



June 2023

**HENDERSON HALL  
EFMP TEAM**

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

**Website:** [mccshh.com/EFMP](http://mccshh.com/EFMP)

**Program Manager:**

**703-693-6510**

**Family Case Worker:**

**703-693-6368**

**Family Case Worker:**

**703-693-4172**

**Training, Education, & Outreach Specialist:**

**703-693-5353**

**Administrative Specialist**

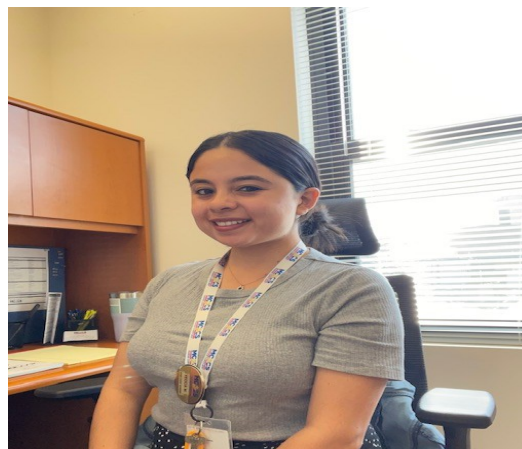
**703-693-7195**



Hello, my name is Yecica Mazariegos. I am the new case worker for the Exceptional Family Member Program.

Most of my professional background has been working with children and families in multiple roles and environments. Before joining the EFMP team, I served military families as a Child Youth Program Assistant at Cody Child Development Center. While working at Cody CDC, I obtained an Early Childhood Development Career Studies certificate. I was also employed by the Fairfax County JDRDC as a visitation monitor for the Supervised Visitation and Exchange Program. As part of this role, I supervised visits and exchanges between children and parents who were court-ordered to participate in the program and provided case management services. I recently graduated with my Master's degree in Social Work from George Mason University. I enjoy traveling, hiking, and spending time with my family in my downtime.

My significant other served in the United States Marine Corps, where I learned some of the many challenges that can impact military families. I am very excited about this opportunity to support our military



## EFMP SERVICES

- ◆ 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)

