



OCTOBER 2023

Which state has your favorite Halloween Candy?



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- EFMP SERVICES AVAILABLE:**
- ☆ 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 Assess-



There are hundreds of thousands of people who have Spina Bifida, and throughout the month of October, we celebrate National Spina Bifida Awareness Month to raise awareness and support for them. Spina Bifida is a birth defect that occurs when the spine and spinal cord don't form properly. This neural tube becomes the baby's brain, spinal cord, and the tissues that enclose them. Typically, there's a gap in the baby's back instead of an opening and there's no damage to the spinal cord or the nerves. For more information about Spina Bifida, visit:

<https://nationaltoday.com/national-spina-bifida-awareness-month/>

<https://www.spinabifidaassociation.org/>



Open Season:

Nov. 13 - Dec. 12, 2023

When considering your options you have these three choices:

- Stay in your plan.
- Enroll in a health plan.
- Change health plans or switch between individual and family enrollment.

For more information visit: [TRICARE Open Season | TRICARE](#)

Attorney Tip: Half Day Removals

When a school calls a parent and says they need to pick their child up due to their behavior, the federal and state departments of education consider it a **suspension**. Schools often don't provide the paperwork for the suspension or consider it one, but it is a suspension. This is critical because students with disabilities cannot be suspended for **more than 10 consecutive days** during one school year, or 10 cumulative days if those removals constitute a pattern. If a child is suspended for more than 10 days, the school is required to hold a manifestation determination review (MDR). These partial day removals are important to count towards the 10 days, so you can get to an MDR faster. If a child is having behavioral issues, then there are steps the school should be taking, such as conducting a functional behavioral assessment and implementing a behavior intervention plan.

Parents: if you are removing your child from school, ask the school for suspension paperwork and keep track of how many days your child is missing due to these suspensions, and call an MDR at the appropriate time. If the school does not provide it, write a letter to the school saying that you were called to pick your child up on that date due to behavior and you are considering it a suspension.

Contact your Family Case Worker for more information on how to contact the EFMP Special Needs Attorney



Join us for sensory-friendly trick-or-treating in the B&O's Roundhouse!

[Sensory-Friendly Trick or Treat | B&O Railroad Museum \(borail.org\)](https://borail.org)

Grab your “passport” and make your way around the Roundhouse, collecting candy, puzzles, stickers, toys, and more! There will also be Halloween-themed activities on the turntable including crafts, sensory bins, and a game.

All Ages Welcome!

This experience will be modified to create a more accessible experience for our neurodivergent visitors. All candy will be nut-free & gluten-free. \$10 per participant. FREE for Members. First supervising adult per person FREE.

[Purchase Tickets](#)



What do the different colored trick-or-treat buckets mean?



Signifies a child with autism. This trick-or-treater might not say 'trick-or-treat' or 'thank you,' might not wear a mask and might be sensitive to sights and sounds. They also might take a little longer to select the perfect treat!



Signifies a child with a food allergy. This trick-or-treater might have a peanut or gluten allergy, or another allergy they're sensitive to. They might like a different 'treat,' like a sticker or glow stick!

2023 FIRE DEPARTMENT OPEN HOUSE



WHEN: SATURDAY OCTOBER 14TH 11:00 A.M. TO 2:00 P.M.

WHERE: FIRE STATION 61 (108B SHERIDAN AVE. FORT MYER)

ACTIVITIES INCLUDE:

FIRE TRUCK DISPLAYS

KIDS' HOSELINE OPERATION STATION

KIDS' MOON BOUNCE

FIRE PREVENTION HAND-OUTS

HOT DOGS AND REFRESHMENTS WILL ALSO BE PROVIDED.





OCTOBER



<i>Date</i>	<i>Time</i>	<i>Workshop/Event</i>	<i>Description</i>	<i>Location</i>
Tues., Oct 10	11:30 am - 12:30 pm	<i>EFMP Lunch and Learn: Successful PCS Transitions</i>	<p>Planning is the key to making a smooth transition for your family during a PCS move, especially if you have a family member with special needs. This workshop will step you through the process of creating a timeline checklist, and provide information on useful resources, tips, and organizational tools that will help lessen the stress and anxiety of moving with a family member with special needs.</p> <p>RSVP by emailing efmphh@usmc-mccs.org and information will be given on how to participate.</p>	Henderson Hall, Building 12, Confer- ence Room or Virtu- al
Thurs. Oct 5	8:00 am - 12:00 pm	<i>Ft Belvoir Community Hospital - Autism Resource Clinic</i>	<p>All military parents/guardians of children with Autism Spectrum Disorder are invited to attend FBCH Autism Resource Clinic. There will be a variety of local experts each month from medical, local schools, military, and community to provide a plethora of resources for newly diagnosed families, newly relocated families, and families that just need more support.</p> <p>For more information contact Jennifer Hensley, DNP, CPNP, PMHS or Carol Bruch RN 571-231-1027 or Tiffany Brown, MSA- 571-231-3264</p>	Alexander T. Augusta Military Medical Center (formerly FBCH)
Wed. Oct 11	10:00 am— 12:00 pm	<i>Special Needs Forum: Safety & Emergency Preparedness</i>	<p>Scott Campbell and the local Quantico Fire Station Crew will discuss challenges families of persons with special needs face in times of emergent situations.</p> <p>Please RSVP at OMBEFMP.EventRegistration@usmc-mccs.org</p> <p>Please specify if you attend in person or virtual</p>	Clubs of Quantico or FaceBook Live https:// www.facebook.com /mccsHH
Tues. Oct 24	11:30 am - 12:30 pm	<i>EFMP Lunch and Learn: Service Animals</i>	<p>Learn the difference between service animals and therapy animals, installation regulations, and how to PCS with your service animal.</p> <p>RSVP by emailing efmphh@usmc-mccs.org and information will be given on how to participate.</p>	Henderson Hall, Building 12, Conference Room or Virtual