

HENDERSON



EFMP

 Exceptional Family Member Program

HENDERSON HALL
EFMP TEAM

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& Outreach Specialist:
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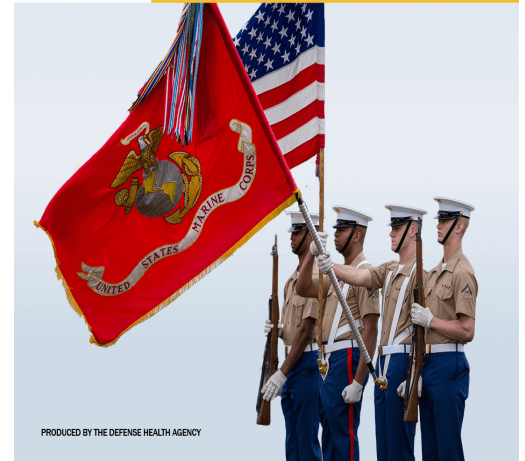


We would like to welcome our new EFMP Program Manager, Ms Amy Proce and Training, Education and Outreach Specialist, Gracie Pak

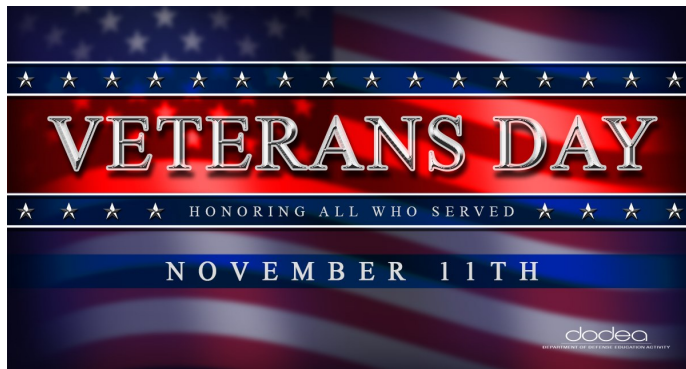
Bio on page 2



Happy Birthday
to the
U.S. Marine Corps!



PRODUCED BY THE DEFENSE HEALTH AGENCY



- ◆ 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)





We are excited to introduce our new Henderson Hall EFMP Program Manager, Ms. Amy Proce. Many of you may already be familiar with Amy as she was your EFMP Family Case Worker. Amy started her career the Exceptional Family Member Program as the Henderson EFMP Administrative Support Specialist in February 2015. In April 2016 Amy took a position at HQ EFMP in Quantico as an Assignments Case Manager, where she screened orders for EFMP enrolled Marines to ensure that both medical and educational services were available at their next proposed duty station. In May 2017 Amy transitioned back to Henderson Hall to take a position as one of our EFMP Family Case Workers, primarily supporting the Marines and their families assigned to installations in Maryland.

Amy is a former Marine Corps spouse and the mother of a child that was enrolled in EFMP.

Amy is excited to take on her new enroll as the Henderson Hall Program Manager and looks forward to continuing to support all of you and your families.



We want to give a warm welcome to Ms. Gracie Pak, our new EFMP Training, Education and Outreach Specialist. Gracie comes to us from the University of Mary Washington with a degree in Communication and Digital Studies. She graduated with both departmental and university honors after having published a paper on service animals and their presence in social media.



Gracie is a child of a retired Navy Captain and has experienced several PCS moves throughout her life. She prides herself on being able to relate to our EFMP members by having been an EFM herself during her father's career. The Exceptional Family Member Program holds a dear place in her heart because of this.

Gracie is also very proud of her trained service animal, Bodhi. He has been through PCS moves and college with her. He dedicates his life to serving her and she hopes to help anyone who is interesting in finding a companion like Bodhi for their EFM.



