



EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

March 2025



Get Outside

As winter comes to a close, it's time to start thinking about moving physical activity outside to maximize health benefits, like increased vitamin D. Adults, including individuals with disabilities, should try to get at least 150 minutes of moderate-intensity exercise per the [Center for Disease Control](#). The best exercise is the exercise that will be done consistently. This month's newsletter includes a highlight of adapted recreation and sport opportunities across D.C., Maryland, and Virginia as well as tips to prevent brain injuries.

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BRAIN INJURY AWARENESS MONTH



TIPS TO PREVENT TRAUMATIC BRAIN INJURY

- Wear a seatbelt. Ensure children are in the appropriate car seat for height/weight. Puffy jackets should be removed.
- Never drive under the influence or ride with a driver who is impaired.
- Wear a helmet especially when biking, skating or engaging in contact sports.
- Childproof play and living spaces with gates at the top and bottom of stairs, window guards, and pick playgrounds with soft material like mulch or sand
- Use a nonslip mat in the bath or shower

Brain injury can be classified as a traumatic brain injury (TBI) or non-traumatic (ex., stroke, lack of oxygen). Both kinds of injury can be devastating for the individual and loved ones. As of 2024, one in every 60 Americans live with a brain injury, including many servicemembers and veterans. Brain Injury Awareness Month is observed in March with education campaigns, advocacy efforts and support efforts. This month, consider spending some time learning the facts about brain injury, prevention tips and ways to assist affected individuals and loved ones. A good starting point is the [Brain Injury Association of America](#).

Reach out to your family caseworker if you would like assistance locating local or virtual support groups for individuals with brain injury and caregivers.

Inclusive Recreation



Staying active benefits everyone, including individuals with disabilities. Luckily, there are many opportunities for adaptive sports and recreation within the National Capital Region (NCR) so individuals with disabilities can enjoy not only the physical benefits of exercise, but also the mental health benefits of social networking that comes along with classes and organized sports.

One of the easiest ways to identify low-cost, locally-based adaptive activities is to start with an internet search with the terms “your county” + “therapeutic recreation.” This will typically pull up local community centers that often offer adaptive fitness classes like water aerobics, dancing and others.

[All-Terrain Wheelchairs:](#) As of 2024, 6 state parks in Virginia offer free rentals of all-terrain wheelchairs for both adults and children. State parks include Shenandoah River State Park and Mason Neck State Park. Rentals must be made at least 48 hours in advance.

Wheelchair Basketball:

[Fairfax Falcons:](#) Ages 4-22 with irreversible lower extremity disability in the VA/DC area. Not all players are regular wheelchair users.

[MedStar Health:](#) Burtonsville, MD. Provided at no cost to participants. Medstar Health also offers wheelchair rugby (Fairfax, VA) and wheelchair tennis (College Park, MD)

[Bennett Blazers:](#) Baltimore, MD. Ages 10-18. All players have lower limb disability, not all players are regular wheelchair users. Kennedy Krieger also offers adult wheelchair basketball.



[Adaptive Climbing](#): Alexandria, VA. Open to youth and adults on a monthly basis with all levels of experience and variety of physical disabilities.

[Goalball](#): D.C. Enjoy the only sport specifically designed for the blind.

Horseback Riding: There are an abundance of therapeutic horseback riding stables across VA and MD. To find VA stables, visit this [link](#). MD facilities include [Promise Landings Farm](#), [PETS](#), and [Maryland Therapeutic Riding](#).

Multiple organizations across the National Capital Region offer a variety of adaptive recreation opportunities. For example, [Kids in Action](#) in Washington, D.C is designed for children and young adults with disabilities and their siblings in Washington, DC. It is housed in Children's National Hospital. Membership and participation is free. Activities include adaptive sports, sensory mania (sensory stimulation workshop for children who may not be able to participate in structured activities), adapted activities (like cooking class) and a monthly teen night. The majority of activities take place on Saturdays, though there are some weekly programs. Family support programming also available. Activities are overseen by recreational therapists. Another highly-regarded organization is The [Kennedy Krieger Institute](#) in Baltimore, MD offers adaptive and rehabilitative sports programming for both adults and children with physical disabilities.

Participants need to be able to follow directions in large groups and function at or near age-level. Activities include sailing, ambulatory and wheelchair basketball, track and field, and tennis. Adults are also able to access a gym with adapted equipment. Some scholarships are available to assist with Kennedy Krieger programming costs.

