



EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

April 2024



April Awareness

April is packed with different awareness and celebration campaigns, including Month of the Military Child, Volunteer Appreciation and Autism Acceptance Month. You will likely see plenty of dandelion imagery on your base or child's school (the official flower of military children) and lots of blue or gold (colors associated with autism). Take a moment this month to learn a little more about how you can support these unique life experiences.

Reflecting the full month, Henderson Hall will be hosting Awareness Basketball on April 19th, with teams representing a variety of awareness campaigns including autism acceptance and military children, as well as child abuse and sexual assault.

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SCHOOL LIAISON PROGRAM



One of the most common difficulties faced by military children is the transition from school to school with each duty station. On average, military-connected children will attend 6 to 9 schools from kindergarten through 12th grade.¹ That's where installation school liaison programs come in! Experienced professionals are ready to answer your questions and support connections within and between schools. School Liaisons (SL) assist with class registration and credit transfers and refer for tutoring, after-school activities and homeschool resources. SLs work directly with schools to help them receive a Purple Star School designation. Purple Star Schools demonstrate ongoing commitment to students and families connected to the military through programming and policies. SLs are also subject matter experts on the Military Interstate Children's Compact Commission ([MIC3](#)), the compact that ensures consistent treatment of military-connected children particularly with enrollment, placement, attendance, eligibility and graduation.

NEW SL ON THE BLOCK

Anita Williams is Henderson Hall's School Liaison (SL). She joined the team in November of 2023. She has two graduate degrees in Education and is a retired K-12 School Administrator.

Says Ms. Williams, "I am looking forward to creating more opportunities to bridge the gap between our Marine installation and school communities."

You may contact Ms. Williams for assistance at 703-693-8378 or anita.j.williams@usmc-mccs.org



PURPLE UP T-SHIRT DESIGN CONTEST

Celebrate the Month of the Military Child! Create a t-shirt design that recognizes and honors the experiences of military connected children.

Who May Enter

- Current and former military service members and their family members. One entry per family. All Branches of service welcome to participate.

Contest Rules/Instructions and Important Dates

PURPLE T-Shirt PICK-UP LOCATIONS:

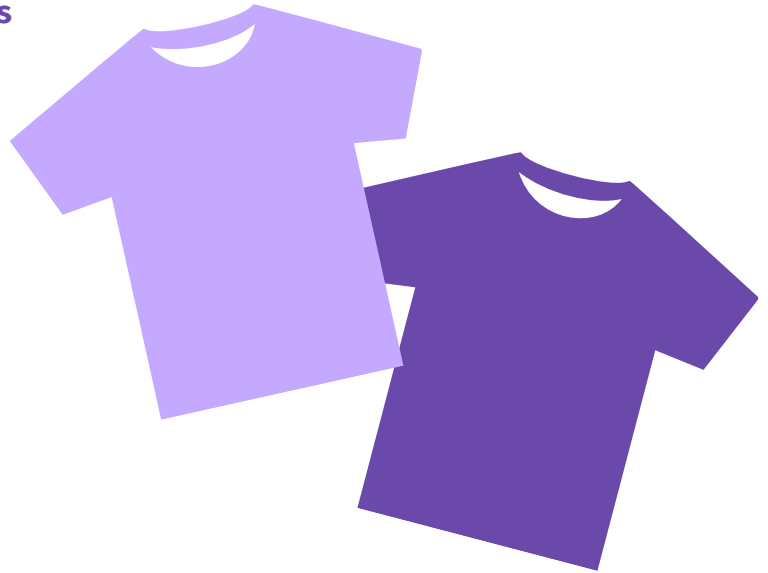
Marine and Family Programs
1555 Southgate Rd., Building 12

M-F 8:00am-3:30pm

OR

Cody Child Development Center (CDC)
214 McNair Rd., Building 407

MARCH 29 ONLY 2:45pm-4:00pm



- Use the QR Code to register your entry.
- All entries must be posted on [facebook.com/mccsHH](https://www.facebook.com/mccsHH) using [#purpleupanddown](https://www.facebook.com/hashtag/purpleupanddown) by 11:59pm, Sunday, April 28, 2024.
- Contest entries will be judged Monday, April 29, 2024.
- The winners will be announced on Tuesday, April 30, 2024, on Facebook.
- Winners will be contacted via email or phone communication.
- **1st Place prize \$50 MCX Gift Card, 2nd Place Prize \$25 MCX Gift Card, 3rd Place Prize MCX Swag Bag**



For more information, contact Joint Base Myer-Henderson Hall School Liaisons:

Anita Williams: anita.j.williams.civ@usmc.mil

Allison Montalvo: allison.r.montalvo.naf@army.mil

Did You Know?

