



EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

May24024



Mental Health Awareness Month

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Mental health is a critical component to overall wellness for everyone—AD Marines, veterans, spouses and children. Mental health issues are common, with more than 1 in 5 US adults experiencing mental illnesses each year. They are also treatable. This month's newsletter highlights the resources available to treat and support yourself or a loved one experiencing mental illness.

Call or text 988 if you or someone you know is struggling or in crisis

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MILITARY MENTAL HEALTH

**Indicates family members may also use this resource

MCCS BEHAVIORAL HEALTH

Marine Corps Community Services (MCCS) hosts a variety of supports within the Behavioral Health branch. For more information, visit the [website](#)

- The *Community Counseling Program (CCP)* offers non-medical counseling to adults, children, adolescents, families and couples. Referrals to appropriate agencies can be made by CCP**
- The *Marine Intercept Program* offers ongoing support to Marines with suicidal ideation/attempts.
- The *Substance Abuse Combat Center* promotes better health by providing treatment for Marines with substance use disorders.

VIRTUAL SUPPORT

- [Military OneSource](#) offers virtual counseling to talk through life's challenges for both AD service members and family members**
- Access the free, confidential [Military Crisis Line](#) by calling 988 and press "1" for military/veteran support. You can also text 838255 or chat online. There are different codes by country you can access through the website. The crisis line is as anonymous as you would like it to be.
- [inTransition](#) is a confidential, free program offering non-clinical counseling for veterans and all service members who need access to mental health care in relation to a life transition (i.e., PCS, returning from deployment, EAS) or any other time they need a new mental health provider

ANONYMOUS SUPPORT

While the above resources are confidential, some individuals want more anonymity in seeking help for mental health struggles.

- *Military Chaplains* offer 100% confidentiality for privileged communication**
- *Military & Family Life Counselors (MFLC)* provide short-term, non medical counseling to service members and families at no cost with flexible service delivery (i.e., after hours, flexible locations). MFLCs do not document visits. Contact the Henderson Hall MFLC at 703-414-9885. To receive a call back from an MFLC, you must leave a voicemail. NOTE: MFLCs are required to disclose child abuse, domestic abuse and "duty to warn" situations (i.e., client threatens harm)**

YOUTH SUPPORTS

Remember that 1 in 5 adults statistic? The CDC reports that *1 in 6 children* aged 2-8 years old has a mental, behavioral or developmental disorder.¹ The most common mental illnesses in children include ADHD, anxiety, behavior problems and depression. Common symptoms to watch out for in your child include things like changes in eating habits or social habits, big changes in mood/behavior/personality, sadness lasting two or more weeks, getting headaches or stomachaches often, and hurting or talking about hurting themselves. This list is not exhaustive and if you are concerned about your child's mental health, contact your child's healthcare team. If you believe your child is in crisis, call 911 or 889.



- Military Family Life Counselors (MFLC) are also available for family members and youth. In fact, Childhood Development Centers (CDCs) often have MFLCs embedded within them to provide support for military-connected children. Consent is needed for youth under 18.
- [Sesame Street](#) not only has wonderful military-specific resources, but it also offers activities, games, songs and videos about emotional wellbeing for children 3+ and resources for the grown-ups in how to teach mental well-being
- [National Alliance on Mental Illness \(NAMI\)](#) offers resources for kids, teens, young adults, and adults.
- Military OneSource counseling is also available to dependent children of active-duty, National Guard or reserve service members. For youth younger than 18, guardian consent must be obtained.
- **It may be necessary to pursue legal guardianship of young adults. Y**

CAREGIVER SUPPORTS

Family members can access many of the same military resources listed on the first page, but may benefit from additional supports specific to the unique needs of caregivers

- Respite Care reimbursement may be available to you through EFMP depending on the level of need of your exceptional family member (see FAQ). You may be able to access respite care through Tricare, Tricare ECHO, or your state social services. Contact your EFMP Family Caseworker for more resources
- Participating in a support group, like the Coffee, Craft & Conversation for Caregivers group with [Joint Base Andrews EFMP](#) or the [Autism Society of Northern Virginia Virtual Support Group](#) (all diagnoses welcome) can be beneficial at combating the isolation of caregiving.
- You can access digital resources like the [Stress Management in Families Dealing with Mental Illness workbook](#), the [Suicide Prevention Toolkit for Caregivers](#) or the [Chill Drills](#) app
- If you care for a veteran, you can contact the VA's Caregiver Support Line at 1-855-260-3274 to identify personalized resources and assistance

HOW TO HELP

Watching a loved one, friend or colleague experience mental illness or other life struggle from the sidelines can be challenging. It's important to know while you can't "fix" what's going on, you can make a difference through support. Depending on your relationship, this can look like active listening or offering to watch the kids or do the dishes or even directly asking if the person has a plan to commit suicide. For more information, particularly on what to do if the individual is thinking about suicide, go to the [988 Lifeline website](#). In a crisis situation, call 988.



