HENDERSON HALL OF EFNP Exceptional Family Member Program

March 2022

HENDERSON HALL EFMP TEAM

Email: <u>efmphh@usmc-mccs.org</u> *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

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 & Learns to earn door prizes and the chance to win a **Gift Basket!**

For each Lunch & 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

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HENDERSON HALL



March 2022

Why Am I Still Enrolled in EFMP?

with Henderson Hall EFMP Family Case Workers

Event: Why Am I Still Enrolled in EFMP? (Meet & Greet) Date: Thursday, March 17, 2022 Time: 12:00 pm -1:00 pm

Place: Virtual - Zoom.gov

Join the Henderson Hall Exceptional Family Member Program (EFMP) Family Case Workers to understand the purpose of EFMP, why you are enrolled, the criteria for disenrollment, and EFMP enrollment impact on orders.

For more information or to register, email: efmphh@usmc-mccs.org

Sesame Street for Military Families



Sesame Workshop Military Family Resources

What is Sesame Workshop? Sesame Workshop, a nonprofit educational organization offers a wide range of resources online just for military families and military children. Resources spotlight many issues including deployment, civilian life, grief, injuries: long term caregiving, injuries: rehabilitation, military homecoming, relocation, routines, self-expression, temporary duty, and transitions in health care. The Sesame Workshop website offers, videos, articles, and games for all ages. For more information visit:

Military Families Resources for Young Children | Sesame Street (sesamestreetformilitaryfamilies.org)





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



MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

STRESS MANAGEMENT CLASS SERIES

Building Stress Resiliency: Making Stress Work for You

A discussion about different kinds of stress and how to increase one's stress resiliency. 02/02/22 (6:30pm) & 02/17/22 (12pm)

Stress Management

MARCH 2022

Topics covered in this presentation include the signs, symptoms, and effects of a stress response; possible sources of stress; the types, levels, and stages of stress; and coping strategies for managing stress.

03/02/22 (6:30pm) & 03/17/22 (12pm)

Coping Strategies for the Uncertainties of Life

This presentation offers a series of strategies to help adults cope with unexpected developments, disappointments, and other situations in which expectations fall short of reality.

03/30/22 (6:30pm) & 04/27/22 (12pm)

Three C's of Communication

This presentation seeks to help participants improve verbal and nonverbal communication through the use of the "Three C's" (communication, collaboration, and commitment).

05/12/22 (6:30pm) & 05/25/22 (12pm)

To register Contact: Spring Richardson, LPC Military and Family Life Counselor

703-414-9885

srichardson9@magellanfederal.com





EXCEPTIONAL FAMILY SUPPORT MADE FOR YOUR MILLIFE











ORGANIZATION FOR AUTISM RESEARCH (OAR) 2111 Wilson Boulevard, Suite 401 Arlington, VA 22201 Phone: (866) 366-9710 E-mail: info@researchautism.org

The Organization for Autism Research or OAR was founded in 2001 by individuals whose lives had been impacted and/or affected by Autism. The organization prides itself on funding innovative research on Autism. OAR offers webinar trainings on a wide variety of topics on everything from safety and bullying to peer education, and sexual education. OAR offers several scholarships to traditional 2 year and 4 year colleges, as well as technical schools. There is also an employment initiative program. OAR offers **employment resources** on their website to assist job-seekers and their parents/guardians with a wide array of topics such as pre-employment training and development, career exploration, essential social skills for the workplace, job searching and interviewing, self-advocacy and accommodations, disclosure, managing anxiety and rejection, transportation planning, job coaches, and state level support. OAR's A Guide for Transition to Adulthood offers good information for those who are transitioning into adulthood and preparing for the future. Educational kits and curriculums are available for educators, and those in the community who could benefit from the information. These kits are offered free of charge in most cases. OAR offers peer education grants to support projects aiming to promote "autism awareness and acceptance among students" in grades K-8 using OAR's peer education program. OAR offers downloadable guides free of charge on their website. Topics include safety and safety planning, advocacy, sibling support, Military families, navigating research, resources, and Spanish-language resources. OAR also offers an online newsletter which you can sign up to subscribe to on their website.