Symbols of Autism Spectrum Disorder

There is no single, universal symbol used to represent autism. Perhaps the most commonly recognized symbol is the puzzle piece in primary colors, sometimes in a traditional “awareness” ribbon-style. Light blue puzzles are also common. Puzzles have been associated with autism awareness since the 1960s, however some agencies and individuals have moved away from the image to avoid the idea that individuals with autism don’t “fit.” For example, a research study from 2017 found participants associated puzzle pieces with “incompleteness, imperfection, and oddity” and recommended avoiding using the puzzle piece logo (Gernsbacher et al., 2017)². The rainbow infinity symbol was adopted as early as 2005 and after followed a gold infinity symbol. The rainbow colors are intended to reflect neurodiversity while the gold color is used because the chemical symbol for the element gold, Au, is the first two letters in the word “autism.” the infinity symbols are associated with the neurodiversity movement.


Autism Acceptance Month Events:

- April 2nd-Autism Day in Annapolis with the Legislature (MD)
- April 19th-Awareness Basketball at Henderson Hall (VA)
- April 13th-Active for Autism 5K and Kids’ Dash (VA)
- April 13th- Autism in the Park (variety of locations in [MD](#))



TICK? ICK!

THE NEED TO KNOW ON TICK-BORNE ILLNESSES



As green grass returns to the area, the population of pesky parasites like ticks, chigger mites and fleas hits its peak. You can reduce your risk of acquiring Lyme Disease, alpha-gal allergy, Rocky Mounted Spotted Fever and other tick-borne illnesses by taking preventative measures and inspecting for ticks after outdoor activities all year long.

- Wear long pants and shoes with socks-Light colors are best so you can see any ticks
- Tuck your pant legs into your socks and treat your clothes with 0.5% permethrin (avoid skin contact)
- Apply repellent to exposed skin (up to 50% DEET for adults and less than 30% DEET for children)

For more tips, consult the [Virginia Department of Health](#) or the [Center for Disease Control](#)

MILTICK PROGRAM

Did 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. The DoD Human Tick Test Kit Program is offered through the Army Public Health Center (APHC). You may submit the tick to a DoD health clinic or submit it yourself following the instructions from [MiTICK](#). Eligible individuals include AD service members, National Guard, Reservists, DoD Civilians, Contractors and Dependents of the previously-mentioned categories. *Note: ticks attached to animals are not eligible for testing.*



THRIVE: A UNIVERSAL PARENTING PROGRAM



The DoD partnered with the Clearinghouse for Military Family Readiness at Penn State to develop a free online program for parents. Using the age-specific, skill-building programs, parents can develop new skills and build on their parenting strengths. Trainings are tailored for birth through age 18. Additional supplemental modules tackle niche topics like adolescent mental health, co-parenting and raising a child with a disability. Access [Thrive](#) online.

OPERATION DEPLOY YOUR DRESS

A 501c3 nonprofit, Operation Deploy Your Dress has been providing gently used formal gowns and accessories to female service members and military spouses since 2015. Military ID cardholders can “shop” the boutiques at no cost to offset the high cost of attending formal military functions. There are eight boutiques on bases around the country and an annual pop-up boutique in the DC area. This year’s pop-up will be held at the Military Women’s Memorial in Arlington, VA on 13 April. For more information or to donate your own items, go to their [website](#). Registration is open on their Facebook page.



Virginia

13 April, 1100-1600: DC/NOVA Pop-UP Operation Deploy Your Dress

Free. Military Women's Memorial in Arlington, VA. Open to all military ID cardholders. Registration is open now on their Facebook page via EventBrite.

13 APRIL, 0800: Active for Autism 5k and Kids' Dash

Price varies. Arlington, VA. Benefits Organization for Autism Research (OAR). Register here: [link](#).

