



EFMP

Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

June 2025



Hello, **SUMMER**

Whether your family likes to beat the heat at the water park or museum-hopping, the National Capital Region is arguably one of the best duty stations for summer fun.

Don't sleep on the Information, Tickets and Travel Program (ITT) available at your base for referral and discounted admissions to nationwide attractions. If the great outdoors is more your speed, check out Outdoor Rec to rent low-cost gear.



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BEAT THE HEAT

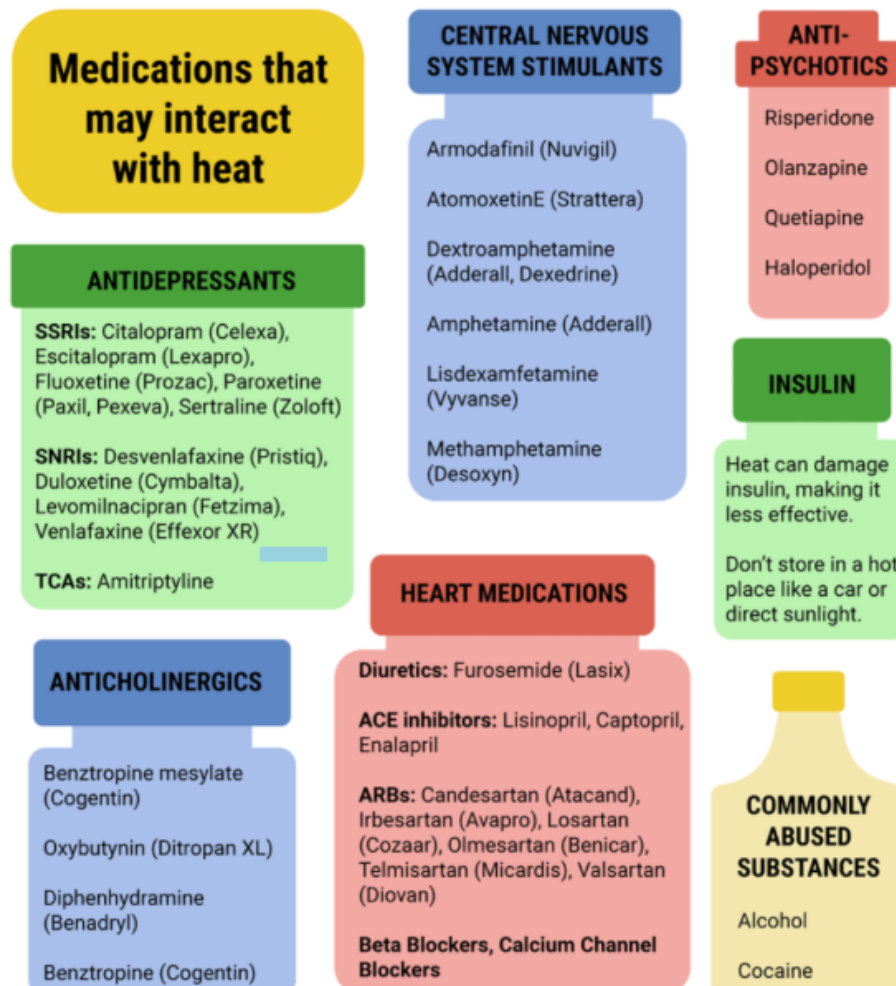
Children, older adults, and people with disabilities and medical concerns are more at risk for health complications from excessive heat. This can be due to less efficient thermoregulation, effects of medication and/or sensory differences. Individuals with spinal cord injuries, those who use mobility aids and individuals who take certain antidepressants are especially susceptible. Learn the signs of heat illnesses so you can take action quickly to prevent a medical emergency:

Heat Stroke: Symptoms include confusion/slurring, dizziness, high body temperature, hot/dry skin, seizures, rapid pulse and loss of consciousness.

- Heat Stroke is a life-threatening emergency. Call 911.
- Move the person out of the heat immediately

Heat Exhaustion: Symptoms include dizziness, headache, cold/clammy skin, and nausea or vomiting.

- Encourage sips of water, place cool/wet cloths on neck/wrists/groin
- Get medical help if symptoms last longer than an hour, symptoms worsen, or the person starts to vomit.



HEAT ILLNESS PREVENTION

Take preventative steps to safely enjoy outdoor time during peak heat illness season (May-September)

Dress for Success: Wear light, loose clothing and don't forget to add a hat, eye protection and sunscreen. Sunscreen should be applied at least 15 minutes before sun exposure and be reapplied every two hours (possibly more with heavy sweat or swimming)

Take Your Time: Consider the timing of outdoor activities and try to avoid peak UV hours (1000-1600). Limit or reduce strenuous activities during the hottest part of the day-this is especially important to enforce for children who may quickly get overheated while playing. Keep an eye on the flag status on your base and reschedule any outdoor activities if it is a "black flag" day as this indicates extreme heat.

Hydration Station: Ensure everyone is drinking sufficient cool drinks, preferably water. Avoid caffeine and alcohol as these will increase dehydration. Consider snacking on hydrating fruits like melon and grapes.



