



# EFMP

## Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

May 2025



**988** SUICIDE & CRISIS  
**LIFELINE**

Mental health is a critical part of readiness for all ages. For many, maintaining mental fitness requires proactive use of self-care strategies and healthy coping skill development. May is dedicated to increasing awareness of resources to develop those necessary skills and to reducing prejudice and discrimination regarding mental health challenges and pursuing support.

**If you or a loved one is in crisis, contact the 24/7 988 and press option “1” or text 838255**

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# KNOW YOUR RESOURCES



## INSTALLATION RESOURCES

The Behavioral Health branch of MCCS, located in building 12 on Henderson Hall, is home to a variety of supports for prevention and treatment of mental health challenges. Resources include the following:

**Prevention and Education:** Classes and workshops open to active duty service members, spouses and family members. Workshops include “Avoid Falling for a Jerk or Jerkette,” “Devil dog De-Escalation” and “The Seven Principles of Making Marriage Work.”

**Community Counseling Program:** Licensed mental health clinicians provide non-medical counseling for individuals, children, couples and families. Contact [\(703\) 614-7204](tel:7036147204) to schedule an appointment. CCP is also responsible for follow-up contact and care coordination the Marine Intercept Program for service members post-ideation or attempt.

**Military & Family Life Counselors (MFLCs):** MFLCS offer short-term, solutions-based non-medical counseling. Services may be provided off or on military installations and with the exception of child abuse, domestic abuse and “duty to warn” situations services are private and confidential. MFLC counselors do not keep clinical notes. To schedule an appointment with an MFLC Counselor, please call 703-414-9885. Be sure to leave a voicemail. Appointments with MFLCs are available after business hours upon request. MFLCS for children and youth available.



**Chaplain Office:** Chaplains are the only individuals on installation that have 100% confidentiality for privileged communication. Individuals seeking support from a military chaplain do not need to have any religious affiliation. Units may have embedded chaplains. To identify chaplains in your area, visit the National Capital Region Chaplain's Office at Henderson Hall in building 29 or call at (703) 614-9280

## VIRTUAL SUPPORTS

[Military OneSource \(MOS\)](#) offers free, confidential non-medical counseling via secure online chat, phone calls or video chats. Children under the age of 18 may not use the secure online chat, but may use the video chat with guardian permission. MOS can also refer you to on-installation resources.

You can access wellness apps called “chill drills” to support stress management through MOS.

### [Military Crisis Line:](#) The

Veterans/Military Crisis Line is a free, confidential resource available to all service members and veterans and their families. You can access crisis support by dialing 988 and then pressing 1, sending a text to 838255 or by chatting online at the link above. The website also includes signs of crisis, warning signs indicating someone needs help and ways to talk with individuals respectfully about their mental health.

### [National Alliance on Mental Illness](#)

[Virtual Support Groups:](#) Peer-led support groups for individuals with mental health conditions and family support groups for loved ones of individuals with mental health conditions are free and confidential



## WARNING SIGNS IN CHILDREN

Unfortunately, children and teens are susceptible to mental health challenges, too. They may not be able to express their feelings verbally, so it's important to be aware of warning signs.

Per [NAMI](#) and the [Mayoclinic](#), Keep an eye out for:

- Changes in eating habits
- Weight loss
- Trouble sleeping, frequent nightmares
- Frequent headaches or stomachaches
- Big changes in mood, behavior or personality
- Negative changes in school performance and possible resistance to attending school
- Self-isolation
- Self harm or talking about hurting themselves
- Frequent outbursts
- Talking about death or suicide

If you are concerned for your child's mental health, contact their medical provider. Have conversations with adults familiar with your child (i.e., teachers, babysitters, family friends) to see if they have noticed differences.



## SUMMER NUTRITION PROGRAMS FOR KIDS

Nearly 30 million children participate in USDA's school breakfast and lunch programs on an average school day. When school is out for the summer, kids lose access to these healthy meals, but they still need nutritious food to grow healthy and strong.

