



EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

August 2024

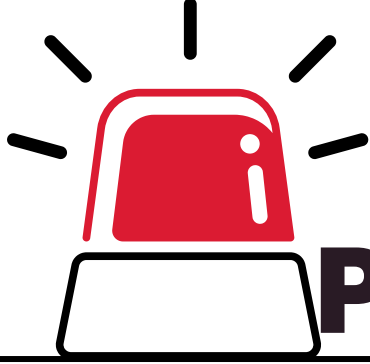


Ready Marine & Family

What does a ready Marine look like? In most cases, it means being prepared with both supplies and a plan for the unexpected. This doesn't end at the worksite, either. Family readiness is a critical part of Marine readiness. When your family include disabilities or chronic medical needs, those plans are even more important. This month's EFMP newsletter highlights ways to make sure your family is always ready.

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EMERGENCY PREPAREDNESS

BUILD EMERGENCY KITS

Visit [ready.gov](https://www.ready.gov) or [ready.marines.mil](https://www.ready.marines.mil) for lists of what to include in your emergency kits. Ideally, you should have one in each car, your home, and at your workplace. You may need to speak with your primary care provider to ensure you have supplies of medication for your kits in addition to your typical supply. Don't forget supplies for any four-legged friends!

DRILL

Plan and practice your emergency responses, including a gathering place. Your family might be separated in an emergency, so it's important everyone know what to do as independently as possible. Your family members might benefit from social stories explaining why we practice emergency drills or providing a step-by-step guide of what to do when there's a fire alarm etc. You can find some ready-made social stories online, but personalizing your own is best.

If you have a child on an IEP, make sure they are always included in all safety drills at school.

CHILD ID

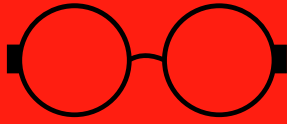
Consider filling out a "missing child packet" at your local sheriff's office or order an inkless fingerprint I.D. kit from the [National Child ID Program](#) and keep it in a waterproof container with your other important documents.

911 INFORMATION SHEETS

Consider sending an information sheet to your local 911 dispatcher. You can easily share information about a family member with dementia or ASD and even use it to alert emergency services to the presence of a ventilator or other specialty equipment so EMS can prepare appropriately for a response to your home. In some cases, this is how you register to be placed on a priority list for power restoration for life-saving medical equipment.

Different counties call information sheets by different names. You can find your local equivalent by calling the non-emergency number for your area or visiting the county website. For example, [Fairfax County](#) calls them "emergency health profiles" and you can fill them out directly on their website.

CHILDREN'S EYE HEALTH & SAFETY MONTH



August is nationally recognized as Children's Eye Health and Safety Month. [The National Center for Children's Vision and Eye Health](#) states that up to 1 in 17 young children, 1 in 5 Head Start children and 1 in 4 to 5 school-aged children have a vision disorder that can lead to permanent vision loss. Take some time this month to learn more how to prevent eye injury and to maintain eye health so your family is visually ready.

Regular Exams: When was the last time your child had their vision checked? For Active Duty families, [Tricare](#) covers annual routine eye exams regardless of plan. These yearly visits can detect vision changes and eye health problems even in very young children who aren't verbal. Exams can identify other medical concerns including cancer and diabetes as well.

PPE: Personal protective equipment is a key component of reducing risk of eye injury especially during sports and yard work or during play with any kind of projectiles (the [American Academy of Ophthalmology](#) recommends avoiding these toys altogether). You can model eye safety by wearing PPE during home repair projects. Consider the use of safety gates at the top and bottom of stairs and cushion sharp corners.