[Pursuit](#) is a nonprofit dedicated to organizing adaptive sports and recreation for adults with physical disabilities in Virginia, D.C., and Maryland. Organized sports include bowling, rafting, sailing, hiking, golf, cycling and rock climbing. Pursuit also offers social events like paint and sips, dinners out together and other outings with accessibility in mind. Membership is free, but limited to individuals aged 18+ with physical and/or sensory disabilities. Volunteers are also needed.

However you choose to move your body, be sure to consult with your doctor before making any



Hourly Childcare Resources

Locating reliable, affordable childcare is a universal struggle for parents. It is even more difficult for military families with frequent moves disrupting networks of support every couple of years. This can impact families in all facets of life from financial readiness to work to relationships. In recognition of this struggle, Military OneSource offers a free account to access a nationwide database of caregivers for hourly, flexible care. To activate this benefit, visit [Military OneSource](#) directly. Families may be able to access temporary care by using [Kinderspot](#) to take over another military family's CDC spot temporarily (not available at all military installations). Some CDCs also offer limited hourly childcare. Families may also consider going to the local spouse pages on social media for babysitter recommendations or to form babysitting co-ops.

Finding and trusting a sitter can be a daunting task. Consider these questions when looking for a new care provider:

- Do they have an up-to-date CPR certification?
- Do they have reliable transportation?
- Can they provide references?
- What experience do they have with children of similar age/development/special needs?

If your family needs daycare rather than hourly childcare, visit [MilitaryChildcare.com](#) to register for installation Child Development Centers, and to access Childcare Aware financial assistance for childcare off-installation. If you need help navigating the site, reach out to Military OneSource 24/7 at 800-342-9647

Virginia

5 March, 1000 -1100 Sensory-Friendly Morning @ LEGO Discovery Center

563 Springfield Mall, Ste. 12004

Sensory Friendly Mornings is an Autism Acceptance & Awareness event at LEGO Discovery Center for sensory-sensitive individuals. This special event for sensory-sensitive fans of LEGO will take place the first Wednesday morning of each month.

Pre-registration required; <https://tinyurl.com/3dtfm6f>

25 MAR, 1000-1200: Baby Palooza

Free. Fort Belvoir, VA. Calling all parents and parents-to-be! Get ready for an event filled with laughter, learning, and delightful surprises at our upcoming 2nd annual Baby Palooza event! Interactive Baby Workshops: Infant and Child CPR, Lactation, Nutrition, Safe-Sleep, Financial preparation. All attendees will receive a baby bundle filled with baby essentials. Registration required. [Link.](#)

Virtual

11 MAR, 1130-1200: Managing Deployments & Permanent Dependency

Free. A bite-sized brief about how to prepare for deployment. Learn about the resources and supports available through your EFMP office. Learn about establishing an incapacitation status for a child within the Defense Enrollment Eligibility Reporting System (DEERS). Contact efmphh@usmc-mccs.org to register.

25 MAR, 1130-1200: Inclusive Recreation

Free. Discuss how to build a support network with the challenges of the military and special medical or educational needs & then learn about accessing the wealth of resources available in the National Capital Region and how to find new resources when you PCS to a new location. Contact efmphh@usmc-mccs.org to register.

Maryland

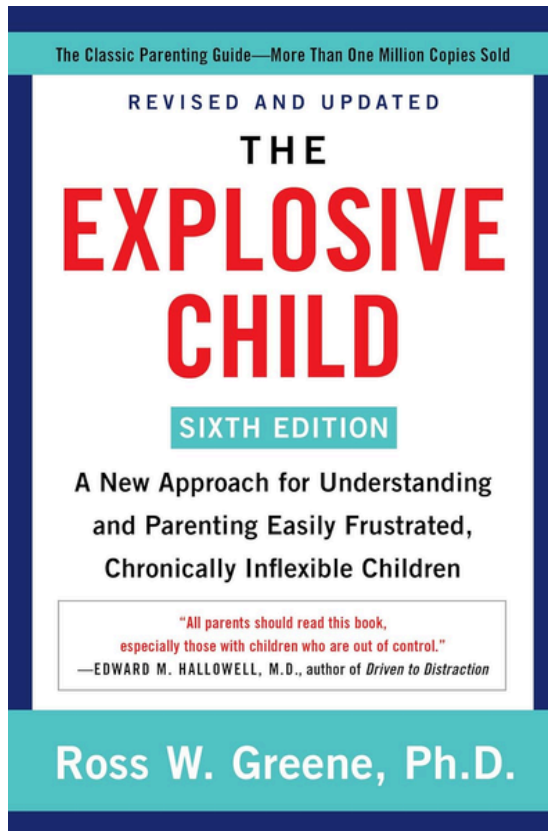
8 March Sensory Friendly Concert Hall Tours - Strattmore