This year, [Virginia](#), [Maryland](#) and [D.C.](#) are offering the new SUN Bucks grocery benefit that provides families \$120 per eligible school-aged child, so you can stretch your grocery budget and buy more of the foods your children love! SUN Bucks is designed to work together with other benefits your family may already get, like SNAP and WIC, and your children can still enjoy free SUN Meals at local meal sites, too. Many eligible families will be automatically enrolled. School-age children are eligible for SUN Bucks if your family participates in SNAP/WIC/TANF or if your child attends a school that offers the National School Lunch or School Breakfast Program, and your household income meets the requirements for free or reduced-price school meals.



## MIL TICK

Reduce your risk of acquiring Lyme Disease, alpha-gal allergy, Rocky Mountain Spotted Fever and other tick-borne illnesses by taking preventative measures and inspecting for ticks after outdoor activities all year long. If you find a tick on yourself or your child after a romp outside, get the tick tested to quickly determine exposure to tick-borne illnesses so you can receive appropriate medical care. The DoD Human Tick Test Kit Program is offered through the Army Public Health Center (APHC) and expanded in 2022 to test for additional rare pathogens. You may submit the tick to a DoD health clinic or submit it directly to the program following the instructions from [MiTICK](#). Eligible individuals include AD service members of all branches, National Guard, Reservists, DoD Civilians, Contractors and Dependents of the previously-mentioned categories. Note: ticks attached to animals are not eligible for testing.



# Blue Star Museums



Since 2010, the National Endowment for the Arts, Blue Star Families, the Department of Defense, and museums across America partner to offer free admission to the nation's active duty military personnel including National Guard and Reserve and their families each summer. The 2025 Blue Star Museum season begins Saturday, May 17th, 2025 and will end on Labor Day. Military ID holders and up to 5 family members (i.e., child, grandparents, siblings) may receive free admission. Dependent ID cards are acceptable for admission, so families may participate even if their service member is TAD or deployed.

Visit [www.arts.gov/initiatives/blue-star-museums](http://www.arts.gov/initiatives/blue-star-museums) for a list of participating 2025 museums and make a plan to beat the summer heat wherever your summer travels take you and your family.

## National Museum of the Marine Corps



Don't forget, the National Museum of the Marine Corps, located just outside of MCB Quantico, is always free (including parking!).

There is a variety of child-friendly programming throughout the year. [History in Your Hands](#) tours are available for guests who are blind/visually-impaired



**NATIONAL ENDOWMENT FOR THE ARTS**  
and **BLUE STAR FAMILIES** present  
[arts.gov/bluestarmuseums](http://arts.gov/bluestarmuseums)  
**BLUE STAR MUSEUMS**

## Virginia

09 May 2000-2200 Drive In Movie in the Park Moana 2 Ben Lomond Regional Park, 7500 Ben Lomond Park Rd, Manassas VA

A FREE family movie night in the park is a perfect chance to relax and enjoy a safe and special night under the stars. Come early and get a good seat! The movie will begin at sunset Please bring your lawn chair or blankets for seating. A parent or guardian must attend with children under the age of

17 May 1100 -1500 Free Kids Event: The Magic of Science

<https://www.lakeshorelearning.com/stores/events/> Alexandria, Va

**Virtual**

03 May, 1530 - 1630 Yoga Connections Virtual by Zoom Every Saturday 3:30-4:30PM All ages welcome! Made possible through a grant from The Hussman Foundation. Complete a one-time registration

05 May, 1130-1200: Intro to EFMP and Respite Care Reimbursement Benefit

*Free.* Learn the ins and outs of the Exceptional Family Member Program. Maximize the benefits of EFMP Family Support & Learn about the respite care benefit available to eligible families through EFMP. Contact [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org) to register.

14 May 1900-2030 Webinar: Water Safety & Wandering Prevention

91% of deaths in children 14 years old or younger with Autism are due to drowning. Last year, six Autistic children drowned in Maryland subsequent to wandering! We want help prevent future tragedies. Free click link to register

27 May, 1130-1200: Inclusive Recreation

*Free.* From birth to 3, a child should reach milestones in how he/she plays, learns, talks and moves. for a bite-sized workshop on the early intervention process, typical milestones and steps to take if you have concerns. Contact [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org) to register.