For more information about OAR or to find out more about how to attend any of the trainings offered or utilize the resources, visit their website at <u>www.researchautism.org</u>





Families Thriving and Building Resilience



Michelle Bubnik-Harrison, Ph.D 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 conducts groups for teens and their parents to promote their academic success. Dr. Bubnik-Harrison is a liaison for the Behavioral Health Services for Military Families Program at Kennedy Krieger Institute.

The ABC's of Managing Behavior in School-Aged Children April 22nd 2022, 12:00 noon

Sara Hinojosa, Ph.D.

Dr. Hinojosa is a psychologist who works with schoolaged children and their caregivers. Primarily, Dr. Hinojosa focuses on helping caregivers learn how to problem-solve and manage a variety of behaviors that can impact children, from toileting to tantrums to anxiety. She also leads 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 Kennedy Krieger Institute.



To register, email Crissy.Johnson@usmcmccs.org or call (703) 693-5353. Visit https://www.kennedykrieger.org/military to learn more about our team!

To find out more about this resiliency speaker series, please email TEO, Crissy Johnson-Carroll at Crissy.johnson@usmc-mccs.org or call 703-693-5353. To register, email efmp@usmc-mccs.org

Interview with Clinical Psychologist from the Kennedy Krieger Institute: Dr. Sara Hinojosa

Q.) What is your background? (autobiography or information about yourself you would like to share.)

A.) I am a clinical psychologist that specializes in working with preschool and school-aged children and their families. I received my training in School Psychology but switched to a clinical role in my fellow ship because I enjoyed working with parents so much! On a personal level, I have many connections to the military. My husband is a Marine veteran and my brother-in-law is a Major in the Army. Also, my uncle is a retired Air Force Colonel, who I lived with in Muscat, Oman during high school so I could "see the world."

Q.) What is your role at Kennedy Krieger Institute?

A.) I work as a coordinator for our behavioral health program for military families, which includes developing the program and establishing relationships with other providers for military-connected families. I am also a clinician in our Behavior Management Clinic, working directly with children and their families to improve behavior and overall functioning. That role includes training post-doctoral fellows in culturally informed care for military-connected families. We serve many of these families at Our site located 3 miles from Fort Meade.

Q.) What do you enjoy about your work?

- A.) I love working with families and children! It is just incredible to see children learn new skills, like staying calm when it's time to stop playing a video game, or facing a fear, or following through with a difficult task. The positive impact that it can have on family relationships is so amazing! I feel very lucky To be in a position to share tools with families that I know will help not only the child develop, but also families get along better.
- Q.) What kind of programs are available to families at Kennedy Krieger Institute? Do you offer programs or 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 in Baltimore, Maryland that offers a wide range of services to children and youth of all ages, from evaluations to speech therapy to mental health services. We pride ourselves on providing the high quality, evidence-based care. Due to recent legislation and in creased awareness of the effectiveness of virtual services, certain departments within KKI are expanding services to other states. The Behavioral Health Program for Military Families is housed in the department of Behavioral Psychology. We are currently offering expedited therapy services for military-connected families living in Virginia for the Behavior Management Clinic, Child and Family Therapy Clinic, and the PDD Clinic.
- 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.**) We are thrilled to be collaborating on these presentations! Although there are a variety of topics, we hope that families will walk away with strategies that are helpful and backed by research.

Q.) Do you have any tips for navigating stressors and uncertainty during the COVID-19 pandemic?

A.) Such a big question! COVID-19 seems to be never-ending. Working with young children, some of my patients cannot even remember a time before masks, hand-washing, and social distancing. Two tips that I think can be extremely helpful are to (1) establish (and stick to) healthy routines and (2) practice forgiveness; for yourself, for your partner, for your child; we are all going to make mistakes.

Q.) Is there anything you would like to add or like EFMP families to know?

A.) If I could share one message to all families, it would be that **early intervention** can be so powerful! Ask for help!

Mark your calendar for **Thursday, April 22nd** at 12:00 noon to attend Dr. Hinojosa's webinar, **"The ABC's of Managing Behavior in School-Aged Children".** This webinar will be offered through Zoom. If you would like to attend, R.S.V.P. by 4:30 pm by COB **Wednesday, April 21, 2022** at <u>efmphh@usmc-mccs.org</u> or call **703-693-5353.**

What are Medicaid Waivers?

