



***Congratulations*** to our EFMP Program Manager, Mr. Michael Flaherty, as he moves on to new ventures! Army veteran, former special education teacher, and father, Mike first joined Henderson Hall’s Marine and Family Programs in April 2008 as the first School Liaison officer. During this time, Mike played an integral part in advocating for the education of military students by contributing to the Interstate Compact (currently known as MIC3). Mike’s passion for helping military families continued when he became the EFMP Program Manager in June 2011. Mike has contributed so much to the program and to Marine families with his wealth of knowledge about the special education system and supporting the growth of Marine Corps EFMP.

***Mike will be truly missed, and we wish him all the best.***

**HENDERSON HALL  
EFMP TEAM**

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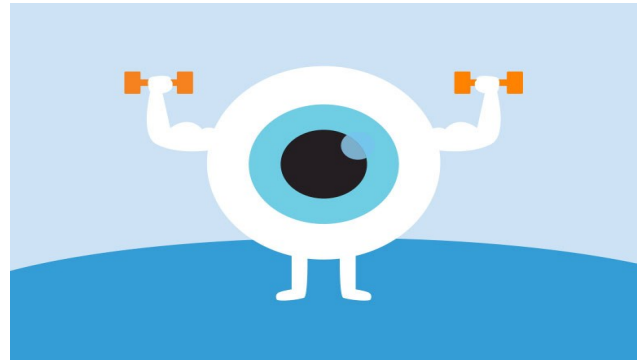
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**EFMP SERVICES  
OFFERED**

- ◆ 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)



# August is Children's Eye Health and Safety



August is dedicated to preventing eye injuries and vision loss and saving children's eyesight. One of 20 children ages 3 to 5 has a vision problem that could result in permanent vision loss if left untreated. Despite this unsettling statistic, 80 percent of preschoolers do not receive an eye screening. Children's Eye Health and Safety Awareness Month encourages parents to learn how to protect their child's eyesight and save their child's eyesight from vision threatening conditions through regular eye exams, early detection and proper treatment. According to Craig Hensle, MD, President of the Virginia Society of Ophthalmology, eye exams for children are important because vision changes can occur without you or your child noticing.

**HOW IMPORTANT IS AN ANNUAL EYE EXAM?**

**1 IN 4**

CHILDREN HAS A VISION PROBLEM.<sup>1</sup>

**EVERY CHILD.  
EVERY YEAR.**

**VISION CAN AFFECT SPORTS PERFORMANCE, TOO!**

- HAND-EYE COORDINATION
- DEPTH PERCEPTION
- EYE TRACKING ABILITY

**60%**

OF CHILDREN WITH LEARNING DIFFICULTIES HAVE AN UNDETECTED VISION PROBLEM.<sup>2</sup>

**80%**

OF INFORMATION CHILDREN RECEIVE IN THE CLASSROOM IS PRESENTED VISUALLY.<sup>3</sup>

**70%**

OF JUVENILE DELINQUENTS HAVE AN UNDETECTED AND UNTREATED VISION PROBLEM.<sup>3</sup>

JOIN LET'S GO SEE IN OUR COMMITMENT TO GIVE 10,000 EYE EXAMS AND GLASSES.

Image Credit: businesswire.com



## The Shop Maryland Tax-Free Week for 2022 is Sunday, August 14 – Saturday, August 20.

That means qualifying apparel and footwear \$100 or less, per item, are exempt from the state sales tax. The first \$40 of a backpack or bookbag purchase is also tax-free. Accessory items, except for backpacks, are not included.

## Friday August 5—Sunday August 7, 2002 is designated as the Tax Holiday in Virginia

What is it?

During the sales tax holiday, you can buy qualifying school supplies, clothing, footwear, hurricane and emergency preparedness items, and Energy Star™ and WaterSense™ products without paying sales tax.



## Family Summer Fun: Bark at the Park

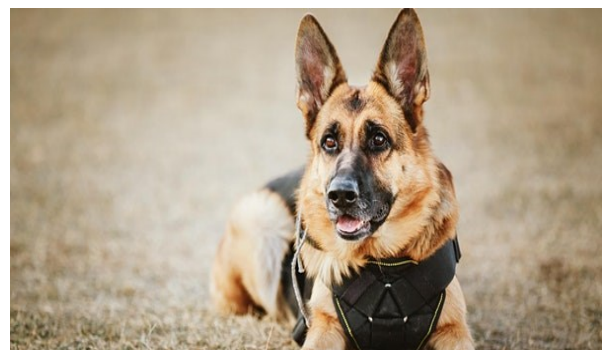
We are excited to have Quantico's own canine Marines and their handlers come out to share their awesome skills. We'll have a demonstration from the Military Working Dogs, and a discussion about pet safety and how to approach animals that aren't your own. Additionally, there will be a discussion about Service animals vs. Therapy and Emotional Support animals, the legal status and protections available, and some info on how to obtain a Service animal. All children must be accompanied by an adult DoD ID Card holder.

**PLEASE NOTE: NO GUEST ANIMALS.**

For more information, call 703.784.9395.

Register for this event on [Eventbrite](#).

