

# HENDERSON HALL

## EXCEPTIONAL FAMILY MEMBER PROGRAM



### **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 Assessment and Service Plan

## **FEEDBACK**

If you have suggestions for events, workshops, or other EFMP support or networking gatherings, please let us know. We truly appreciate any feedback you may have for us. Your feedback will be instrumental in helping us understand your expectations and perceptions of the quality of services you receive from our staff and the program.

Email us with any questions, comments, feedback or concerns:  
[www.OMBEFMP.EventRegistration@usmc-mccs.org](mailto:www.OMBEFMP.EventRegistration@usmc-mccs.org)



### **HENDERSON HALL EFMP TEAM**

*We are here to serve you and your family!*

1555 Southgate Road, Building 12, Arlington, VA 22114-5000

Office hours: Monday—Friday, 7:00 AM to 4:30 PM

Email: [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org) Website: [mccshh.com/EFMP.html](http://mccshh.com/EFMP.html)

Program Manager:  
703-693-6510

Family Case Workers:  
703-693-6368

Administrative Assistant:  
703-693-7195

703-693-4172

Training, Education, & Outreach Specialist:  
703-693-5353

## EFMP FAQ of the Month

**Q:** I am enrolled in this program. What is EFMP?

**A:** The Exceptional Family Member Program (EFMP) is a mandatory enrollment program per [MCO 1754.4C](#), for those authorized family members that require special medical and/or educational services based upon a diagnosed mild to severe physical, psychological or educational need. EFMP enrollment assists Headquarters Marine Corps with assigning active duty personnel to locations where the special needs of family members can best be met. Some benefits of enrollment: family support/case management, special housing consideration (determined by HQMC), support at IEP meetings, workshops and trainings, and more. Visit <https://hendersonhall.usmc-mccs.org/marine-family-support/military-family-life/exceptional-family-member-program> or call us at 703-693-6510 for more information.

## JULY is SOCIAL WELLNESS Month

(Source: [National Institutes of Health](#))

From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself, conduct everyday health habits, and be a part of different communities from those around you. Positive social habits can help you build support systems and stay healthier mentally and physically.

Visit [NIH.GOV](#) to learn more about how to improve your health in each of the following areas:

- ☺ Make Connections
- ☺ Take Care of Yourself While Caring for Others
- ☺ Get Active Together
- ☺ Bond with Your Kids
- ☺ Build Healthy Relationships
- ☺ Shape Your Family's Health Habits



Other NIH Social Wellness Resources: <https://www.nih.gov/health-information/social-wellness-toolkit-more-resources> Photo from [google.com](#)

Research shows that (source: [TakingCharge](#)):

- ☺ People who have a strong social network tend to **live longer**.
- ☺ The heart and blood pressure of people with healthy relationships respond better to **stress**.
- ☺ Strong social networks are associated with a **healthier** endocrine system and healthier cardiovascular functioning.
- ☺ Healthy social networks enhance the immune system's ability to fight off infectious diseases.

### Resources:

[Social Determinants of Health: Know What Affects Health](#) (CDC)

[Social Wellness: Nurture Your Relationships](#) (American Nurse Today, July 2018)

## EFMP WORKSHOPS

*EFMP wishes to make our events accessible to persons of all abilities. If you need reasonable accommodations in order to fully participate in an event, please contact us.*

To register for **EFMP** events, call 703-693-6510 or email [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org).

# JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
		Lunch & Learn Service Animals 11:30—12:30 MSTeams		The ARC at Alexander T. Augusta Medical Center (formerly FBCH) 8:00—1:00		
16	17	18	19	20	21	22
23	24	25	26	27	28	29
		Lunch & Learn SSI & Medicaid Waivers 11:30-12:30	Anatomy of an IEP 12:00-1:00 Virtual			
30	31	<b>NOTES</b> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>				



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