Have you ever had questions about **Medicaid Waivers**? You are not alone. For starters, what is a Medicaid Waiver? A Medicaid Waiver makes it possible for folks who might otherwise be in an institution such as an assisted living facility to receive services, supports, and equipment at home and within their community. Each state has their own guidelines. There are often waiting lists involved as well as certain criteria which must be met to qualify. The waiting list for each type of Wavier varies by state. Did you know there are different types of Medicaid Waivers and the types of Waivers also vary by state? These different Waivers each serve a different purpose and can cover services and supports traditional insurance or Medicaid might not cover.

In the state of **Virginia** there are several types of Medicaid Waivers you might be interested in learning about. You can learn more about the Medicaid Waivers available in the Virginia Commonwealth by visiting **Moms in Motion** at: <u>www.momsinmotion.net</u>. Moms in Motion offers in-depth information about the types of Waivers available, how to qualify, where and how to apply. There is a wide range of resources on their website including informative videos, articles, and staff contacts to assist with additional questions or assistance navigating the Medicaid Waivers process. Moms in Motion began in 2009 and is a consumer-directed service facilitation provider for Virginia Medicaid Waivers. They have experts available to coach you through navigating the Medicaid Waiver process. They are able to assist families through this often overwhelming process to meet your family's individual needs. If you are interested in finding out more about Moms in Motion, give them a call at: (800) 417-0908 or email them at: info@momsinmotion.net
For more information about Virginia Medicaid Waivers you can also visit Virginia Medicaid Department of Medical Assistance Services at: <u>https://dmas.virginia.gov/</u> In the **District of Columbia**, there are several websites you can go to including a site specifically about Waivers for kids, <u>www.kidswaivers.org</u> The Arc of DC has information about Medicaid Waivers at <u>www.arcdc.net</u> and additional detailed information is available by clicking on or visiting the following link: <u>www.dds.dc.gov</u>.

If you live in Maryland you can learn more about the Medicaid Waivers in your area by visiting:

https://www.montgomerycountymd.gov/Disability/Medicaid.html Other agencies you might want to take a look at include Pathfinders for Autism, https://pathfindersforautism.org/articles/maryland-services/pfa-tips-maryland-waiver-programs/ and the Arc of Maryland. The Arc of Maryland offers informative webinars and classes about Medicaid Waivers on a regular basis. Visit their website to find out more by clicking on or visiting the following link: http://www.thearcmd.org/ Henderson Hall EFMP offers classes about Medicaid Waivers on a rotating basis. If you are interested in finding out more about Medicaid Waivers, please visit one of the websites above or reach out to Henderson Hall TEO Crissy Johnson-Carroll for more information about how to sign up for a Lunch & Learn on this topic by calling 703-693-5353 or by emailing crissy.johnson@usmc-mccs.org.















Partnerships for Action, Voices for Empowerment

Mindfulness and Self-Care Videos

Check out these **new videos** at the Partnerships for Action, Voices for Empowerment (PAVE) website. They have created videos especially for families focused on resilience and self-care. You can learn more or watch the videos by clicking on or visiting the following link:

https://wapave.org/self-care-videos-for-families-series/

The website also has **tool kits** to help parents learn about various topics. There is an early learning tool kit where folks can learn more about services for families of young children, a basic tool kit with information about where to begin when a student needs more help in school, and a school to adulthood tool kit which offers information about transitions between high school, life, and work. There is also information about advocacy available on the website. For more information please visit <u>https://wapave.org</u>

EFMP Lending Library and Loan Locker

Did you know Henderson Hall EFMP

offers a comprehensive Lending Library with books about many topics? Our Loan Locker has items such as weighted blankets, disability related games, toys, or learning tools you can try out for free. If you would like to check out items in

person, our Lending Library and Loan Locker are located in Building 12 on Henderson Hall. You can also take a look at the materials online through our website under the EFMP Resources tab at:

www.mccshh.com/efmpresources/







SPECIAL EDUCATION WORKSHOP SERIES

<u>JANUARY 19th</u>

From Referral to Eligibility: A Deeper Dive

FEBRUARY 2nd Anatomy of an IEP

FEBRUARY 16th Measurable IEP Goals

<u>MARCH 2nd</u> How To Talk So Schools Will Listen (And Listen So Schools Will Talk)