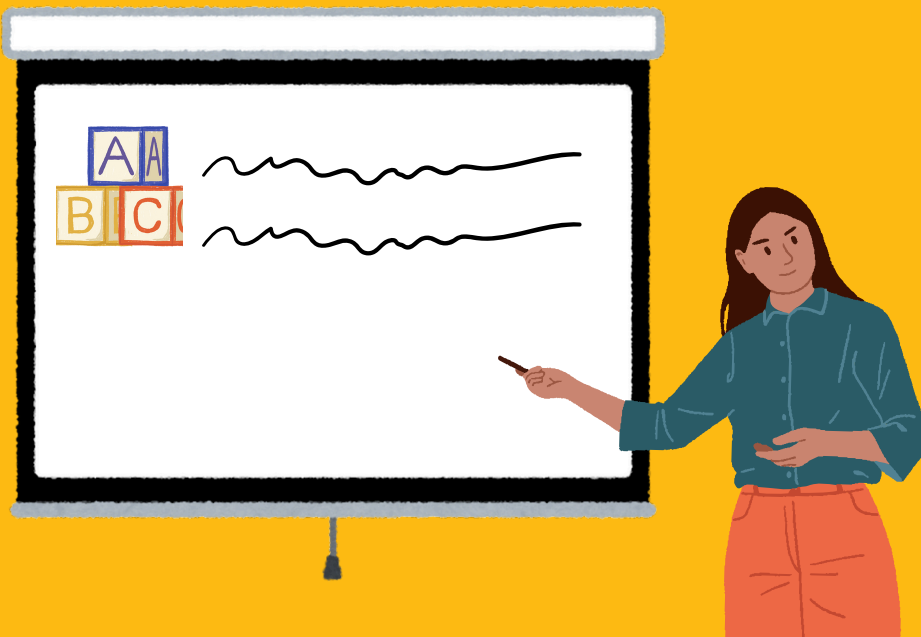
Optometrist vs. Ophthalmologist: What's the difference? Optometrists have doctorates in optometry (~8 years after high school) and are skilled in routine eye and vision care, including prescribing glasses and contacts. Ophthalmologists are medical doctors (~12-14 years of school after high school). They can complete the same tasks as optometrists and are further able to perform eye surgery and treat all eye diseases. Make sure you have the right kind of specialist for your child's eye health needs.

Parent Training Institutes

If you've been reading the Henderson Hall EFMP newsletters for any amount of time, you may have noticed some strange acronyms pop up like "AJE-DC," "PEATC" and "PPMD." These acronyms represent the local parent training institutes (PTIs). Every state has at least one PTI, funded by federal grants through the US Department of Education and Office of Special Education. PTIs work with families who have children (birth-26) with disabilities. PTIs offer parent training and consultation on special education. Trainings are open to all, but may be tailored to a specific state's laws and regulations. The local PTIs in the National Capital Region are:

- [Advocates for Justice and Education, INC. \(AJE-DC\)](#): The designated PTI for Washington, D.C.
- [Parents Education and Advocacy Training Center \(PEATC\)](#): The designated PTI for Virginia
- [Parents' Place of Maryland \(PPMD\)](#): The designated PTI for Maryland

PTIs are a great resource, especially if you would like to increase your knowledge in the area of special education and increase your self-advocacy skills. Sign up for the newsletters and you'll be ready to tackle the next IEP or parent-teacher meeting.



Attention MD Residents:
Medicaid Renewal for MD is **not** automatic this year. Go to the MD government [website](#) for instructions or reach out to your MD Coordinator of Community Services for assistance.



TAX HOLIDAYS

School is just around the corner and luckily, so are tax holidays in both Virginia and Maryland. [Virginia's](#) will be [August 2nd-August 4th](#). School supplies, clothing (under \$100) and footwear will be exempt from state tax. Unique to Virginia, items for hurricane/ emergency preparedness including items like generators (under \$1000), bottled water and smoke detectors will also be exempt from sales tax over the three day period. Be sure to check the above link for the fine print on excluded items.

[Maryland's](#) tax holiday will be August 11-17. This year only clothing, footwear and backpacks are eligible for the tax-free period. Individual clothing items must be under \$100 and only the first \$40 of a backpack purchase is exempt. If you go shopping online, make sure it will be charged to you during the tax-free period and not after the item ships.