LISTEN

Use active listening strategies like asking open-ended questions, paraphrasing/reflecting what was said, and withholding judgement/advice. For some conversation starters regarding mental health concerns, visit [SAMHSA](#).

OFFER

Offer help in seeking professional help. This could look like going to the appointment with the individual or just agreeing together you will ask periodically if they are ready to make the appointment

INFORM

Talk about mental health, including how you care for your own. Tell others about the resources available to them. Share this newsletter or post MCCS Behavioral health posters/brochures in your office

INVITE

Continue to include your friend or family member in your plans, even if they continue to turn you down. Avoid pushing them to attend, but let them know they are welcome

PLEDGE TO BE **STIGMAFREE**

The stigma around mental health continues to be a barrier to accessing healthcare due to concerns about judgement. This can lead to delayed or inadequate care.

You can join the National Alliance on Mental Illness (NAMI) and pledge to be “StigmaFree” this May. Simple changes can make a big difference toward destigmatizing mental health struggles.

1. You can educate yourself on mental health conditions (including resources to share)
2. You can take care of your personal mental health and encourage others to do the same.
3. You can use respectful language to talk about mental illness. For example, avoid saying “That’s just my OCD” when referring to neatness. This can trivialize the lived experience of an often serious mental illness.

JOINT SERVICES SCHOLARSHIP DATABASE

US Navy School Liaison Kristen Ferullo and Americorps VISTA volunteer Emily Williams debuted a comprehensive scholarship database for military dependents in March of 2024. Use the search criteria to identify the intended purpose or associated branch of service and filter out other specifications to hone in on the right source of funding for you or a dependent child. This database is thanks to the first partnership between the DoD and Americorps in the area of Military Family Support. To access the database follow the link to the spreadsheet here:

[LINK](#)



FORT MEADE & FORT BELVOIR

Tie-Dye Party

Saturday, May 11
11 AM - 1 PM



EFMP

 Exceptional Family Member Program

Bring the family and make a wearable masterpiece with Henderson Hall EFMP at our upcoming Tie-Dye Parties!

Two events will take place at the same time-Register for either **the Fort Meade Tie-Dye Party** or **the Fort Belvoir Tie-Dye Party** with your shirt size and number of family members. One shirt per person will be provided.
Open to all DoD ID cardholders.

Register at: efmphh@usmc-mccs.org
or call: 703-693-5353/7195

MARINE & Family

MCCS
HENDERSON HALL

Virginia

3 May, 1300: NOVA Caregiver Support Group

Free. Great Falls, VA. Free monthly support group for caregivers, particularly of an individual with a chronic condition or dementia. Register on [eventbrite](#).

4 May, 0900 or 1030: Free Safety Training Day

Free. Fairfax City, VA. Sign up for one of two classes to learn hands-only CPR, AED, stroke awareness and Stop The Bleed Training. Register at Fairfax City website: [link](#).

11 May, 1100-1300: EFMP Tie-Dye Event

Free. Fort Belvoir, VA. Bring the family and make some wearable art with Henderson Hall EFMP! Advanced registration required. Register by calling 703-693-5353/7195 or send an email to efmphh@usmc-mccs.org with the number of attendees and shirt sizes.

Virtual

1 May, 15 May, 1900-2030: NAMI Family Support Group for Parents and Caregivers of Youth under 18 *Free.* Held on the first and third Wednesday of each month virtually. Contact Nicole Anjum at nanjum@namivirginia.org or visit the [link](#)

8 May, 1100-1230: Anatomy of An IEP For Military Families

Free. Presented in partnership with PEATC and Pentagon EFMP Family Support Office. Register: [Link](#)

14 May, 1130-1200: Knowledge Nugget: Accessing Community Resources

Free. Learn about the wonderful resources available to you in the NCR. Contact efmphh@usmc-mccs.org to register.