## Heat Injuries

**HEAT CRAMPS** - Occur after several hours of physical exertion in the heat.

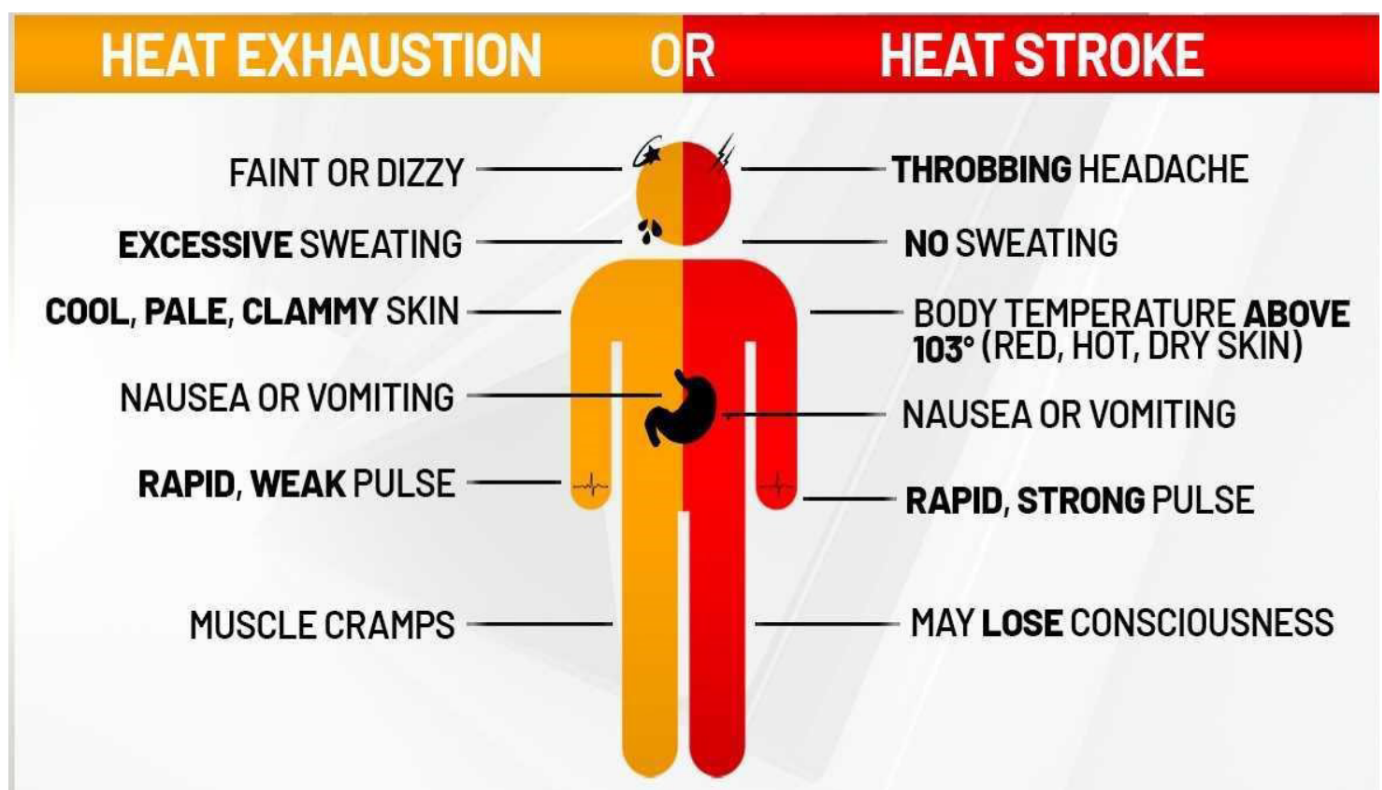
- ◆ **Symptoms:** Painful muscle spasms usually in the legs or abdomen.
- ◆ **Treatment:** Get out of the heat and into the shade, hydrate with water or sports drink, and stretch the muscle.
- ◆ **Prevention:** Acclimatize to the environment so your body adapts to the heat. Hydrate with water or sports drinks before & during. Avoid exercising during the hottest part of the day. Wear light, loose clothing & use sunscreen

**HEAT EXHAUSTION** - Due to loss of water & salt through sweat

- ◆ **Symptoms:** Headache, nausea, dizziness, weakness, and cool, clammy skin.
- ◆ **Treatment:** Stop and rest, hydrate and get into a cool room or shade, loosen clothing and apply cool wet towels or pour cool water over the head.
- ◆ **Prevention:** Same as heat cramp prevention.

**HEAT STROKE** - A serious condition when the body's cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death.

- ◆ **Symptoms:** Red, hot and dry skin. Rapid but weak pulse. Rapid but shallow breathing. Confusion, faintness, staggering, hallucinations. Unusual agitation or coma.
- ◆ **Treatment:** Reduce body temperature by cooling the body and removing unnecessary clothing. Apply water, cool air, wet sheets or ice on the neck, groin & armpits to accelerate cooling. Seek medical attention immediately!
- ◆ **Prevention:** Same procedure concerning heat cramps or heat exhaustion.





## Read Beyond the Beaten Path

From May 29 - September 4, 2023

Read every day this summer to earn incentives during the Summer Reading Challenge!

Log your daily reading and be entered to win e-gift cards.

