

MAY 2023

EFMP NEWSLETTER

Henderson Hall's Exceptional Family Member Program



May Is Mental Health Month!

MENTAL HEALTH AMERICA (MHANATIONAL.ORG)

Since 1949, May has been observed as Mental Health Month. Millions of people spread the word that mental health is something everyone should care about. It's a time to share information, stories, and resources, and we invite you to join Mental Health America's celebration!

MHA's 2023 Mental Health Month campaign is focused on how surroundings impact mental health, and we are calling for individuals to look around, look within.

Topics that MHA specifically addresses include:

- Safe and Stable Housing
- Healthy Home Environments
- Neighborhoods and Towns
- The Outdoors and Nature

We'll help people understand how these topics impact mental health, provide tips for actions people can take to change their surroundings in favor of their well-being, and suggestions for how to cope if change isn't realistic.

MHA's May is Mental Health Month Outreach Toolkit has been created to help individuals and organizations work smart as they plan for raising mental health awareness during the month of May.

<https://mhanational.org/mental-health-month#download>

Henderson Hall's Exceptional Family Member Program

1555 Southgate Rd, Bldg. 12,
Arlington, VA 22214
Office Hours: M-F 0730-1630
EFMPHH@USMC-MCCS.ORG

Program Manager
Amy Proce
703-693-6510
Amy.Proce@usmc-
mccs.org

Administrative Assistant
Christina Chipman
703-693-7195
Christina.Chipman@usmc-
mccs.org

Family Case Workers
Vacant

Training, Education, &
Outreach Specialist
Gracie Pak
703-693-5353
Gracie.Pak@usmc-
mccs.org



Every Kid Deserves An Accessible Playground!

VISIT
[HTTPS://WWW.ACCESSIBLEPLAYGROUND.NET](https://www.accessibleplayground.net)

Every kid deserves to have access to a playground that they can enjoy with the freedom of being a kid! No parents wants to worry about if their child will have a difficult time getting around the playground and no kid should have to feel distress because of difficulty with access at parks and playgrounds. Luckily, we have resources such as AccessiblePlaygrounds.net helps parents and providers discover accessible playgrounds and spaces for children who may need physical accommodations. Listed to the right are some playgrounds found in Virginia and Maryland.

Accessible Parks

Virginia:

CLEMYJONTRI PARK

Home6317 Georgetown Pike, McLean
VA 22101

Big Chessie's Backyard and Our
Special Harbor

6601 Telegraph Rd, Alexandria VA
22310

Maryland:

Angel Park Playground

9685 Honeygo Blvd., Perry Hall, MD
21128

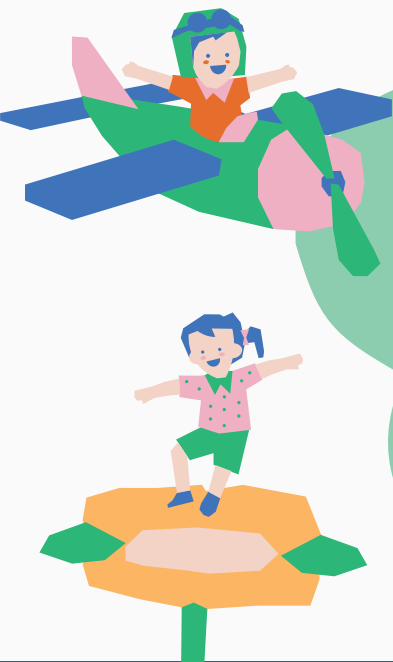
Little Critter Playground

15540 Peach Walker Drive, Bowie
20716

EFMP FAQ

Question: Who needs to know if or why I am part of EFMP?

Answer: Your command team will know that you are enrolled in the program. Henderson Hall EFMP sends out monthly EFMP Commander's Reports that include the name of the Marine, expiration date of paperwork, and enrollment date into the program. Information about your family member and their diagnosis is never disclosed to commanders or their appointees.





Christina's Corner: Tips from NCR EFMP Special Needs Attorney

BY CHRISTINA JONES

Hello, my name is Christina Jones, and I am the new Attorney for Exceptional Family Members in the National Capital Region. I am based at Quantico, but if you have a Marine Corps EFMP case manager located at Quantico, Henderson Hall, or Camp Elmore, then I am able to help you.

Prior to joining the EFMP team in June, I spent five years at William & Mary Law School, where I taught special education law. I ran the Parents Engaged in Learning Equality (PELE) Special Education Advocacy Clinic, where I supervised law students representing families in special education disputes and some guardianship matters. I've trained hundreds of military and civilian lawyers on special education law, and I'm thrilled to be able to directly serve servicemembers in my new role. There are excellent lawyers in my position at Camp Lejeune, Camp Pendleton, and Kaneohe Bay – I'm the fourth Marine Corps EFMP Attorney and the first one in the National Capital Region.

