the Installation EFMP Office does:

- Case Management through your Family Case Worker
- Family Support Groups
- Special Needs Forums
- Local Resources, Activities, and MCCS Programs
- Support during PCS Moves and Deployments
- Assistance in obtaining EFMP enrollment documents
- Family training by subject matter experts
- Representation at Child and Youth Programs' Inclusion Action Team meetings
- Attendance at local meetings to support efforts for provision of educational services

EFMP Installation Office does not:

- Validate PCS assignments for the availability of care at the gaining installation
- Determine Level of Need for EFMP Respite Reimbursement

What HQMC EFMP does:

- Reviews initial and updated EFMP enrollments
- Determines Level of Need for EFMP Respite Reimbursement Program
- Reviews for architectural/environmental housing considerations
- Reviews for Priority Housing consideration
- Reviews PCS Assignments to ensure the availability and accessibility of required medical and educational care

HQMC EFMP does not:

- Offer case management support
- Direct or Select Assignments. All orders, including requests for Humanitarian Assignment, Tour Curtailment, and Early Return of Dependents are a function of Manpower (MMEA/MMOA).

HENDERSON HALL OFFICE

PHONE 703.693.7195
EMAIL efmphh@usmc-mccs.org
WEBSITE <http://www.mccshh.com/efmp.html>

HQMC EFMP

PHONE 703.784.0298
FAX 703.432.9269
EMAIL hqmc.efmp@usmc.mil





JANUARY 2022

EXCEPTIONAL FAMILY SUPPORT
MADE FOR YOUR MILLIFE.



Committed to Helping
You Thrive in Your MilLife

Identification & Enrollment,
Assignment Coordination,
and Family Support Services

Helping You Become Your
Family's Best Advocate



FREE Financial Consultations

Why not start this New Year with a resolution to meet with one of your Henderson Hall personal financial counselors? Both are trained and experienced, there are no fees for their services, no reports are made to any chain of command, their analysis will be non-judgmental and your privacy is always a priority.

Topics may include a review of your Thrift Saving Plan performance, investments, college savings planning, debt management, buying a home, tax planning, retirement planning, controlling spending, car financing, debt refinancing, and managing student loan debt.

Spouses do not need permission from the military member to meet with them. And the military member does not need permission from their chain of command, unless the meeting will be in person and involve time away from work.

START THE NEW YEAR OFF ON THE RIGHT FOOT!

Please contact Steve Harris, AFC® at (703) 614-6950/ Steven.R.Harris@USMC-MCCS.org or Rob Rea, CFP® at (202) 384-5731/ PFC.Henderson.USMC@Zeiders.com. Appointments are available either in person or virtually. These services are available in person at Bldg. 12 (next to the car wash) aboard Henderson Hall, over the phone or via Zoom. There is no time like the present to begin reviewing your personal finances! Steve and Rob wish you all the best for a great 2022!!

SPECIAL NEEDS FORUM

Mark your calendars for **Tuesday, February 22, 2022** to log onto the [Henderson Hall MCCS Facebook](#) page at 11:30 am for the EFMP Special Needs Forum featuring guest speakers, Steve Harris and Rob Rea from HH MCCS Personal Finance. They will be discussing special needs trusts as well as information related to personal finance. This is your opportunity to log in and ask questions you might have about this topic or our EFMP program. If you are interested in watching and participating in the Special Needs Forum visit: <https://facebook.com/mccsHH>

