



WELCOME

My name is Claudia Quinby and I am the new EFMP Family Case-worker. In July, shortly after the 4th of July, I came to be on the Joint Base Myer-Henderson Hall. Originally, I was born and raised in Wisconsin. This is my first time living in the Capital Region. My family and I moved to a small country home in the Shenandoah Valley, where I travel to each weekend. My twin daughters are 16 years old and enjoy horseback riding. Now being in Virginia, they get a chance to up their horseback riding skills and experiences.

My professional experience is in the field of education, whereby I have held a teaching license since 1995. Since 2006, I have had a special education teacher license. My responsibilities have included case management, creating and implementing behavior programming, and academic programming that spans PreK-12th grade. Important to note, I have a strong interest in transition planning for 18–21-year-olds. Relationship building is very important to me. Within a close relational manner, I have extensive experience working with children, youth and adults with multiple disability areas within the school, home and community. I believe in the importance of collaborative teams with parents, teachers, related providers, medical providers working together to support all stakeholders. Also, I believe in working towards shared goals. Keeping a larger vision in the forefront of my mind helps me. That vision includes individual(s) experiencing a transformational experience. This experience can occur when a person receives precisely what they need at one given time. This vision can be translated into the daily tasks that I complete for Marine Corps Families.



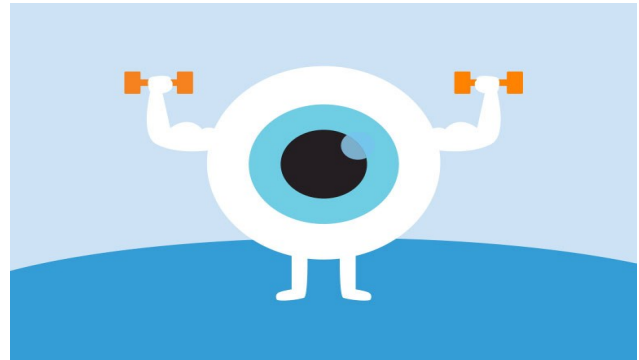
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EFMP SERVICES OFFERED

- ✦ 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.¹

**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.²

80%

OF INFORMATION CHILDREN RECEIVE IN THE CLASSROOM IS PRESENTED VISUALLY.³

70%

OF JUVENILE DELINQUENTS HAVE AN UNDETECTED AND UNTREATED VISION PROBLEM.³

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

Image Credit: businesswire.com

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

The icon consists of five stylized human figures in a row. The first figure on the left is purple, and the other four are blue. Each figure has a circular head and a teardrop-shaped body.

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

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

Stand 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 OQOLEYEKQD LWYGWCA?

NOVEL:

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 8, 2023	11:30 am- 12:30 pm	Henderson Hall EFMP Lunch & Learn—Accessing Community Resources & Recreation Inclusion Opportunities	Henderson Hall Bldg. 12, Conference Rm. Or MS Teams
Tuesday Aug 22, 20223	11:30 am- 12:30 pm	Henderson Hall EFMP Lunch & Learn— Introduction to EFMP+ Respite Care	Henderson Hall Bldg. 12, Conference Rm. MS Teams
Thursday Aug 24, 2023	12:00 pm - 1:00 pm	Conflict Resolution regarding IEP's presented by EFMP Attorney Christina Jones	Virtual

For event registration: efmphh@usmc-mccs.org or 703-693-5353 Please register at least 1 day prior to event.

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