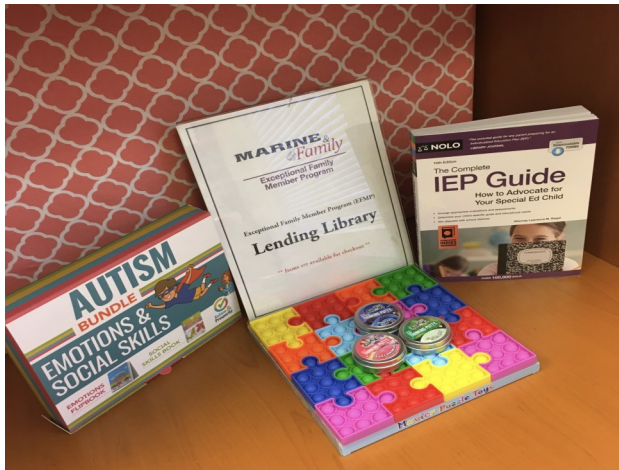
Go to [www.dodvirtualsrp.beanstack.org/](http://www.dodvirtualsrp.beanstack.org/) for more information and rules.



## Henderson Hall EFMP

### Lending Library and Loan Locker

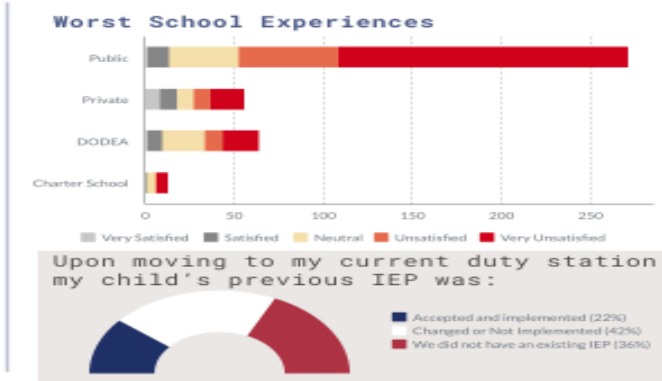
If you haven't had the opportunity to check out **Henderson Hall EFMP's Lending Library** or **Loan Locker** this might be a good time to do so. The Lending Library and Loan Locker are located in Building 12 at Henderson Hall. It was recently updated with many new and exciting items. You can try out items for free on a first come, first serve basis.



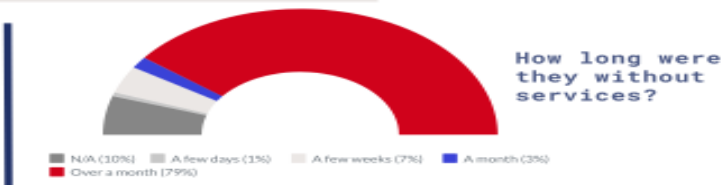




**TRANSITIONS**  
PCS MOVES IMPACT SPECIAL NEEDS FAMILIES



- ### PCS MOVES
- ✓ 90% OF FAMILIES EXPERIENCED A PCS MOVE
  - ✓ 24% EXPERIENCED 5 OR MORE MOVES
  - ✓ 47% EXPERIENCED "ELECTIVE" NON-PCS MOVES



It's always time to go! I remember one time we had just bought a house in a hot real estate market. We hadn't even been there for eight months and we were promoted and it was time to PCS. Such is the life of anyone connected to the military. The best-laid plans in military life are always changed. The most efficient way to deal with burned plans is to be prepared to change and adapt. This is even more important when dealing with medical problems, diagnoses, and special education. Here are some tips on how you can be ready to hit the ground running after a PCS!