19 APRIL, 1000-1500: Awareness Basketball Tournament

Free. For Marines and civilians attached to HSNB HQMC (Henderson Hall, Pentagon, NSF) and Marine Barracks Washington. In recognition of April campaigns including sexual assault, autism, child abuse, volunteer appreciation and Month of the Military Child

20 APRIL, 0900-1300: Outdoor Rock Climbing with Joint Base Andrews

\$20/person. Fort Valley, VA. No experience necessary. All gear provided. Open to all DoD ID cardholders (each eligible card holder can sponsor one guest) Registration required, sign-up deadline is 10 April: [Link](#).

Virtual

09 APRIL, 1130-1200: Knowledge Nugget: Establishing Permanent Dependency

Free. Learn about establishing an incapacitation status for a child within the Defense Enrollment Eligibility Reporting System (DEERS). Contact efmphh@usmc-mccs.org to register.

10 APRIL, 24 APRIL, 1830-1930: Virtual Yoga

Free. All abilities welcome at free, trauma-informed yoga practice sponsored by the Cohen Veterans Network. Call or email the Cohen Clinic at Easterseals for more information at 240-847-7500 or info.mfc@eseal.org

10 APRIL, 1900-2030: Turning 18 in Virginia: What Individuals with Disabilities Need to Consider

Free. Presented by PEATC in partnership with the Virginia School for the Deaf and Blind. Registration required, webinar will not be recorded: [Link](#)

23 APRIL, 1130-1200: Knowledge Nugget: Successful PCS Transitions

Free. Planning is the key to making a smooth transition for your family during a PCS move, especially if you have a family member with special needs. This workshop with step you through the process. Contact efmphh@usmc-mccs.org to register.

Maryland

4 APRIL, 1000-1130: Sensory Playgroup

Free. Fort Meade, MD. Open to EFMP-enrolled children and their families. Contact Fort Meade EFMP (301) 677-5590 or Fort Meade Family Advocacy Program (301) 677-4118 for more information

4 April, 1500: Author Talk with Stephanie Brick

Free. Joint Base Andrews, MD. Celebrate the Month of the Military Child by meeting author of the middle-grade novel, *The Secret Doors of Cannondale*. 25 randomly-selected attendees will receive a free copy of the book. For more information: [link](#).

13 APRIL, 1100-1500: World of Possibilities Disabilities Expo-Nation's Capital 2023

Free. College Park, MD. Expo features include free wheelchair repair/inspection, disability and elder law resources, product demonstrations and entertainment. Food available for purchase. To register: [Link](#).

13 APRIL, 1000-1400: Autism in the Park (All Ages)

Free. 5750 Oakland Mills Road, Columbia, MD. Celebrate Autism Acceptance Day with Howard County and the Autism Society of Maryland. including first responders and community providers. Activities include face painting, crafts, a sensory path, sensory tent, inflatable obstacle course, and playground bingo. For more information: [Link](#)

17 APRIL, 1730-1900: EFMP Family Bowling Night

Free game, \$2 shoe rental. Fort Meade, MD. Every 3rd Wednesday of the month. To register, contact 301-677-5662/5734.

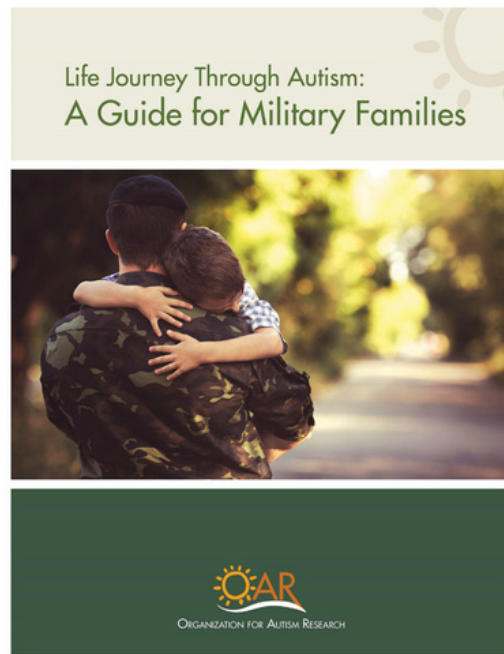
Washington, D.C.