<u>MARCH 16th</u> 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

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Each workshop will take place at 6:30 PM





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

Tax Breaks for Families with Special Needs

Did you know that if you are filing taxes for a family member who has special needs or yourself you might qualify for additional tax breaks? To get tax filing tips geared towards those with special needs or with family members who have special needs please click on or visit the following link: <a href="https://www.militaryonesource.mil/family-relationships/special-needs/adults-with-special-needs/tax-breaks-for-families-with-special-needs/?utm_campaign=ea-enews-winter2022&utm_content=html&utm_medium=email&utm_source=govdelivery

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

Contact

Steve Harris 705-614-6950 Steven R Harris@usmcrmecs.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. Key: Blue = Henderson Hall Exceptional Family Member Program (EFMP Program) Green = Ft. Belvoir Community Hospital (FBCH) Yellow = ARC of Northern Virginia Red= PEATC Purple = Kennedy Krieger Institute



March 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 EFMP Lunch & Learn 11:30 am - 12:30 pm	2 PEATC 6:30 pm - 7:30 pm	3	4 Arc of Northern Virginia 10:00 am - 11:30 am	5	6
7 Arc of Northern Virginia 10:00 am - 11:30 am	8	9	10 FBCH Autism Resource Clinic 8:00 am - 12:30 pm	11	12	13
14	15 EFMP Lunch & Learn 11:30 am - 12:30 pm	16 PEATC 6:30 pm - 7:30 pm	17 EFMP Meet & Greet With FCW's 12:00 pm - 1:00 pm St. Patricks Day	18Arc of Northern Virginia 10:00 am - 11:30 am	19	20
21	22	23 PEATC 10:00 am - 11:00 am	24 Kennedy Krieger Institute Start time: 7:00 pm	25	26	27
28	29	30	31			

WE VALUE YOUR FEEDBACK.

How was your most recent experience with your local EFMP Family Support Provider?



Visit the **EFMP Family Support Feedback Tool** to respond to a short, confidential questionnaire. Response is not mandatary.

https://apps.militaryonesource.mil/efmp/family/feedback





Event: Henderson Hall EFMP Lunch & Learn Series - Managing Deployments

Date: Tuesday, March 1, 2022 Time: 11:30 am - 12:30 pm Place: Virtual Call for more information 703-693-5353 or to register email: efmphh@usmc-mccs.org Join us for a brief about how to prepare for deployment. Learn about the resources and supports available for your family through your Henderson Hall EFMP office.

Event: The Arc of Northern Virginia – First Fridays Futures Planning Webinar - Military, Benefits, Retirement, Financial Planning (Active Duty, Veterans, Reservists)

Date: Friday, March 4, 2022

Start Time: 11:30 am

Place: Virtual through Zoom – To register visit - https://thearcofnovatrust.org/events/

Being in a military family comes with its own unique challenges. These challenges are often harder for families of children with disabil-ities or special health care needs. A new assignment might mean a move to a different city, state, or country with different support systems. And even a long-term assignment means knowing how to manage and coordinate military benefits systems with those in the community. The systems are usually confusing and often overwhelming. That's why The Arc of Northern Virginia takes extra care to help military families understand and take steps when it comes to futures planning for their family member with a disability. Join us for this First Fridays Futures Planning webinar focusing on on financial planning for active-duty, reservists, veterans, and military retirees.

Event: Arc of Northern Virginia Webinar - Supported Decision Making Basics Fostering Community Inclusion

Date: Monday, March 7, 2022 Start Time: 11:00 am Place: Virtual

Call for more information 703-208-1119 or to register email: Info@thearcofnova.org

If you or a loved one with a disability are thinking about how to get help understanding and making choices now and for the future, it is time to learn about Supported Decision Making (SDM). This collaborative, empowering process helps leverage the strength of the person with a disability and their network while maintaining maximum civil rights and autonomy. Arc of Northern Virginia will discuss how SDM can foster inclusion of those with developmental disabilities in the community. Arc of Northern Virginia's Director of Advocacy, Lucy Beadnell will review what SDM is, how to get started, and other related resources in this webinar.