I am currently licensed to practice law in Virginia (active) and California (inactive). I am seeking admission to practice in D.C. and Maryland. For now, I can only represent Marine families in Virginia, but I can provide information about federal special education law to families in other states.

I'm fortunate to have access to national networks of special education/disability rights attorneys, so I can also refer you to another lawyer if I cannot assist directly. As the order is currently written, I cannot represent families whose children attend DoDEA schools in a special education dispute, but I can consult with and advise them – regardless of where in the world they are located.

EFMP Services Offered

- * FAMILY SUPPORT/CASE MANAGEMENT (INCL. DEPLOYMENT SUPPORT) *
- INFORMED ASSIGNMENT SCREENING *
- SPECIAL HOUSING CONSIDERATION (HQMC EFMP) *
- EFMP ATTORNEY ASSISTANCE *
- RESOURCES AND REFERRALS *
- SUPPORT AT IEP MEETINGS *
- ELIGIBILITY FOR TRICARE ECHO *
- TRANSITION ASSISTANCE *
- WORKSHOPS AND TRAININGS *
- LENDING LIBRARY *
- LOAN LOCKER *
- RESPIRE CARE REIMBURSEMENT PROGRAM *
- FAMILY NEEDS ASSESSMENT AND SERVICE PLAN *





Christina's Corner: Tips from NCR EFMP Special Needs Attorney CONT.

BY CHRISTINA JONES

You are welcome to contact me with any special education issue or question. My goal is to keep you in the driver's seat of your child's education to the extent possible with me providing advice in the background. If the matter requires my direct involvement, I will attend IEP meetings with you. While we hope to solve problems before reaching the point of filing a complaint, I can lead you through that process if necessary. I have a track record of settling all of my cases at mediation, a record I hope continues in this position.

I also highly encourage families of teenagers to contact me so I can help you understand your options for once the child turns 18 if you want to maintain a role in the child's education, healthcare, and finances. Sometimes this looks like pursuing guardianship, but other times less restrictive options are appropriate. I'm also able to help with any other disability-related legal issues (housing, employment, access to public accommodations, etc.) you may come across.

If you are on or near Quantico, I'm located in the Legal Assistance Office at 2015 Artisan Street. I'll be making periodic trips to Henderson Hall, Camp Elmore, and other installations, but I'm also able to meet with families virtually. Please feel free to contact me at christina.jones@usmc.mil, or 703-784-4146. I'll ask you to fill out a questionnaire, and schedule an appointment to speak in depth about the matter. Check the next EFMP Newsletter for my monthly column with legal tips!

Christina M. Jones
Attorney for
Exceptional Family
Members
National Capital
Region
United States Marine
Corps

2015 Artisan Street
Quantico, VA 22134

Office: (703) 784-4146

Cell: (571) 424-3562

christina.jones@usmc.mil





CHECK IT OUT!

ATTENTION MARYLAND RESIDENTS:

The Developmental Disabilities Administration's Low Intensity Support Services (LISS) Program serves children living at home with their family and adults with developmental and/or intellectual disabilities living in their own home in the community who are not receiving any support services from the DDA

- It is flexible to meet the needs of children as they grow and adults as they mature across their lifespan. And;
- Provides up to \$2000 to assist eligible children and adults with developmental and/or intellectual disabilities with purchasing eligible services and/or items to address their needs. And;
- Enhances or improves the quality of life, for eligible children and adults with developmental and/or intellectual disabilities as well as promotes independence and community integration.

ATTENTION VIRGINIA RESIDENTS:

VDOE WILL BE OFFERING GRANTS OF \$1500 TO PARENTS FOR SUPPLEMENTAL EDUCATION (TUTORING) AND/OR THERAPY SERVICES TO ADDRESS PANDEMIC LEARNING LOSS.

Virginia Department of Education will have a list of tutors, learning centers, etc. that parents can choose from, and payments will be made directly from the state to the service provider.

- Some key points:
- This applies to all children, not just children with IEPs.
 - Children can be in public or private schools or be home-schooled in Virginia to be eligible for the funds.
 - This process does not involve the school districts at all (Hooray!)