13 APRIL, 1300-1730: Kennedy Center Block Party

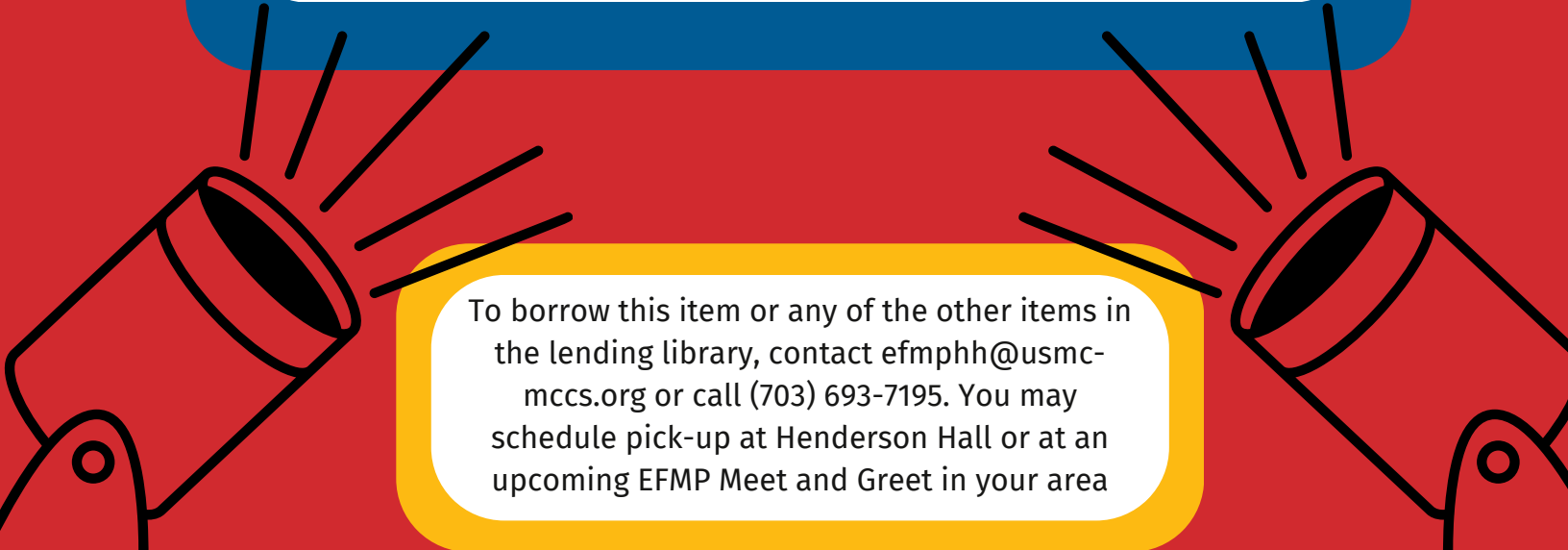
Free. All ages. Reservations encouraged. Performances, games and activities will be offered for free. Food and refreshments will be available for purchase from food trucks. Activities include Double Dutch demos and lessons from DC Retro Jumpers and fort building with Arts on the Horizon. The Moonshot Studio will be an available quiet space as needed. The studio will have low-lighting, tables, chairs, yoga mats and sensory tools available. For more information: [link](#).

19 APRIL, 1100-1300: Earth Day Waterfront Clean-Up and Blessing of Marina Fleet

Free. Joint Base Anacostia-Bolling. Join Fleet and Family Support Services for a day community and volunteerism. Blessing of the Marina Fleet kicks off at 1130. Registration required: [link](#).



Pick up a free copy of this guide provided by the Organization for Autism Research from our office or download it directly from the [OAR website](#). The guide, paired with OAR's companion website [Operation Autism](#), are excellent sources of information for military families as they navigate life's journey. The guide includes information on evidence-based therapies, alternative treatments, sibling supports and transitions



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

Sensory Friendly Activities across the NCR

Note: This is an ongoing list updated monthly. Please contact HH TEO if you know of a resource that should be included

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](#)

Strathmore Concert Hall Tours

Free. January 27- May 11. Children and teens with sensory differences are invited to go backstage for a small group tour. [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](#)