## **Maryland**

3 & 4 May 0830-1700 Maryland Sheep & Wool Festival

The Maryland Sheep & Wool Festival is one of the largest festivals of its kind celebrating all things sheep, from hoof to handwoven. Howard County Fairgrounds, West Friendship, MD

10 May 1400-1500 Yoga Together! (In Person) - Yoga Center of Columbia no registration required. Please arrive 10 minutes before start time . 8950 State Route 108, Suite 109, Columbia, MD 21045

17 May 1100 -1500 Free Kids Event: The Magic of Science  
<https://www.lakeshorelearning.com/stores/events/> Towson, MD

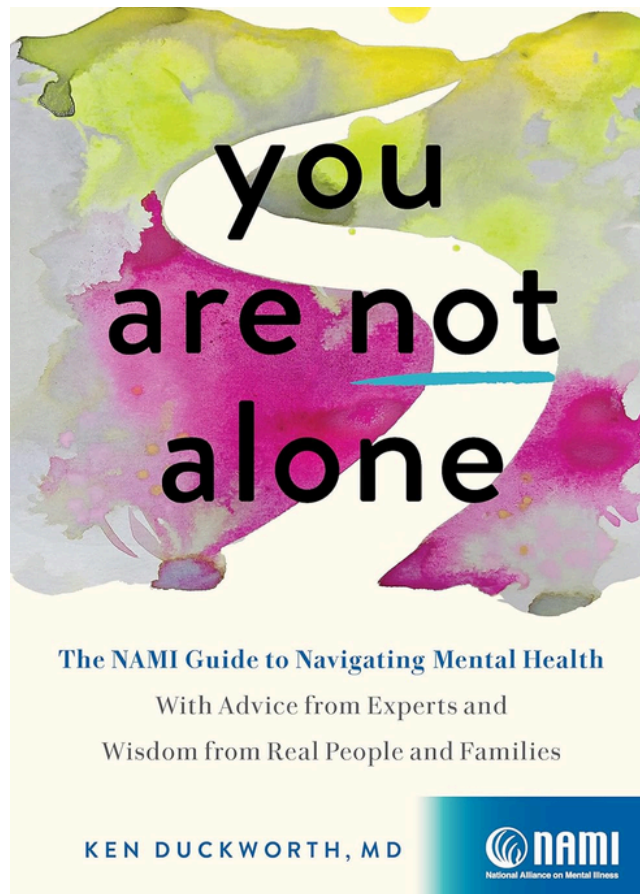
## **Washington, D.C.**

21 May 2025 Military Spouses Employment Summit

Forging America's Future Talent is crucial for maintaining the country's competitiveness and national security. As technological advancements and global challenges continue to evolve, creating a future of work that is flexible, inclusive, and sustainable is critical for our nation's military spouses.

This annual event celebrates the unique strengths of military spouses and their role in shaping America's future talent, bringing together changemakers to explore innovative pathways for developing skills in critical fields.

Through dynamic workshops, inspiring keynote speeches, and collaborative sessions, we aim to bridge the gap between military life and career opportunities, ensuring that military spouses play a pivotal role in developing the nation's workforce.



The NAMI Guide to Navigating Mental Health by Dr. Ken Duckworth is a must-read for both individuals with mental health concerns and their families. It includes real lived experiences and guidance from the experts on how to manage diagnosis, treatment and long-term recovery.

To borrow this item or any of the other items in the loan locker, contact [efmphh@usmc-mccs.org](mailto: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.