14-30 May: MySECO 2024 Virtual Military Spouse Symposium & MSEP Virtual Hiring Fairs

Free. Open to AD spouses, requires DS logon. Enjoy three days of interactive sessions from May 14-16, three days of preparation webinars and two days of a virtual hiring fairs. Access more information through MySECO at this [link](#).

9 May, 23 May, 1730: Cohen Warriors Anonymous Support Group (hybrid)

Virtual or in-person in Springfield, MD. Group is for veterans, active duty and first responders. Call ahead if you will need childcare for in-person attendance. For more information: [link](#).

28 May, 1130-1200: Knowledge Nugget: Introduction to EFMP & Respite Care

Free. Learn the ins and outs of the Exceptional Family Member program and learn about the respite care benefit, including who may qualify. Contact efmphh@usmc-mccs.org to register.

Maryland

02 May, 1000-1130: Sensory Play Group

Free. Fort Meade, MD. Held every first Thursday of the month by the Family Advocacy Program and Fort Meade EFMP. Open to EFMP-enrolled children and their families. Contact 301-677-5590 for more information

10 May, 1600: Joint Base Andrews Designer Bag Bingo

\$10/3 games, \$25/9 games. Joint Base Andrews. Hosted at the Club. To register, visit the [link](#).

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Washington, D.C.

2, 6, 16, 23 May, 1730: 24/7 Dad Weekly Group Sessions

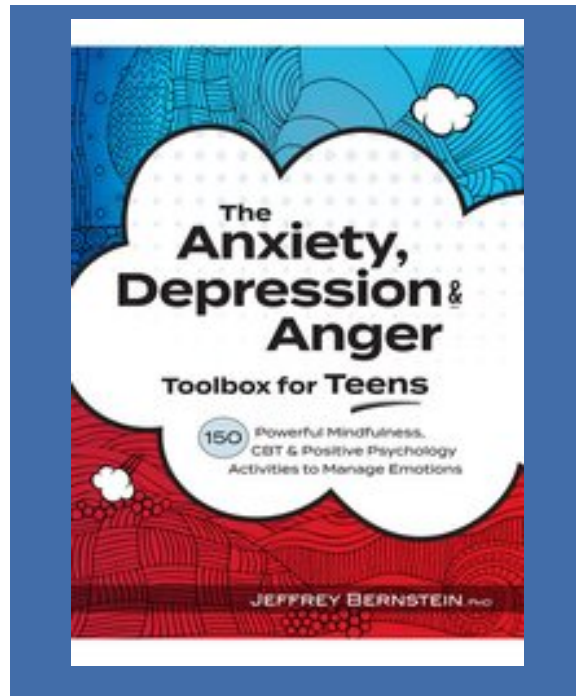
Free. Join the DC Health Department for a weekly fatherhood support group using an evidence-based curriculum to support the growth and development of fathers. Contact Devin Anderson at 202-442-9413 for more information or register on [eventbrite](#).

4 May, 11 May, 1000-1630: Around the World Embassy Tours

Free. On May 4th and May 11th enjoy tours of dozens of embassies from Guatemala to South Korea. Registration is not required but encouraged to get updates. For more information and tips on how to make the most of this annual event, visit EventsDC: [Link](#)

18 May. 1600-1800: Hill Family Biking-Kingman Island Ride

Free. Join Hill Family Biking for a family friendly ride to Kingman Island for picnics (BYOP), free play in a safe car-free area, and kid friendly music. Ride will commence at 4 PM from Stanton Park, and an informal return ride to Lincoln Park will roll back around 6 PM. Arrive 15 minutes early if your bike needs some TLC. [Link](#).



“The Anxiety, Depression & Anger Toolbox for Teens” by Jeffrey Bernstein, PhD helps teens develop tools to manage their mental health struggles, especially relating to school. Inside, you’ll find 150 activities based in cognitive behavior therapy theory, positive psychology, and mindfulness.