<https://www.strathmore.org/events-tickets/sensory-friendly-events/sensory-friendly-concert-hall-tours/>

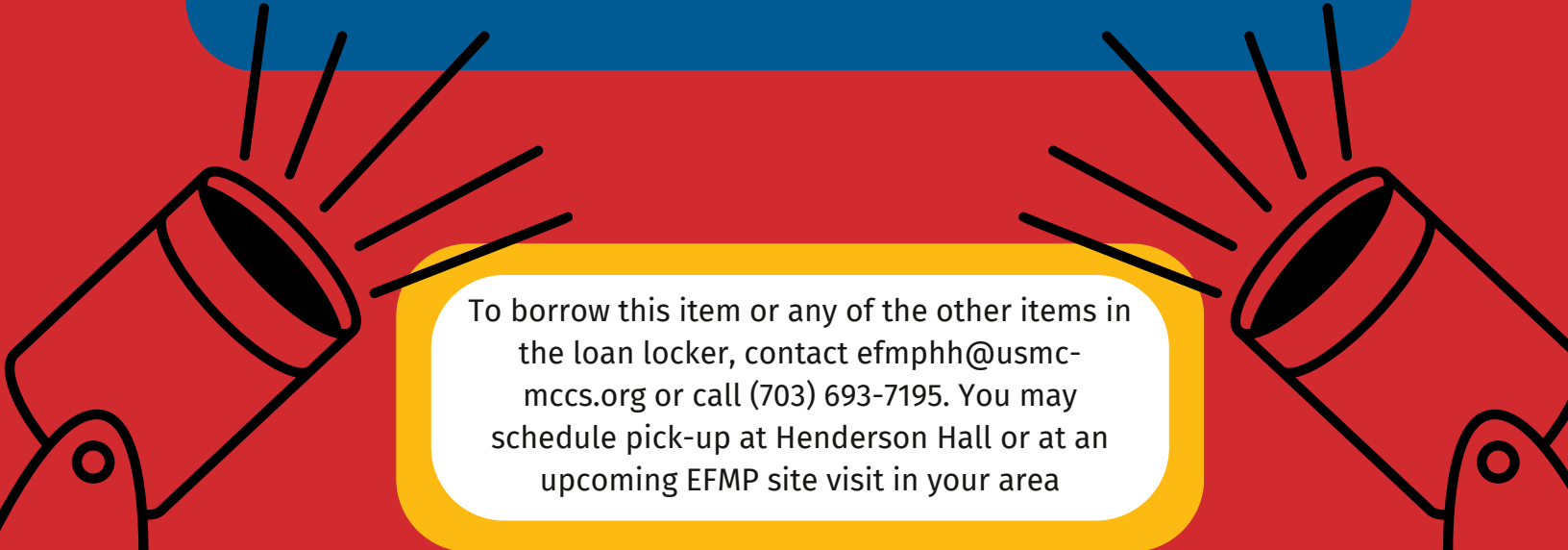
15 March 1000 Mother Goose (ASL-Interpreted Performance) @ Imagination Stage
4908 Auburn Ave. Bethesda, MD 20814 <https://tinyurl.com/bdh2ybzz>

16 March 0900-1100 Sensory-Friendly Sundays @ Port Discovery Children's Museum
35 Market Pl. Baltimore, MD 21202 More Info <https://tinyurl.com/8c2vcydu>

22 March Princess Ball 10:00am-11:30am & 12:30pm-2:00pm Clarion Inn Event Center
Ballroom Frederick Maryland <https://caringcommunities.org/princess-ball-faq/>



Borrow Dr. Green's "The Explosive Child" to learn alternate approaches to raising inflexible children. Explore ways to support children in developing the the necessary skills to handle frustration and unexpected situations.