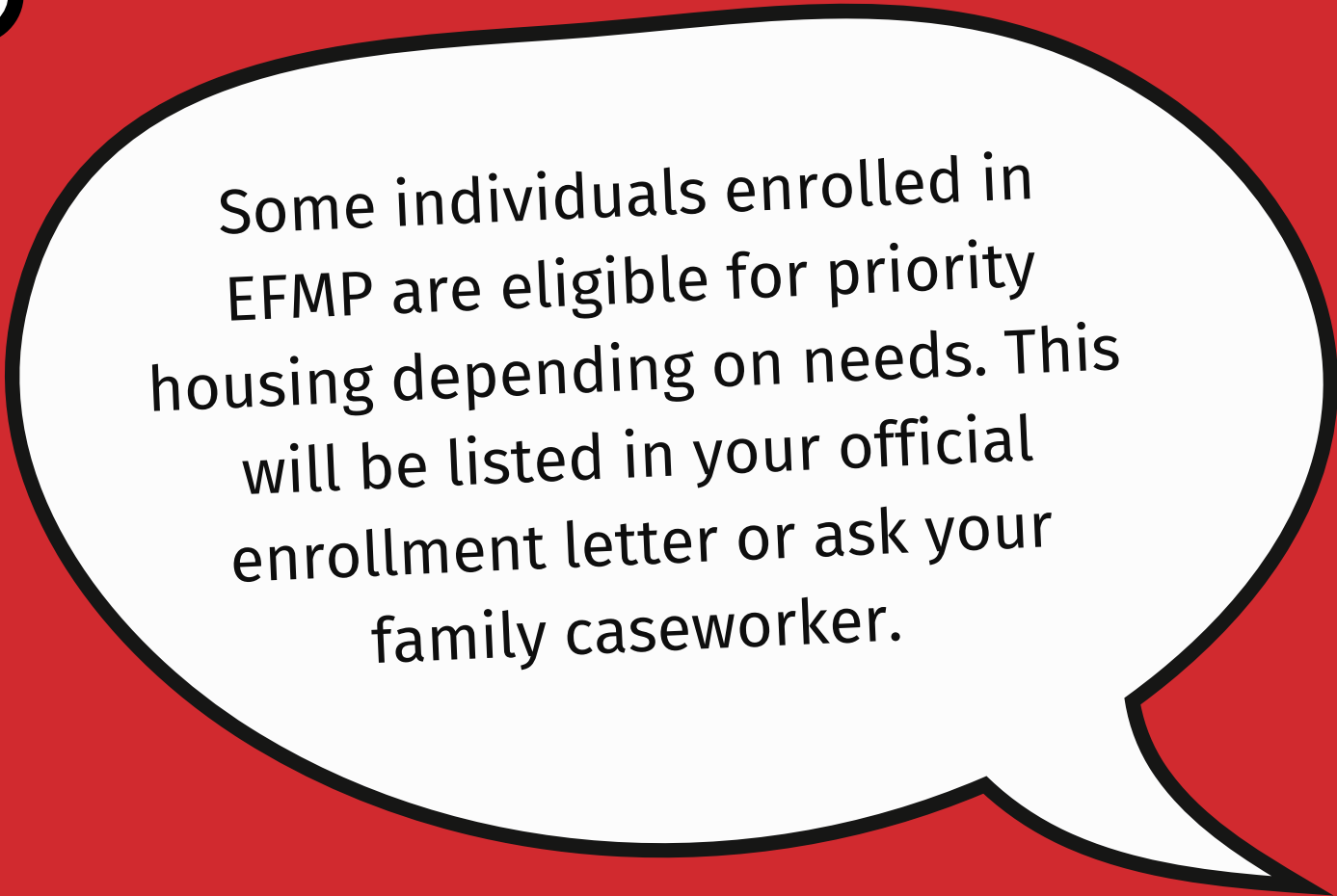
## Philadelphia:

### *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.



Does enrollment in EFMP  
qualify my family for priority  
housing?



Some individuals enrolled in  
EFMP are eligible for priority  
housing depending on needs. This  
will be listed in your official  
enrollment letter or ask your  
family caseworker.

## **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

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

(703) 693-7195

1555 Southgate Rd.

Bldg. 12

Arlington, VA 22026