Event: Ft. Belvoir Community Hospital Autism Resource Clinic (ARC)

Date: Thursday, March 10, 2022 Time: 8:00 am – 12:30 pm Place: In-Person at Ft. Belvoir Community Hospital Call for more information 571-231-1027 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.

Event: Arc of Northern Virginia – Getting Around: Transportation Options with the Washington Metropolitan Transportation Authority

Date: Thursday, March 10, 2022 Start Time: 10:00 am Place: Virtual Call for more information - 703-208-1119 or email - info@thearcofnova.org Learn how people with disabilities can utilize Metro Rail and Bus Service, as well as, MetroAccess, a door to door paratransit service to get around the Washington area for work and participate in community activities. Participants will learn how to apply for and utilize reduced fare ID cards and/or Metro Access and resources for travel training. This webinar will be presented by Gernae Ocasio, Metro System Orientation Specialist, Office of Eligibility. All of Arc of Northern Virginia's webinar events are FREE to attend, but preregistration is required.

Event: Henderson Hall EFMP Lunch & Learn Series - Early Intervention Overview

Date: Tuesday, March 15, 2022 Time: 11:30 am – 12:30 pm Place: Virtual Call for more information 703-693-53 From birth to 5 years, a child should a

Call for more information 703-693-5353 or to register email: efmphh@usmc-mccs.org

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. Featuring a Guest speaker from PEATC, join this virtual Lunch and Learn to find out more about early intervention.

Event: Arc of Northern Virginia – Lunch and Learn with a Medicaid Waivers Expert

Date: Wednesday, March 16, 2022 Start Time: 12:00 pm Place: Virtual Call for more information 703-208-1119 or to register visit - info@thearcofnova.org Lunch and Learn with an subject matter expert (SME) will explore a topic of Medicaid Waivers. SME's will provide a short presentation and the rest of the time will be discussion so bring all your questions to get the answers.

Event: PEATC Special Education Workshop Series - Dispute Resolution Options

Date: Wednesday, March 16 2022 Time: 6:30 pm - 7:30 pm Place: Virtual Call for more information call 703-923-0010 or to register go to https://www.eventbrite.com/e/special-education-workshop-series-registration-220218598757 PEATC presents this virtual workshop series for parents and professionals who want to learn more about special education in Virginia.

Event: Henderson Hall EFMP—Why Am I Still Enrolled in EFMP? (Meet & Greet)

Date: Thursday, March 17, 2022 Time: 12:00 pm -1:00 pm Place: Virtual - Zoom.gov Call for more information 703-693-5353 or to register email: <u>efmphh@usmc-mccs.org</u> Join Henderson Hall EFMP Family Caseworkers to understand the purpose of EFMP, why you are enrolled, what are the criteria for disenrollment, and EFMP enrollment impact on orders.

Event: PEATC Special Education Workshop - How to Talk So Schools Will Listen (And Listen So Schools Will Talk) * Military Only*

Date: Wednesday, March 23, 2022 Time: 10:00 am – 11:00 am Place: Virtual To register email webbb@MagellanFederal.com or call (571) 231-7001 Learn to improve partnerships between parents of special education students and the educators who work with them. This workshop will help participants discover communication techniques, learn how to recognize and prevent barriers to communication, and build agreements around difficult problems.

Event: Kennedy Krieger Resiliency Speaker Series - Supporting Teens' Success in School and Beyond

Date: Thursday, March 24, 2022 Time: 7:00pm – 8:30pm Place: Virtual Call for more information 703-693-5 Join Clinical Psychologist, Dr. Bubn

Call for more information 703-693-5353 or to register email: <u>efmphh@usmc-mccs.org</u>

Join Clinical Psychologist, Dr. Bubnik-Harrison from the Kennedy Krieger Institute to learn strategies to promote academic and life success. Learn about organization and time management tips that incorporate technology as well as communication strategies with teens.



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