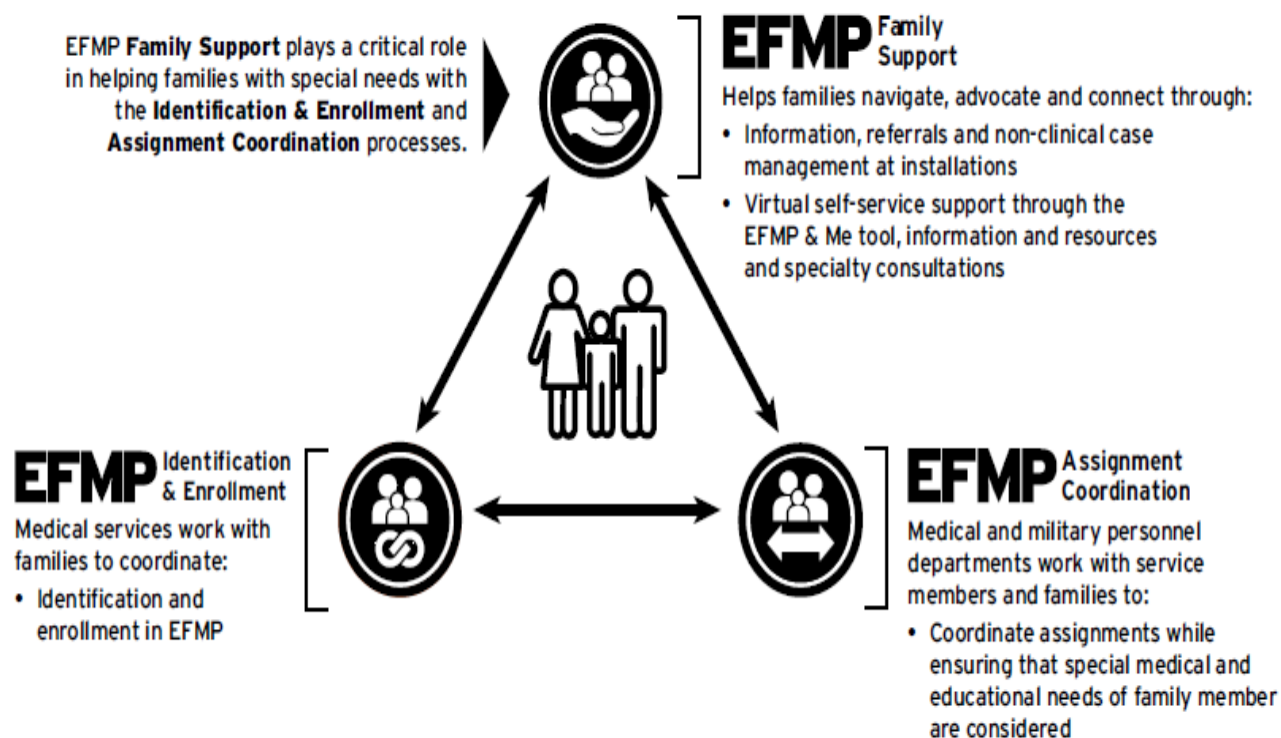


Are You Interested in Creating an EFMP Support Group?



Are you interested in creating and taking part in a virtual support group? A support group can be an excellent way to connect with EFMP-enrolled families going through similar things. If you are interested in joining an EFMP support group, reach out to your Henderson Hall EFMP staff and let them know the type of support group you would like to take part in (ie: parents of a child with a disability, EFMP-enrolled adults, general EFMP, or another topic), at: efmphh@usmc-mccs.org or by calling 703-693-5353.

What is Marine Corps EFMP?



Morning at the Museum

ACCESS Smithsonian

Our future is inclusive.

Did you know the Smithsonian offers a program for families of children, teenagers, and young adults with disabilities including intellectual disabilities, autism, sensory processing disorders, and other cognitive disabilities? Families are required to pre-register for specific Saturday and Sunday mornings to take advantage of this program. The program allows guests to visit a Smithsonian museum before it opens to the public. During the visit guests may enjoy activities or explore museum attractions and exhibits at their leisure on their own self-guided tour. The Smithsonian Institution offers this option on a rotating basis between various Smithsonian museums.

Before their visit to the museum for the Morning at the Museum event families receive “pre-visit” materials to help them prepare for the visit. Included in the materials are social narratives, sensory maps, visual schedules, and tip sheets. The Smithsonian website says, “Morning at the Museum aims to be a welcoming entry point for families, to provide them with a positive and meaningful experience, and to help them on their journey of becoming lifelong Smithsonian visitors.” **In-person programs are currently on hold** due to the COVID-19 pandemic however, **virtual** programs are available on pre-scheduled dates. Attendance for Morning at the Museum requires advance registration. Morning at the Museum programs are not available by request. To learn more about Morning at the Museum visit:

<http://access.si.edu>

For upcoming program dates or to learn more about Morning at the Museum, please contact Ashley Grady at Access@si.edu.