If you would like to brush up on your financial readiness, reach out to Henderson Hall's Personal Financial Management Program at [\(703\) 614-6950](#)



Specialized Training of Military Parents (STOMP)

Besides EFMP trainings and Parent Training Information Center Trainings, you are also able to access military-specific parenting training through Specialized Training of Military Parents ([STOMP](#)). These trainings include two-day in-person workshops and 90-minute webinars on topics ranging from assistive technology to an in-depth webinar on Tricare, including Tricare ECHO and the Tricare Autism Demonstration. Take a look at their current schedule to see if they cover your current interest. If not, reach out to your EFMP family caseworker and they will find the resources you need.

Virginia

Now-August 31st, 0900-1700: Free Admission Great Country Farms

Free for AD and veteran families with ID. Bluemont, VA. Enjoy the splash pad, year-round mazes, farm store, 18 hole putt-putt and farmer ninja course. Additional fees for U-pick fruit. For more information: [Link](#)

02 August, 1700-1800: Parents' Night In

Free. Fort Belvoir. Hosted by Belvoir FAP. Childcare provided! Enjoy wings, games and a little "me time." Registration is required: [link](#). Registration closes August 1st.

03 August, 930-1130: Sensory-Friendly Firehouse Visit

Free. Joint Base Myer-Henderson Hall. EFMP has partnered with the local fire department to offer you a chance to go behind the scenes to tour the firehouse, meet real firefighters, and get an up-close look at their firetrucks. To request accommodations, call 703-693-5353 or email efmphh@usmc-mccs.org. Registration closes on 8/1 at midnight: [Link](#).

7 August & 14 August, 1000-1100: Sensory-Friendly Hour at Our Special Harbor Sprayground

Free for families. Franconia, VA. Our Special Harbor is designed for children of all abilities, including children who use wheelchairs. Water wheelchairs are available. Sensory Friendly accommodations include reduced crowds and reduced sounds. [Link](#).

Virtual

13 July, 1130-1200: Knowledge Nugget: Medicaid and SSI

Free. Join EFMP for bite-sized learning! Learn about Medicaid and Supplemental Security Income including who qualifies and who to apply. Contact efmphh@usmc-mccs.org to register.

24 August, 0900-1500: SQUARED AWAY

Free. Join PEATC for the 2024 Virtual Squared Away Training which will provide information and tool to empower parents as active participants on their child's IEP team. Topics include the difference between 504 plans and IEPs, addressing challenging behaviors via the IEP and SPED dispute resolution options.

27 August, 1130-1200: Knowledge Nugget: Accessing Community Resources & Inclusion Opportunities

Free. Come and learn about accessing the wealth of resources available in the National Capital Region and how to find new resources when you PCS to a new location. Tune in to learn about the plethora of accessible recreation opportunities from wheelchair basketball to adapted climbing. in the NCR and laws on inclusion. Contact efmphh@usmc-mccs.org to register.

Maryland

10 August, 1100-1400: What to Expect Baby Shower

Free. Bethesda, MD. Hosted by Bethesda MWR and sponsored by the What To Expect Project. Free to all new parents with base access (expectant or with a child up to one-year-old). Enjoy lunch, prizes and gifts as well as resources. One registration per family. Pre-registration required: [Link](#).

10 August, 1000-1200: Art with Heart

Free. Joint Base Andrews. For all ages and abilities. Open to all DoD with priority given to AD-enrolled EFMP. Register on [timetap](#).

15 August, 1015-1200: EFMP Sensory-Friendly Trampoline Park Event

Free. Capitol Heights, MD. Hosted by Joint Base Andrews EFMP Family Support. Open to all EFMP-enrolled individuals and immediate family. Venue will open early to reduce number of patrons. Event will also feature reduced music and lighting. Register on [timetap](#)

23 August, 1400-1600: Emergency Stop The Bleed Training

Free. Rockville, MD. Increase your first aid skills and learn to control bleeding until medical help can arrive. Register on Eventbrite: [link](#).

Washington, D.C.