Be Neighborly: If your area is under an excessive heat warning, consider checking in on your neighbors, especially if they are elderly.

Look Before You Lock: Never leave children, adults with disabilities or pets in car. Make it a habit to check the backseat and consider leaving your house key, cover, or phone in the backseat. It is particularly important to check the backseat if there is a change in routine. Establish a rule that caregivers call you if your child has not arrived as planned.

Always keep your car locked so a neighborhood child can't accidentally lock themselves inside your car. This is especially important in on-base housing where you may be less likely to lock your doors and it is highly likely there are young children in the area.

Cool It: Watch out for blisteringly hot car seats and belt buckles, which may cause burns. You can limit the high temperatures by keeping the buckle inserted and using window shades.



America the Beautiful

Did you know military service makes the service member and dependent eligible for free passes to all of country's National Parks? The [America the Beautiful Pass](#) covers entrance to U.S. Fish and Wildlife Service, National Park Service sites, and covers Standard Amenity Fees at Forest Service, Bureau of Land Management, Bureau of Reclamation sites, and U.S. Army Corps of Engineers sites. This pass allows entry for all occupants of a single vehicle or the pass owner and up to 3 adults (over 16) at per visitor sites. To get your pass, present proof of service (CAC or dependent ID card) at one of the 1,000 sites that distribute the pass on-site or pay \$10 to order your pass online. Gold Star Families and veterans are eligible for a lifetime pass. Where will you explore?

Autism Destinations



Travel with sensory differences can be a big challenge, even if it's just the next town over. The International Board of Credentialing and Continuing Education (ICBBES) has created training and credentialing specifically for travel destinations and attractions so it is easier to identify locations that are committed to providing an experience tailored for individuals

with Autism. You can search a map or list directory on [Autism Travel](#) to quickly identify locations that have trained at least 80% of client-facing staff specifically on Autism.

Thanks to the Americans with Disabilities Act and increasing awareness of sensory needs, Autism-friendly spaces are not limited to those that have pursued a formal certification. For example, the Smithsonian museums have a department dedicated to making visits inclusive ([Access Smithsonian](#)). Pre-planning visits with either a web search or a quick phone call to inquire about accommodations can make a huge difference. Don't forget, your family caseworker can also help you identify local attractions that may fit your family.



United Through Reading

United Through Reading is a non-profit with a mission to keep service members and veterans connected with their families when apart. Whether the separation is due to deployment, TDY or training exercises, everyone can be a part of the bedtime routine. Service members record themselves reading a high-quality book at a UTR Story Station location, UTR community event or utilizing the free UTR app. Families are then sent a free copy of the same book so children may read the story along with the recording. Families can select picture books like Sandra Boynton's "Barnyard Dance" all the way to chapter books like Charles Dickens' "Christmas Carol." The biggest benefit of UTR's story recordings is that it allows children to access their parent (or uncle, grandma or adult sibling) any time they need, without the need to coordinate different time zones or poor internet connections. Visit the [website](#) to learn more.

Dolly Parton's Imagination Library

Did you know you may be able to receive free, developmentally-appropriate books mailed to your home every month from your child's birth until age 5? Many community libraries, counties, and other charitable organizations across the United States have partnered with Dolly Parton's Imagination Library to make sure children are exposed to high-quality books right from the start. To see if your current address is supported by the Imagination Library, check your zipcode at this [link](#).



Virtual

10 June, 1130-1200: Intro to Service Animals

Free. What is the difference between a service animal and a therapy animal? What laws apply to service animals? Who can benefit from a service animal? Answers to these questions and more in a bite-sized format. Contact efmphh@usmc-mccs.org to register.

24 June 1130-1200: Accessing Community Resources

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. Contact efmphh@usmc-mccs.org to register.

Virginia

Infinity ABA's Summer Kick-Off: A Sensory-Friendly Celebration!

This **free event** is designed for children of all abilities to celebrate the start of summer.

What to Expect:

- Sensory-friendly activities
- Fun summertime music
- Cool treats
- A calm, supportive space for families

This event is open to the public and all are welcome.

<https://www.eventbrite.com/e/infinity-aba-summer-kick-off-tickets-1335537852669?aff=oddtcreator>

Location: Fairfax, VA

Maryland

Basic Concepts Therapeutic Camp

Location: St. Elizabeth's School; 917 Montrose Road Rockville, MD 20852

Contact: Katy Whidden, M.A. CCC- SLP, 240-447-8013, katywhidden@gmail.com

Website: <https://basicconcepts.org/classes>

Ages: Preschool (age 3)–Grade 5

Dates: Session 1: June 23–July 3; Session 2: July 7–July 25

Basic Concepts offers a variety of classes for children, preschool through middle school. We utilize numerous therapeutic interventions (sensory, play, music, social, and behavioral) throughout all of our daily activities for maximum achievement. Our summer programs are intended for children who have mild to moderate deficits in speech, language, play, sensory, and socialization. Children participate in both small and whole group activities to ensure that their individual goals are met. Speech-language pathologists and special educators provide services in all our classrooms. All college counselors are intensively trained and have extensive background in working with children with special needs.