**Education PCS Checklist**

- What Is Prior Written Notice (PWN)?
- Have Up-to-Date IEP Goals and Data

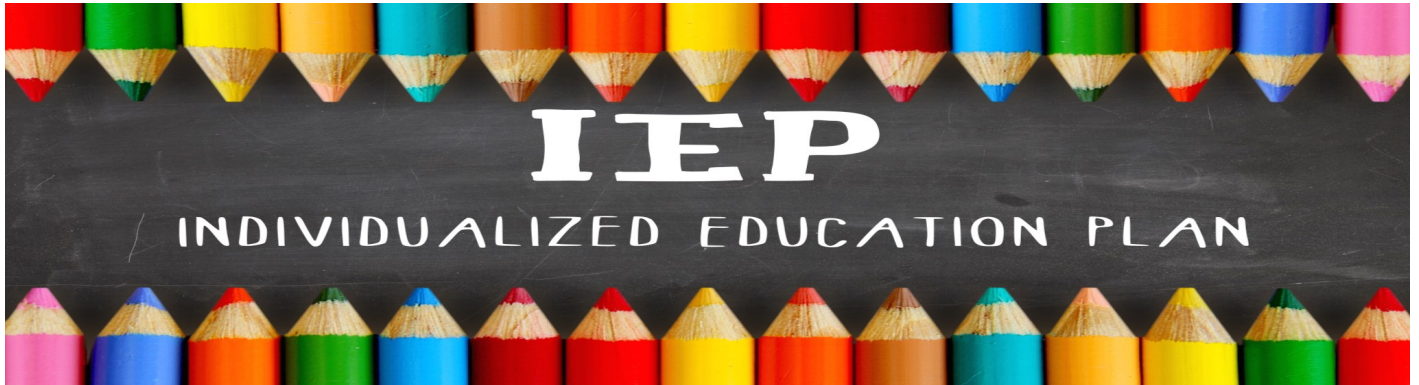
**Medical PCS Checklist**

Medical Records

Check out the link below for more information on:

<https://thepromiseact.org/sped-pcs-preparedness-checklist/>





Check out this article about Evaluations, Triennial Evaluations and Re-Evaluations. If you have any questions regarding your child's evaluation or the evaluation process feel free to reach out at:

Christina M. Jones, Attorney for Exceptional Family Members, National Capital Region  
(703) 784-4146, [christina.jones@usmc.mil](mailto:christina.jones@usmc.mil)

### **Triennial Evaluations & Re-Evaluations**

Once found eligible for special education services, a child with a disability is required to go through a re-evaluation every three years to determine if they still qualify. This is often referred to as the “triennial evaluation.”

Once they qualify for services, most children are always going to qualify. A child's condition may improve, and we expect the child to make progress. Nonetheless, the student will still have a disability, it will adversely affect their educational performance, and they will need special education services – thus, they will continue to meet the eligibility standards. Special education eligibility provides further protections and services, so you rarely want a child to no longer qualify.

Due to the child's presumed re-eligibility, the school district may try to convince you that re-evaluations are unnecessary. School staff may say that there is no question about the child's eligibility, so they don't want to put the child through more testing. They may say the child is tested a lot at school anyway, and re-evaluations won't provide new information. The parents and school team will still meet to determine eligibility, but it will be based on a “review of records.” This is perfectly legal if the parents agree to proceed without testing. However, schools don't always present testing as an option parents can select.

#### ***Should I request triennial re-evaluations for my child?***

In the very rare circumstance where you are concerned your child might no longer qualify for special education services, it may be wise to refuse testing. However, I counsel my clients to almost always have those re-evaluations done. Re-evaluations are intended not just to determine continued eligibility, but to provide updated data to inform the IEP. The testing should identify areas where the child is struggling and excelling.

Re-evaluations are also very helpful for post-graduate purposes, such as seeking accommodations in college or determining eligibility for a Medicaid Home and Community Based Services waiver. (I would not recommend telling the school that is the reason you want the re-evaluation, because the purpose needs to be educationally-based.) Universities typically want evaluations that are no more than 3 years old at the time of enrollment. I generally recommend being re-evaluated at the end of the child's sophomore or beginning of their junior year of high school; this ensures the child will fall within that 3-year mark, while also having time to benefit from the updated data in high school.

Continued....





# June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 EFMP Workshop: Building Networks of Support	7	8	10	11
11	12	13	14 	15	16	17
18	19 Juneteenth EFMP Offices will be closed	20 EFMP Workshop Early Intervention Overview	21	22	23	24
25	26	27	28	29	30	