3 August, 1100-1500: Spicey Moms Community Baby Shower

Free. Kennedy Center. Join the celebration for new and expectant parents. Geared for low-income families to prepare them with baby essentials, supplies for mom and resources needed to support a strong start. For more information: [Link](#)

25 August, 1100-1800: WOW Indonesia! Festival

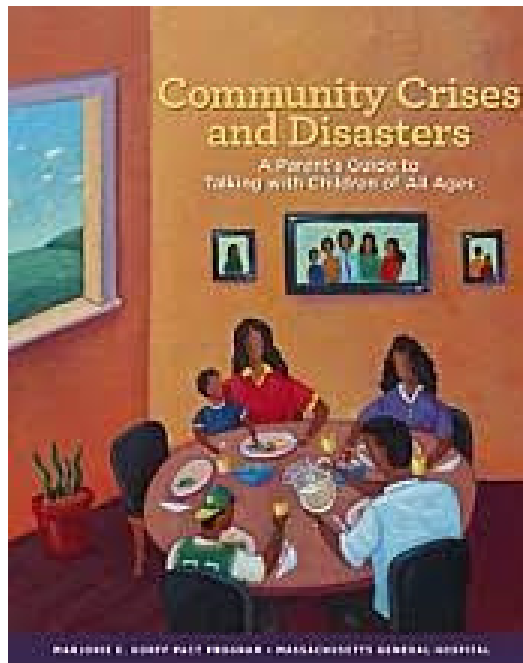
Free. Pennsylvania Avenue Northwest. Hosted by Embassy of Indonesia. More information to come on their Eventbrite site. Registration required, reserve your spot [here](#).

24 August, 0900-2000: 2024 Library of Congress National Book Festival

Free. Walter E. Washington Convention Center. Enjoy author talks, book signings, merchandise and more. For more information: [link](#).

31 August, 1300, 1400: Blue Star Family Parkdates: Potomac Boat Tour

Free. Enjoy the sights of D.C. and Northern Virginia with other military families. Must be a member of Blue Star Families (membership is free) [Link](#).



This guide supports parents and caregivers in communicating with children before, during and after crisis and disasters. It includes advice on communication and resilience as well as explanations of stress versus trauma and descriptions of coping strategies at different ages. This is a good book to review before it's needed so you are ready to support your youngest family members. You can borrow Henderson Hall's hardcopy, or access the [PDF](#) through the authors at the Marjorie E. Korff PACT Program.

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 site visit in your area

Sensory Friendly Activities across the NCR

LEGO Discovery Center Sensory-Friendly Mornings (New!)

\$25.99 per person. You may be eligible for one free ADA caregiver ticket. Enjoy the LEGO center from 1000-1100 with reduced lighting and music. This event is held the first Wednesday of every month. For all ages. [Link](#).

Accessible Adult Fans of LEGO Nights (New!)

\$24.99 per person. Ages 18+ only. Enjoy the LEGO center from 1800-2000 with reduced lighting and music. This event is held the Wednesday of every month. For adults with special needs or sensory differences.

Lake Fairfax Park Water Mine Swimmin' Hole

Prices vary by height. Enjoy the sensory-friendly hours of the Water Mine on August 6th from 1000-1100. Accommodations include limited attendance, no music, trained staff, and louder water features will be turned off. For more information: [link](#).

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](#)

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](#).

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.

Philadelphia:

Sesame Place

Sesame Place Philadelphia is the first theme park to be designated as a Certified Autism Center. Sesame Place offers a low-sensory room, low-sensory parade viewing, and specially-trained staff.



What changes are coming to respite care?

The [Department of Defense Office of Special Needs](#) is standardizing EFMP across all branches and one of the target areas for standardization is respite care reimbursement. Currently, the Marine Corps EFMP will reimburse eligible families for 20 hours of respite care for a dependent who has a level of need (LON) of 3 up to the age of 18 or a LON 4 of any age.

Beginning in October of 2024, respite care reimbursement will stay at 20 hours reimbursed for LON 3, but eligibility expands to dependents of any age. Dependents who are LON 4 will be reimbursed for up to 32 hours.

Find out more about EFMP standardization by contacting your family caseworker or through [Military OneSource](#).

NOTE: Respite care reimbursement is a benefit available only to eligible families. If you think you may be eligible, contact your family caseworker. Respite care utilized *prior* to completing EFMP Family Support approval process will not be reimbursed.

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

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