More information can be found here:
<https://www.doe.virginia.gov/parents-students/for-parents/learning-recovery-grants>

LENDING LIBRARY & LOAN LOCKER

Spotlight

Learn with Yoga: ABC Yoga Cards for Kids

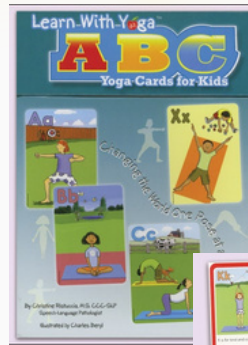
AVAILABLE ON [AMAZON](#) OR [WWW.THERAPRO.COM](#)

- 26 paired cards (52 Cards in all)
 - that each has a posture corresponding to a letter of the alphabet.
 - Each posture is comprised of a pair of cards, one for the child and one for the adult.
 - The cards for children have a large colorful illustration of the pose on the face.
 - The reverse side of the card describes the benefits of the posture and provides verbal cues for correctly forming the pose.
 - All cards are color-coded and labeled for easy arrangement of activity.

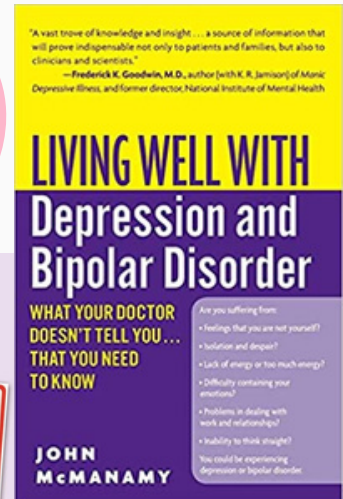
Educators, including specialists, can use ABC Yoga Cards for Kids to integrate yoga movements within their educational curricula. The cards facilitate a wide range of movements and can be applied to a broad set of associated learning goals, including vocabulary development, phonemic awareness, basic concepts, sequencing skills, comprehension, and direction following.

Each of the yoga cards offers child-friendly poses with ties to specific educational and language activities. Students will not only receive the calming and restorative benefits of yoga, but they will be learning as well!

Parents can use ABC Yoga Cards for Kids to create a calming exercise sequence and also support early learning activities for preschool and primary educational goals. These exercises and activities are something the whole family can do together!



Available to borrow in HH Bldg. 12!



Living Well With Depression and Bipolar Disorder

AVAILABLE ON [AMAZON](#) OR [TARGET](#)

When John McManamy was diagnosed with bipolar disorder, he turned his struggles into a lifelong dedication to helping others battling depression and bipolar disorder reclaim through his successful website and newsletter. In Living Well with Depression and Bipolar Disorder, he brilliantly blends the knowledge of leading expert authorities with the experiences of his fellow patients, as well as his own, and offers extensive information on:

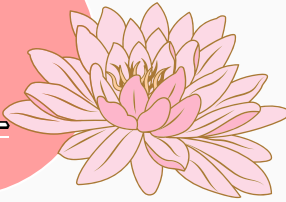
- Diagnosing the problem
- Associated illnesses and symptoms
- Treatments, lifestyle, and coping
- The effects of depression and bipolar disorder on relationships and sex

With a compassionate and eloquent voice, McManamy describes his belief that depression is a wide spectrum that reaches from occasional bouts of depression to full-fledged bipolar disorder. The first book to help patients recognize this diversity of the disorder, Living Well with Depression and Bipolar Disorder will help sufferers begin to reclaim their lives.



EFMP WEBSITE:

<https://hendersonhall.usmc-mccs.org/marine-family-support/military-family-life/exceptional-family-member-program>



MAY 29 IS MEMORIAL DAY!

MEMORIAL DAY IS A FEDERAL HOLIDAY IN THE UNITED STATES TO HONOR AND MOURN THE U.S. MILITARY PERSONNEL WHO HAVE DIED IN THE COURSE OF CARRYING OUT THEIR DUTIES. THE HOLIDAY IS OBSERVED ON THE LAST MONDAY OF MAY. TAKE A MOMENT THIS MEMORIAL DAY TO REMEMBER THOSE WHO LOST THEIR LIVES SERVING OUR COUNTRY.

You are doing GREAT!







To register for events or get more info contact:

OMBEFMP.EventRegistration@USMC-MCCS.ORG

May 2023

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OMBEFMP.EventRegistration@USMC-MCCS.ORG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 GOOD things ARE COMING	2	3	4 The Autism Resource Clinic @ Ft. Belvoir Community Hospital	5 Cinco De Mayo	6 	7
8 HAPPY MOTHER'S DAY	9 Lunch & Learn: Intro to EFMP	10	11 Christina Jones Training: Public or Private School?	12	13 OORAH Run Series: Iwo Jima 7K	14
15 	16 	17	18	19	20	21 
22 Memorial Day	23 Lunch & Learn: Service Animals	24	25 EFMP @ Ft. Myer Cody CDC 1530-1730	26	27 It Gets Better	28
29	30	31				

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