Chuck E Cheese

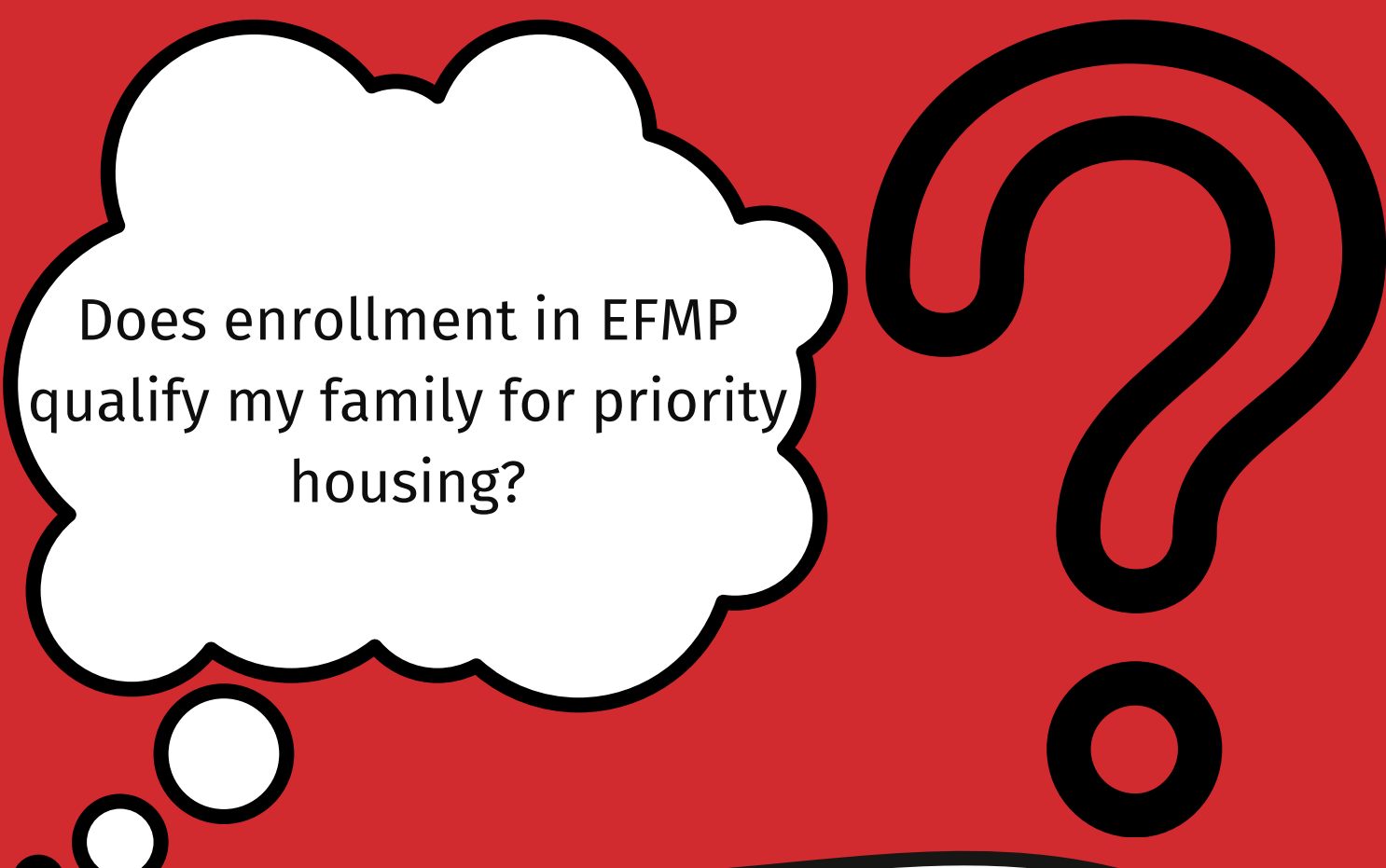
Sensory-Sensitive Sundays. Participating locations open two hours early on the first Sunday of the month.