Thursday, August 11, 2022  
0900-1100  
Barnett Field Pavilion  
3050 Bordelon Street  
Quantico, VA 22134





# 988 will replace the National Suicide Prevention Lifeline

## What You Need To Know

Dialing “988” will replace the National Suicide Prevention Lifeline (800-273-8255) and help meet the growing need for urgent and emergent mental health care nationally. Additionally, the phone line will help further elevate suicide prevention and early intervention with other medical emergencies as serious health issues. The launch of 988 provides an easy and equitable way for individuals to remember the number and to access critical mental health interventions.

## How It Works

The 988 network routes a call, either from someone in distress or someone calling on their behalf – to a local crisis center based on the caller’s location. Trained counselors can intervene in these critical moments but also connect individuals to appropriate resources and more quickly and effectively plan longer-term care to sustain recovery and quality of life. Special routing is available for both veterans and Spanish-speaking individuals.

**30**  
**Percent**

The percent the suicide rate has climbed since 1999

**1 in 5**



people above the age of 12 has a mental health condition

**316**

For every one person that dies by suicide annually, 316 people seriously consider suicide



**FREE**



**EFMP** Exceptional Family Member Program

# Fun Break to EDUCATE

**AUGUST 13 | 11:00 a.m - 2:30 p.m.**

**NSA Bethesda USO 4565 Taylor Road,  
Building 83, Bethesda, MD 2088**

EFMP families come join us for a chance to learn about some of the resources within the National Capital Region. You'll be able to meet with community and military agencies. Light refreshments will be provided.

Open to EFMP Families.

\*Note: there is no parking at the USO, for families with mobility concerns please drop off first and then park.

Scan the QR or call  
**MFSC to register:**  
**301-319-4087**



Visit [NavyMWRBethesda.com](http://NavyMWRBethesda.com)



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# JBAB EFMP ADAPTIVE FIELD DAY



**EFMP** Family Support



In partnership with JB Andrews, Ft. Meade, NSA Bethesda, Pentagon,  
and JB Myer-Henderson Hall

Join us for a variety of  
adaptive field day  
activities, resources,  
information booths, and  
family fun!

Open to all DoD card  
holders.

\*Parents please note there will be water  
sports so please bring extra clothing.

Registration is required.  
Register by calling 202.284.4473  
or email  
11FSS.MFRC.EFMP@US.AF.MIL

**August 20**  
**12PM - 3PM**  
**Giesboro Park**





# Ready Marine Corps

## Emergency Preparedness Program

Brought to You By Your Marine Corps Emergency Management Team

If you or someone close to you has a **disability or exceptional needs**, you should make special preparations in case of an emergency. Individuals with exceptional needs could have increased complications during an evacuation. Family members with physical, visual, hearing, or mental disabilities may need extra time or may be especially nervous or reluctant to leave familiar surroundings. They may also be dependent on devices or medications that need to travel with them. To adequately prepare for every possible emergency situation, consider making the following arrangements.

[Ready Marine Corps > Make a Plan > Exceptional Family Members \(marines.mil\)](#)



YOUR CHECKLIST TO

## +EMERGENCY+

PREPARATION AND PLANNING

- |  |   |
|--|---|
| <input type="checkbox"/> Have an emergency plan.     | <input type="checkbox"/> Equip your vehicle.          |
| <input type="checkbox"/> Get an emergency kit.       | <input type="checkbox"/> Prepare to go powerless.     |
| <input type="checkbox"/> Have food supplies.         | <input type="checkbox"/> Plan for pets.               |
| <input type="checkbox"/> Prepare a shelter-in-place. | <input type="checkbox"/> Plan your finances.          |
| <input type="checkbox"/> Know your home.             | <input type="checkbox"/> Remember your health.        |
| <input type="checkbox"/> Take inventory.             | <input type="checkbox"/> Plan care for special needs. |

# Ready Marine Corps Kids Emergency Preparedness Program

Preparing the youngest members of the USMC community

[Fun Activities \(marines.mil\)](http://www.marines.mil)

**Have some fun Living Ready Marine Corps!**

Try Chesty's fun activity sheets. You can complete them on your own or as a family. Share them with your family and friends!

Go on a treasure hunt for emergency supplies for your bug out bag and family kit. Practice your plan, including calling your special contact, often. You can take turns being the emergency plan leader and see who remembers your family plan best. Get creative. Invent a game you can play when there is no power.

### READY MARINE CORPS KIDS! Earthquakes

Place an X through the block that tells about what you should NOT do in an earthquake.

**IF Indoors**

Drop near windows, light fixtures, unstable furniture, or anything that could fall. Run outside.

**IF Outdoors**

Go to an open area. Stand near a building or in an exit way. Move away from buildings, street lights, and utility wires or anything that could fall.

**IF IN A CAR**

Stop as soon as you can, away from buildings or anything that could fall. Stay in your car.

Always be sure to follow these steps in case of an earthquake.

**DROP! COVER! HOLD ON!**

Can you see chesty through any blocks? (any informed, make a plan, hold a kit. Live Ready Marine Corps.