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

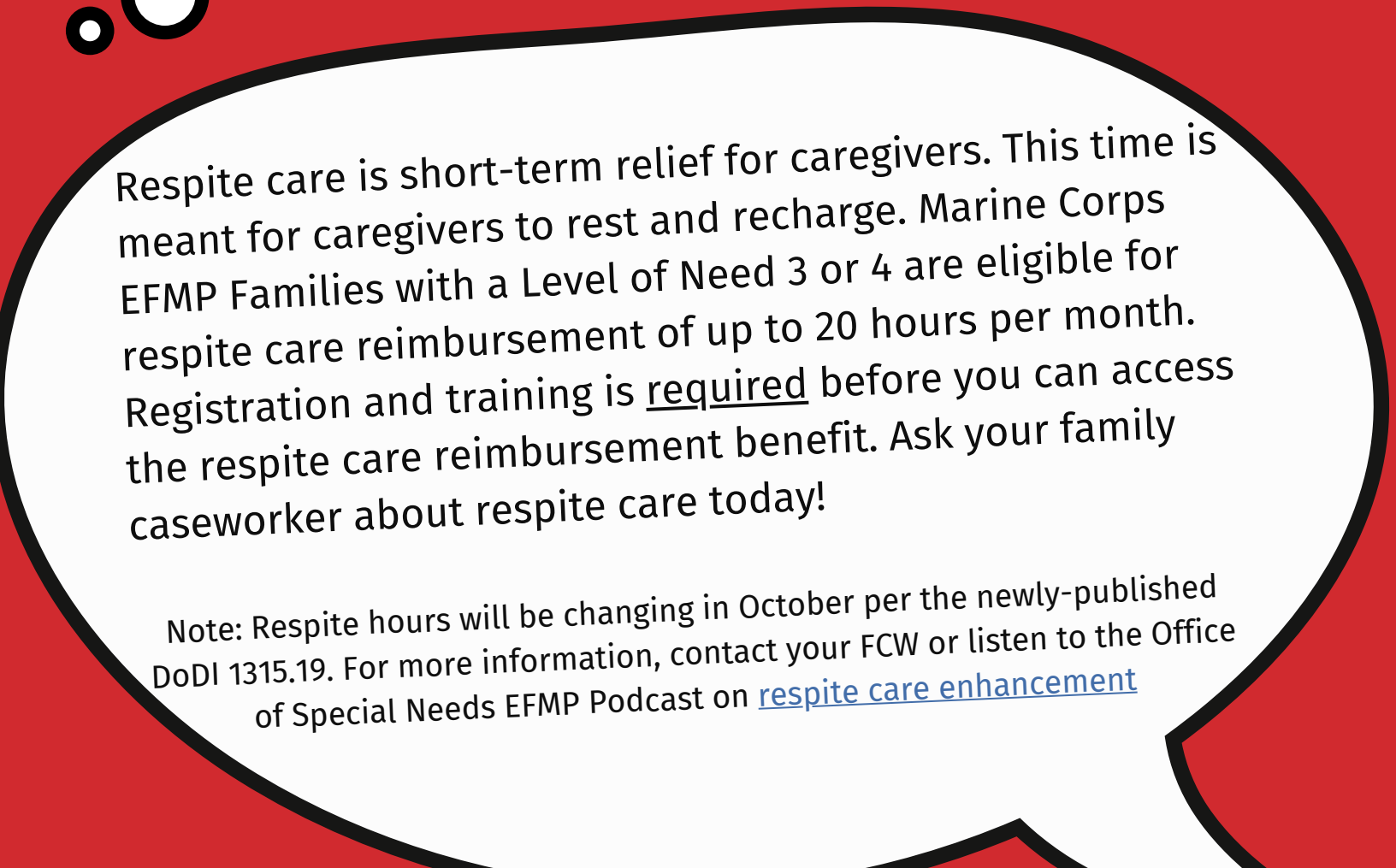
Price varies. Lower lighting during entire performance, reduced sounds, and designated quiet area of theater. Guests are welcome to talk and move throughout performances. Website includes scripted stories to talk about an upcoming visit. [Link](#)

Regal Movies

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



What is respite care?



Respite care is short-term relief for caregivers. This time is meant for caregivers to rest and recharge. Marine Corps EFMP Families with a Level of Need 3 or 4 are eligible for respite care reimbursement of up to 20 hours per month. Registration and training is required before you can access the respite care reimbursement benefit. Ask your family caseworker about respite care today!

Note: Respite hours will be changing in October per the newly-published DoDI 1315.19. For more information, contact your FCW or listen to the Office of Special Needs EFMP Podcast on [respite care enhancement](#)

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

(703) 693-7195

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Arlington, VA 22026



“Data and Statistics on Children’s Mental Health.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 8 Mar. 2023, www.cdc.gov/childrensmentalhealth/data.html#ref.