JANUARY 2022

FREE Classes and Workshops

TUES • 12 PM EDT • 12.21.21

open to all
writing workshop with



full schedule + link: bit.ly/CBAWevents

BEN WEAKLEY

OFFERED IN PARTNERSHIP WITH



The Steven A. Cohen Military Family Clinic at Easterseals



The Steven A. Cohen Military Family Clinic at The Up Center

TUES • 12 PM EDT • 12.14.21

open to all
comedy writing workshop with



full schedule + link: bit.ly/CBAWevents

AMELIA BANE

OFFERED IN PARTNERSHIP WITH



The Steven A. Cohen Military Family Clinic at Easterseals



The Steven A. Cohen Military Family Clinic at The Up Center



VIRTUAL MINDFULNESS & GENTLE YOGA

EVENT INFORMATION

Date:
Join us on the 2nd and 4th Wednesday of every month!

Time:
5:00 PM - 6:00 PM EST

Registration Required:
<http://bit.ly/3o9dnNs>
*Participants will receive an email with Zoom instructions after registering through Eventbrite

Questions?
Contact Mallary Lass at mlass@eseal.org

It's important to take care of your mental and physical health. The Steven A. Cohen Military Family Clinic at Easterseals is encouraging everyone to practice social distancing and stay healthy. Please join us for free virtual mindfulness and gentle yoga! Classes will be taught through Zoom and poses can be modified for people of all abilities. Research shows that these practices can:

- ▶ Improve one's response to stress
- ▶ Reduce sensation of chronic pain
- ▶ Improve quality of sleep
- ▶ Create a sense of calm in body & mind

- ★ Open to Everyone!
- ★ All Abilities
- ★ No Cost



The Steven A. Cohen Military Family Clinic at Easterseals

VETERANS CRISIS LINE

Veterans Crisis Line is a free, confidential support, 24/7 at no cost to active-duty, National Guard and Reserves, family members and friends. It's immediate help and support is confidential.

You may also access the online chat at the Military Crisis Line <https://www.veteranscrisisline.net/get-help/chat> or by texting 838255.

AMC Sensory Friendly Movie Experience



Did you know AMC Movie Theatres offers sensory friendly movies? In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down. Families will be able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements should be shown before the movie.

Additionally, audience members are welcome to get up and dance, walk, shout or sing - in other words, AMC's "Silence is Golden" policy will not be enforced, unless the safety of the audience is in question. In accordance with CDC guidelines, masks are recommended for everyone regardless of vaccination status. Masks may be required. Visit the website links to learn about sensory friendly movies and participating locations. More info is at:

<https://www.amctheatres.com/programs/sensory-friendly-films>.

Tickets may be available at: <https://www.amctheatres.com/programs/sensory-friendly-films>.



Chuck E. Cheese Sensory Friendly Experience

Chuck E. Cheese is offering a sensory friendly experience to patrons on Sunday's called **Sensory Sunday's**. Participating locations open two hours early on the first Sunday of the month to offer a sensory-friendly experience to families. During



the sensory-friendly experience lights will be dimmed, there will be a less crowded environment, show music will be turned down or turned off entirely, visits by Chuck E. will be limited, the restaurant environment will be quieter, there will be a full menu available for orders, a full selection of rides and games will be available to guests, all ages and siblings are welcome, and there are no admission fees. You can read more about the details of Sensory Sunday's at Chuck E. Cheese and the locations participating by clicking the link below or visiting the Chuck E. Cheese website.



JANUARY 2022

Accessible Transportation Options in the National Capital Region (NCR)

As many businesses and locations open up in the national Capital Region, taking alternative types of transportation might be of interest to some folks. Have you wondered about which types of transportation are available? What about accessible transportation options or sensory friendly options? Take a look at some local transportation resources below. Click on the categories below to find out more.

[MetroAccess](#): Door-to-door, shared-ride, ADA paratransit service for people with disabilities who cannot use bus or rail service.

[Fastran](#): Specialized transportation services for residents of Fairfax County and the Cities of Fairfax and Falls Church participating in human services agency programs.

[Virginia Non-Emergency Medical Transportation](#): Free transportation for Medicaid recipients to Medicaid service providers.

Many public transportation systems offer discounts for people with disabilities. To find out more about options in Fairfax County, go to **[Fairfax County Connector](#)** and **[Metro](#)** for reduced fare information.

[Fairfax County Taxi Voucher Program](#): Provides discounted taxi vouchers for eligible residents of Fairfax County and the City of Fairfax. The program allows qualified users to travel affordable, safely and independently with the purchase of discounted taxicab coupons. All vouchers are able to be used 24 hours a day, 7 days a week. Vouchers expire 12 months from the time of purchase.