Kennedy Center

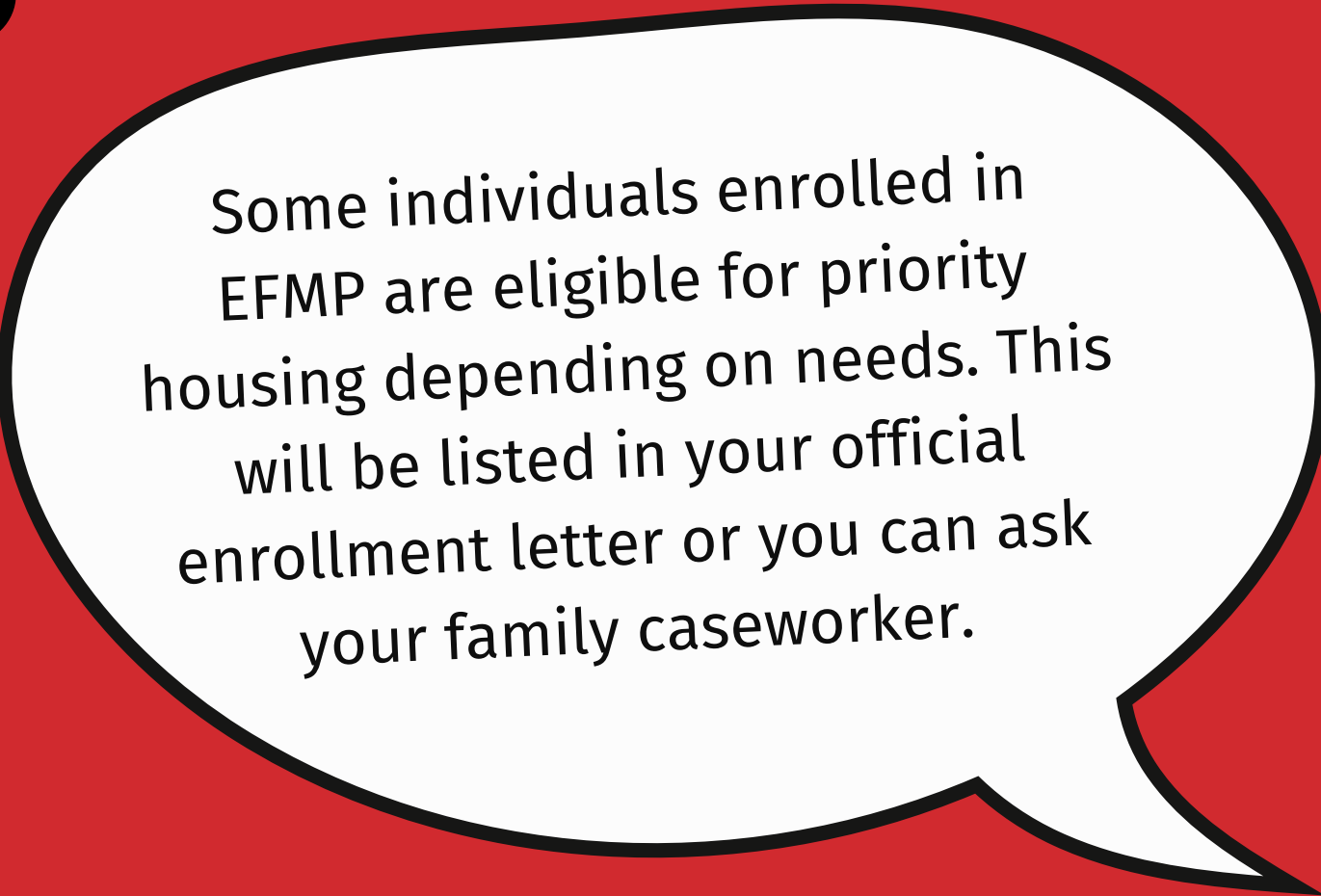
Price varies. Lower lighting during entire performance, reduced sounds, and designated quiet area of theater. Guests are welcome to talk and move throughout performances. Website includes scripted stories to talk about an upcoming visit. [Link](#)

Regal Movies

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



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 you can 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

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

efmphh@usmc-mccs.org

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DISCLAIMER:

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“Best Practices Purple Star Schools Program.” Military OneSource, download.militaryonesource.mil/StatePolicy/pdfs/2021/DSLO-BestPractices-AdvanceEnrollment.pdf/. Accessed 12 Mar. 2024.

Gernsbacher, M. A., Raimond, A. R., Stevenson, J. L., Boston, J. S., & Harp, B. (2018). Do puzzle pieces and autism puzzle piece logos evoke negative associations? *Autism*, 22(2), 118-125. <https://doi.org/10.1177/1362361317727125>