### READY MARINE CORPS KIDS! Flood

Chesty wants to get to her house as fast as she can. But she needs to get some flooding in the area. Help her find the safest road. Chesty knows when it comes to floods, Turn Around, Don't Drown!

**KNOW THE FACTS:** See six inches of fast moving water can knock over an adult. Two feet of moving water can carry a vehicle.

Can you see chesty through any blocks? (any informed, make a plan, hold a kit. Live Ready Marine Corps.

### READY MARINE CORPS KIDS! Hurricane/Typhoon

Ready Marine Corps Kids know it's important to prepare their house for a hurricane/typhoon. Help Chesty find 10 differences between the top picture where the family is NOT ready for a hurricane/typhoon and the bottom picture where the family IS ready for a hurricane/typhoon.

**NOT READY**

**READY**

Can you see chesty through any blocks? (any informed, make a plan, hold a kit. Live Ready Marine Corps.

### READY MARINE CORPS KIDS! Suspicious Package

A suspicious package is a package, bag, or backpack that does not seem to have an owner and could be dangerous. Write the letter that comes FIRST LETTER before to describe and solve Chesty's dilemma.

**SECTION:**

SDWP ODKQHZ UKQ ZK EB UKQ

OAA W OQOLEYKQD LWYGWCA?

**MOVIES:**

ZKFP PKQYD EP.

SWHG WSWU.

PAHH WJ WZQH.

Can you see chesty through any blocks? (any informed, make a plan, hold a kit. Live Ready Marine Corps.

### READY MARINE CORPS KIDS! Thunderstorms & Lightning

When thunder roars, go indoors! Seek shelter in a house, building, or hard top automobile.

Follow the 30-30 safety rule: If the time between when you see the flash and hear the thunder is 30 seconds or less, the lightning is close enough to hit. After the last flash of lightning, wait 30 minutes before leaving your shelter.

**Colorful Number 30: Going from Start to Finish, choose the path made up of the number 30 only.**

**START**

30	3	60	5	10
30	30	30	3	30
3	15	30	1	20
30	30	30	15	3
30	10	20	7	9
30	30	8	30	30
9	30	30	30	30

**FINISH**

Can you see chesty through any blocks? (any informed, make a plan, hold a kit. Live Ready Marine Corps.

### READY MARINE CORPS KIDS! Tsunami

A tsunami is a giant, dangerous wave. To prepare, Ready Marine Corps Kids know to find a safe place to escape in 15 minutes. The best place is at least 2 miles inland and 100 feet above sea level!

Follow the legend below and color the picture by number to find Chesty and the safe zone!

Can you see chesty through any blocks? (any informed, make a plan, hold a kit. Live Ready Marine Corps.

### READY MARINE CORPS KIDS! Winter Storms

Chesty is confident that you can match these winter storm terms with their descriptions. Draw a line from the winter term to the correct description. If you get stuck, see if your parent knows the answer.

**Winter Storm Watch**

**Winter Weather Advisories**

**Winter Storm Warning**

**Blizzard**

**Wind Chill**

**Sleet**

**Freezing Rain**

Rain that freezes into ice pellets before it reaches the ground.

Snow falling and blowing with steady winds of 35 mph or more, creating low visibility.

The lower temperature your body feels when cold air temperatures combine with wind.

Rain that freezes when it hits the ground.

Issued when there is a possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet.

Issued when snow, freezing rain, freezing drizzle, and/or sleet may cause safety hazards.

Issued when hazardous winter weather is the focus of heavy snow, heavy freezing rain, or heavy sleet is happening or about to happen.

Can you see chesty through any blocks? (any informed, make a plan, hold a kit. Live Ready Marine Corps.





## EFMP WORKSHOPS & SUPPORT GROUPS

DATE	TIME	TOPIC	PLACE
Tuesday Aug 2, 2022	11:30 am- 12:30 pm	Henderson Hall EFMP Lunch & Learn—Early Intervention	Henderson Hall Bldg. 12, Conference Rm. 1555 Southgate Rd, Arlington, VA
Thursday Aug 11, 2022	11:30 am- 12:30 pm	Ft Meade EFMP Sip and Share A support group for EFMP families to share and learn	Virtual, - call for information 301-677-4473/4779 or to register email: <a href="mailto:pearl.a.drah.civ@army.mil">pearl.a.drah.civ@army.mil</a> or <a href="mailto:bellc4@magellanfederal.com">bellc4@magellanfederal.com</a>
Saturday August 13, 2022	11:00 am - 2:30 pm	EFMP families come join us for a chance to learn about some of the resources within the National Capital Region.	NSA Bethesda USO Call 301-319-4087 or email <a href="mailto:usn.bethesda.nsabethesdamd.list.nmccoffsc@mail.mil">usn.bethesda.nsabethesdamd.list.nmccoffsc@mail.mil</a> to register
Tuesday Aug 16, 2022	11:30 am- 12:30 pm	Henderson Hall EFMP Lunch & Learn—Recreation Inclusion Activities	Henderson Hall Bldg. 12, Conference Rm. 1555 Southgate Rd, Arlington, VA

**For event registration: [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org) or 703-693-5353 Please register at least 1 day prior to event.**

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