Brendan Sailing

Summer Sailing Programs

Location: Annapolis, MD, and St. Mary's City, MD

Contact: (443) 995-6375; info@brendansailing.org

Website: <https://www.brendansailing.org/>

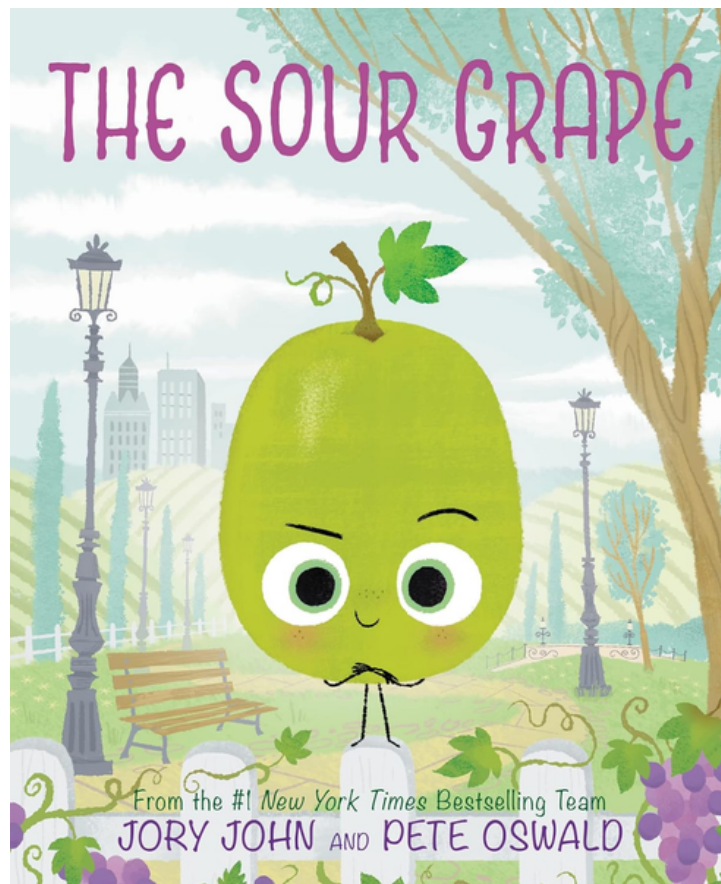
Ages: 11–18

Dates: Annapolis Day Camp: Session A: June 16 - J

une 20; Session B: June 23 – June 27; Session C: June 30 – July 3; Session D: July 7 - July 11; St. Mary's College of Maryland, MD: July 21 - July 25

Since 2005, Brendan Sailing has been helping children with learning differences to realize success. Our programs are led by U.S. Sailing certified instructors who work with individual students to discover their individual learning styles. The Brendan Sailing Curriculum covers an introduction to the sport of sailing including the parts of the boat, maneuvers, navigation, and the Rules of the Road that follows the National On-Water Standards. Our instructors use a hands-on approach to teach sailing and seamanship, with emphasis on building self-confidence and social skills, while developing basic sailing skills.

Overnight session campers will have the opportunity to stay on-site in St. Mary's College student housing, eat meals in the dining hall, and build confidence through the independence they experience while staying on campus. No sailing or boating experience is necessary for either the day or overnight sessions. Scholarships available.



Grape holds grudges! Borrow this funny, beautifully-illustrated children's book and read about Sour Grape's journey to forgiveness and compassion. A great starting point for a number of social-emotional skills, this book is ideal for ages 4-8.

To borrow this item or any of the other items in the loan locker, 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

\$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

\$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.

Sensory Sundays at the B & O Rail Museum

\$20/adult, \$12/child. AD is free. First Sundays in select months. Environmental accommodations (no music, low lighting, quiet areas, increased signage for areas with sound effects), sensory-friendly events (kids craft, train ride, and tour) and resources (sensory kits, social stories, and community table) will be available. [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 happens if an exceptional family member doesn't live with their sponsor?

To be eligible for EFMP, service members must have at least 51% custody of dependent family members in the case of separation or divorce. There are some circumstances a service member may live separately from family members enrolled in EFMP. In those cases, it's helpful to know who manages each case.

Deployed Service Member: EFMP case will remain with the original duty station family support office

Geographically Separation (AKA "Geo-batching"): EFMP case will follow the service member. For example, if the family lives in California but the service member is stationed at the Pentagon, the EFMP case will be managed by Henderson Hall EFMP

Continuation on Location (COL): If a family is approved for COL to ensure continuity of care for a family member, the service member will PCS to the next station but receive BAH for where the family is stationed. The EFMP case will follow the service member.

In all cases, family members may attend events offered by any EFMP Family Support offices regardless of branch. Branch-specific case management and paperwork will be managed by assigned office

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

efmphh@usmc-mccs.org

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