Before the airport:

- 1. Make sure you pack everything** your child might want/need in a carry-on bag, including a change of clothes. Create a sensory pack with their favorite calming toy, stuffed animal, object or blanket.
- 2. Discuss what the experience of the ticket counter** and the security check might be like to the child before you arrive at the airport. You could simply talk to the child about it, discuss it with them, or use social stories to aid in the explanation.
- 3. Make sure you call TSA Cares** at 1-855-787-2227 at least 72 hours before boarding the plane to ask any questions you may have. A TSA Passenger Support Specialist can be requested to provide on-the-spot assistance.
- 4. Try to book flights when your child is generally the most able to handle a change in routine.** For many children this may be in the morning when they are not tired and overwhelmed from a long day.
- 5. Ask your doctor for a letter** describing your child's condition especially if your child has an "invisible condition" such as autism. It might be helpful to show documentation of the disability to airport security or flight attendants. Visit the TSA's website and print the disability notification card that you can present at the TSA screening. (<https://www.tsa.gov/travel/special-procedures>)

At the airport and on the plane:

- 6.** To make your walk to the gate easier, **approach the check-in or information desk to ask for a ride** or shuttle to your terminal.
- 7. Inform TSA of your child's disability** and how they might react to security screening or waiting in long lines. Most airports have a family line or will allow the parent and child to be screened together.
- 8.** It might be a good idea to **bring noise cancelling headphones** for the airport and the plane to help drown out some of the loud noise in the airport and the airplane. Sunglasses can block out the harsh bright light in airports and create a calmer environment.
- 9. Bring your child's favorite music or no mess activity** to keep them entertained on the plane. Colorful string beads, bags of beads, and items that light up are great additions for the traveling sensory pack.



Travel tips for road trips continued on
next page



On the road trip:

10. If your child escapes from their seat easily **consider getting covers for the seat belt buckles** and remember to check the child locks on the door.

11. Make sure your child is prepared for the road trip by creating a social story about the trip to read for them. This story may need to be read several times prior to the actual trip.

12. Have a visual aid to represent how many hours you have traveled and how many are left. A timer can help your child countdown the hours or minutes until the next stop or activity.

End-of-year holidays often require traveling to visit friends and family who live far away. Spending many hours in the car or getting on an airplane can be challenging for families with special needs. [Easter Seals Crossroads](#) in Indianapolis has compiled tips from their behavior analysts, therapists and respite providers that can help make holiday traveling a more enjoyable experience for everyone involved.

We hope these tips are useful for you during the upcoming travel season.



**247th Marine Corps Birthday Ball
H&S Battalion, HQMC, Henderson Hall
Saturday, November 19, 2022**



Join the Marines of H&S Battalion, Headquarters Marine Corps, Henderson Hall, as they celebrate the 247th birthday of their beloved Corps.

Saturday, November 19, 2022

1600: Photos commence (adjacent to the ball room)

1630: VIP Cocktail hour commences

1700: Cocktail hour commences (cash/credit)

1730: VIP cocktail hour ends

1750: Move into the ball room

1755: All Marines and guests seated

1800: Ceremony/Speeches commences

1845: Dinner served

2030: Dancing commences

2300: Ball ends and After party commences in Coton & Rye

Location

Lansdowne Resort and Spa

44050 Woodridge Pkwy, Leesburg, VA 20176

(703) 729-8400.

Accommodations:

A block of rooms with a special price has been set aside for those who have bought tickets and wish to stay over night. More information can be found on your ticket confirmation.

Room Prices:

- Deluxe Double Guest Room: **\$259 + Taxes.**
- Deluxe King Guest Room: **\$259 + Taxes.**

Parking:

Free parking. The Resort offers complimentary self-parking.

Ticket prices are:

- Officers, Retirees, Civilians & Guests: \$100.
- E6–E9 & Guests: \$80.
- E1–E5: \$45.
- E1–E5 Guests: \$55.

Contact Information

247th USMC Birthday Ball—Phone: [\(703\) 693-3878](tel:7036933878)

PCSing: Preparing for summer transition

Orders Season for EFMP is December – June

Expecting PCS orders? Please contact your EFMP Family Case Worker to inquire if your EFMP paperwork is requiring an update.

Do you have questions about the orders screening process? Want to know how your next duty station is chosen? Manpower Management along with EFMP has put together a video to show the process.

Manpower Management An EFMP Partner – [EFMP Orders Screening Process](#)