Two stylized spotlights are positioned at the bottom corners of the page, pointing towards the center. Each spotlight has a black body and a white lens, with several black lines radiating from the lens to represent light beams. The spotlights are set against a red background.

To borrow this item or any of the other items in the loan locker, contact efmphh@usmc-mccs.org or call (703) 693-7195. You may schedule pick-up at Henderson Hall or at an upcoming EFMP site visit in your area

Sensory Friendly Activities across the NCR

LEGO Discovery Center Sensory-Friendly Mornings

\$25.99 per person. You may be eligible for one free ADA caregiver ticket. Enjoy the LEGO center from 1000-1100 with reduced lighting and music. This event is held the first Wednesday of every month. For all ages. [Link](#).

Accessible Adult Fans of LEGO Nights

\$24.99 per person. Ages 18+ only. Enjoy the LEGO center from 1800-2000 with reduced lighting and music. This event is held the Wednesday of every month. For adults with special needs or sensory differences.

Sensory Sundays at the B & O Rail Museum

\$20/adult, \$12/child. AD is free. First Sundays in select months. Environmental accommodations (no music, low lighting, quiet areas, increased signage for areas with sound effects), sensory-friendly events (kids craft, train ride, and tour) and resources (sensory kits, social stories, and community table) will be available. [Link](#)

Morning at the Museum

Free. Dates and Smithsonian museum vary. Registration required. Sensory-friendly program for children, teens, and young adults who are neurodivergent and their families. Participants enter the museum early and explore at their own pace. [Link](#)

Alamo Drafthouse Cinema

Alamo for All program is active in both Northern VA and DC. All shows on Tuesday before 2:00 p.m. are sensory-friendly. Additional shows are available on weekends.

AMC Theatres

Second and fourth Saturdays for family-friendly movies and Wednesday evenings of every month offer sensory-friendly showings

Children's Museum of Virginia

Portsmouth, VA. Reduced number of visitors and adapted programs/exhibits.

Note: Second floor currently under construction. Held the second Sunday of every month. [Link](#).

Kennedy Center

Price varies. Lower lighting during entire performance, reduced sounds, and designated quiet area of theater. Guests are welcome to talk and move throughout performances. Website includes scripted stories to talk about an upcoming visit. [Link](#).


Regal Movies

My Way Matinee Program offers sensory-friendly showings as the first show on Saturdays on select Saturdays.

Philadelphia:

Sesame Place

Sesame Place Philadelphia is the first theme park to be designated as a Certified Autism Center. Sesame Place offers a low-sensory room, low-sensory parade viewing, and specially-trained staff.



What's the difference
between EFMP screening and
Overseas Screening
Suitability?

An Overseas Suitability Screening (OSS) needs to occur when a service member requests command-sponsored dependent travel for OCONUS (Outside the Continental United States) orders. Every dependent family member will be screened to determine if the family members are medically, mentally, and dentally fit to be stationed overseas. During this screening, the medical provider may identify a family member needs to enroll in the Exceptional Family Member Program. The OSS screening has three results: denied, approved, and more information required.

An EFMP screening occurs for all duty station locations (CONUS and OCONUS) for EFMP-enrolled family members. EFMP Assignment Case Managers will assess a family member's medical or educational needs (i.e., weekly speech therapy) and will research the potential duty station to determine if necessary care is available within a reasonable distance and a reasonable wait time, if applicable. The case manager will determine if orders are "endorsed" by EFMP or "not endorsed" and this will be shared with the MOS monitors. The final determination of duty station is made by MOS monitors.

HH EFMP Services

- Family support/non-clinical case management
- Informal Assignment Screening
- EFMP Attorney Assistance
- Resources and Referrals
- Support at IEP/IFSP meetings
- Respite Care Reimbursement Program
- Eligibility and enrollment for Tricare ECHO
- Transition Assistance (PCS, EAS)
- Workshops and Training
- Lending Library
- Loan Locker
- Family Needs Assessment

DISCLAIMER:

The contents of this document do not necessarily reflect the views or policies of the Department of Defense, nor does the mention of trade names, commercial products, gift suggestions, or organizations imply endorsement by the USMC.

Henderson Hall EFMP is committed to providing accessible, inclusive events and services. Please contact us with concerns or suggestions

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