[Amtrak](#) rail service is available to/from Union Station in Washington, D.C. For routes, fares and tickets, visit **www.amtrak.com**. Regular service is available between Union Station and Baltimore Washington International Airport (BWI). A 15-percent discount is available to the disabled and users of wheelchairs and all Amtrak trains are wheelchair accessible.

[Handicap Parking in Washington, DC](#) Two ADA accessible parking meters are located on every block that has government operated parking meters. The DC Department of Motor Vehicles honors handicap parking permits from other states. Cars bearing disabled parking tags may park in designated spaces and park for double the posted time in metered or time-restricted spaces. **[National Museum of American History](#)**: Mall and Constitution Avenue entrances **[National Museum of Natural History](#)**: Mall entrance **[National Air and Space Museum](#)**: Mall entrance **[S. Dillon Ripley Center](#)**: Mall entrance **[Freer Gallery of Art](#)**: Independence Avenue entrance

DC Circulator: The DC Circulator bus is an affordable way to explore Washington DC. Learn more by clicking on the link **[Accessibility - Washington D.C. Circulator \(dccirculator.com\)](#)** or visiting **www.dccirculator.com** Did you know the DC Circulator even has a Zoo express bus. The Zoo express picks up from the Woodley Park – Zoo / Adams Morgan Metro Station and goes to the Smithsonian 's National Zoo. Buses run every 10-15 minutes from 6 a.m. – 8 p.m., Monday through Friday and 8 a.m. – 8 p.m. on weekends.

[Montgomery County Transportation](#) offers transportation options for older adults and persons with disabilities. Visit: **<https://www.montgomerycountymd.gov/DOT-Transit/seniors.html>** to learn more.



JANUARY 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

HENDERSON HALL EXCEPTIONAL FAMILY MEMBER PROGRAM



VIRTUAL WORKSHOP

SUPPLEMENTAL SECURITY INCOME (SSI) SOCIAL SECURITY DISABILITY INSURANCE (SSDI)

Tuesday, January 18 | 11:30 am to 12:30 pm • Virtual

SSI/SSDI is a benefit available through the U.S. Social Security Administration. What is it, and who qualifies? This workshop will cover the SSI/SSDI program guidelines, the application process, and more.

JOIN US FOR A VIRTUAL WORKSHOP

**For more information, please email efmphh@usmc-mccs.org
or call 703-693-5353**



Upcoming Events Mornings at 10am



September 10, 2021
Medicaid Planning for Parents

October 1, 2021
Housing Options in VA, MD and DC

November 4, 2021
Special Edition: Meet the Trustee
(Morning and Evening Sessions)

November 5, 2021
Placing Real Estate in a
Special Needs Trust

December 3, 2021
Social Security – Application and Appeal
Process for SSI and SSDI

January 7, 2022
Estate Planning and Legal Authority

February 4, 2022
Futures Planning and Disability Benefits

March 4, 2022
Financial Planning for Military
(Active Duty, Veterans, Reservists, etc)

April 1, 2022
Disbursing from Your Special Needs Trust

May 6, 2022
Mental Health and Our Beneficiaries

www.thearcofnovatrust.org



Two Tuesdays a month



Every odd month
on the third Friday



Every even month
on the third Friday

SIGN UP HERE:
WWW.THEARCOFNOVATRUST.ORG/EVENTS
OR CALL: 703-208-1119 X 101

HENDERSON HALL
EXCEPTIONAL FAMILY MEMBER PROGRAM

Understanding Autism

**VIRTUAL
WORKSHOP**

WEDNESDAY, JANUARY 12, 2022
11:30 am -12:30 pm

Learn about Autism in this virtual workshop through Zoom featuring a guest speaker from Pathfinders for Autism.

R.S.V.P. by 4:30 pm on Tuesday, January 11, 2022
efmph@usmc-mccs.org
703-693-5353

JOIN US FOR A VIRTUAL WORKSHOP OFFERED THROUGH  zoom





Kennedy Krieger Institute

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: Weekly, 90 minute sessions for seven weeks. Various dates and times are available, beginning in January!

COST: Parent groups are a covered benefit through TRICARE

To register or obtain more information, contact Dr. Sara Hinojosa at 443-923-7459 or hinojosas@kennedykrieger.org.

***Kennedy Krieger Institute
Behavior Management Clinic, Behavioral Psychology***

Key:

Blue = Henderson Hall Exceptional Family Member Program (EFMP Program)

Green = Ft. Belvoir Community Hospital (FBCH)

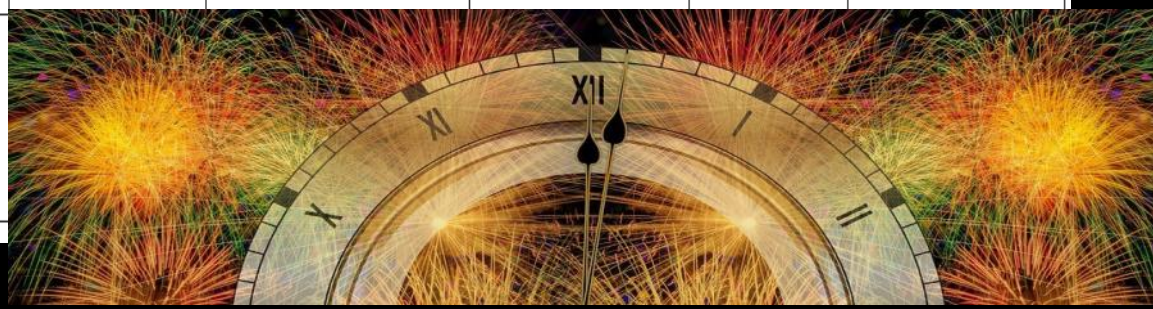
Yellow = ARC of Northern Virginia

Red = PEATC



January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 EFMP Lunch and Learn 11:30 am - 12:30 pm	5	6 FBCH Autism Resource Clinic 8:00 am - 12:30 pm	7 Arc of Northern Virginia 10:00 am - 11:30 am	8
9	10	11	12 EFMP & Pathfinders for Autism 11:30 am - 12:30 pm	13	14	15
16	17 Martin Luther King Holiday HH EFMP is closed.	18 EFMP Lunch and Learn 11:30 am - 12:30 pm	19 PEATC Start time: 6:30 pm	20	21	22
23	24	25	26	27	28	29
30	31					



JANUARY 2022

<i>Date</i>	<i>Time</i>	<i>Workshop/Event</i>	<i>Description</i>	<i>Location</i>
Tues., Jan. 4, 2022	11:30 am - 12:30 pm	<i>EFMP Lunch and Learn: Introduction to EFMP and Respite Care</i>	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. For more information, please email: efmphh@usmc-mccs.org or call 703-693-5353.	Virtual
Thurs., Jan. 6, 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 of 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
Fri., Jan. 7, 2022	10:00 am - 11:30 am	<i>Arc of Northern Virginia - Estate Planning and Legal Authority for Parents</i>	Join the Arc of Northern Virginia for a virtual webinar An estate plan ensures your values, wishes and legacy are preserved and passed on. It also limits litigation, taxes and expenses for your family and heirs. Learn about Estate Planning and legal authority for parents. Click on the link to register: Webinar Registration - Zoom or visit https://thearcofnova.org for more information.	Virtual
Wed., Jan. 12, 2022	11:30 am - 12:30 pm	<i>EFMP and Pathfinders for Autism</i>	Learn about Autism in a virtual workshop through Zoom, featuring a guest speaker from Pathfinders for Autism. For more information, please email: efmphh@usmc-mccs.org or call 703-693-5353.	Virtual
Tues., Jan. 18, 2022	11:30 am - 12:30 pm	<i>EFMP Lunch and Learn: SSI/SSDI</i>	SSI is a benefit available through the U.S. Social Security Administration. What is it, and who qualifies? This workshop will cover the SSI program guidelines, the application process, and more. The other part of this brief is on Medicaid. What is Medicaid? Who qualifies, and what is the application process? For more information, please email: efmphh@usmc-mccs.org or call 703-693-5353.	Virtual
Wed., Jan. 19, 2022	Start time: 6:30 pm	<i>PEATC—From Referral to Eligibility; A Deeper Dive</i>	PEATC presents a special education workshop series through Zoom. For more information visit: www.peatc.org To register visit: https://bit.ly/3phygsb	Virtual



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