Welcome Henderson Hall EFMP’s NEW Administrative Specialist

Amy Proce is Henderson Hall’s newest EFMP team member. She joins us as the Administrative Specialist. Amy is a very seasoned professional with over ten years of administrative support experience. She comes to us from Akima LLC, a defense contractor located in Herndon, VA. Amy is married to a Marine, who recently retired and was stationed at Camp Lejeune, MCRD Parris Island, Camp Pendleton and MCB Quantico. She has three children; her oldest was enrolled in the Exceptional Family Member Program. Amy earned a Bachelor of Science degree in Psychology from Park University. She was a volunteer with the Navy-Marine Corps Relief Society, served as a L.I.N.K.S. mentor, and was the PTO Volunteer Coordinator at her children’s school in Beaufort, SC. We are very proud to have Amy as part of our team.
### EFMP WORKSHOPS & SUPPORT GROUPS

For event registration: [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org) or 703-693-5353
Please register at least 1 day prior to event. Schedule subject to change.

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Mar 10</td>
<td>1100-1300</td>
<td>Special Education Overview</td>
<td>CBIRF/Indian Head USO Center 14 Strauss Ave, Indian Head, MD</td>
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<tr>
<td>Mar 16</td>
<td>1100-1300</td>
<td>PCS Transition Support</td>
<td>Marine Barracks Washington, Post 5, Ground floor, Room 146, Wash, DC</td>
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<tr>
<td>Mar 20</td>
<td>1200-1300</td>
<td>Special Needs Forum</td>
<td>Henderson Hall, Bldg. 12, Conference Rm. 1555 Southgate Rd, Arlington, VA</td>
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<tr>
<td>Apr 16</td>
<td>1100-1300</td>
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<td>Apr 23</td>
<td>1200-1300</td>
<td>Henderson Hall EFMP Respite Care *</td>
<td>Henderson Hall, Bldg. 12, Conference Rm. 1555 Southgate Rd, Arlington, VA</td>
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The EFMP wishes to make our events accessible to persons of all abilities. Please do not hesitate to contact us if you need reasonable accommodations in order to fully participate in an event.

For more information about EFMP events see the EVENTS section of our webpage: [mccshh.com/EFMP.html](http://mccshh.com/EFMP.html) or email us at [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)
1) CONFIDENTIAL NON-MEDICAL VIDEO COUNSELING
Military OneSource provides confidential non-medical counseling to active duty military members and their families. This service short-term (up to 12 sessions) and solution-focused. It is intended to prevent the development or exacerbation of lifestyle conditions that may compromise military and family readiness. Non-medical counseling programs provide confidential, short-term counseling to active duty members, National Guard and reserve service members, and their families. Confidential non-medical counseling addresses issues such as improving relationships at home and work, stress management, readjustment following a deployment, marital problems, parenting, grief and loss.

You can arrange for video non-medical counseling by calling Military OneSource at 800-342-9647. You will be asked to describe the issues you are having (self-esteem issues, grief and loss, anger management, work-related issues, relationship concerns, and so on). Next, you will be asked to complete a brief questionnaire, filling in information such as your name, contact information, service history and anything else you want to express about the nature of your concerns to ensure your counselor has as much information as possible to help you. From there, you can set up a schedule with a counselor that works for you.

For more information, please visit militaryonesource.mil.

2) TRICARE'S AUTISM CARE DEMONSTRATION WEBINAR
On December 19, 2014, Tricare held a webinar via Military OneSource providing an overview of TRICARE’s Autism Care Demonstration.

To access the webinar, please visit the website at militaryonesource.mil.

3) EFMP OVERVIEW
Military OneSource has created an EFMP Overview presentation. It is a short online presentation which provides an overview of the Exceptional Family Member Program including: enrollment, assignment coordination, and family support.

To view the EFMP Overview, click here.

MEET YOUR SCHOOL LIAISON!
The H&S Battalion, HQMC, Henderson Hall School Liaison will now be at the Pentagon on Thursdays from 0730-1430. Visit your friendly, neighborhood School Liaison in Room 4A524 for any school-related (K-12) issues you may have, or give her a call at 703-693-5197 (on Thursdays).
The Pentagon Family Life Chaplain’s Office presents

Parent Support Group
For Parents of Special Needs Children Of All Ages

Pentagon Library and Conference Center, Room B-8

March 20, 2015
11:30 am – 12:30 pm

Lunch Provided!

For More Information Contact:
Pentagon Family Life Chaplain’s Office
Phone: 571-256-4545
Email: usarmy.pentagon.hqda-pentchap.mbx.pentagon-family-life@mail.mil

* Sponsored by: The Office of the Pentagon Chaplain
**EFMP FAQs of the Month**

**ENROLLMENT IN EFMP**

**Question:** Will enrollment in the EFMP affect my opportunity to deploy?
**Answer:** No. All Marines enrolled in EFMP must remain worldwide deployable and assignable.

**Question:** Will EFMP enrollment hurt my chances for promotion?
**Answer:** Promotion and selection boards DO NOT have access to your EFMP status. There are hundreds of success stories for senior enlisted and officers who have special needs family members.

**Question:** Will enrollment limit duty assignments?
**Answer:** No. When it is time to transition to a new duty station, the Monitor will work with Headquarters EFMP Assignment Coordinator to ensure the new duty station will meet both the career and EFM needs. Orders can be accompanied or unaccompanied.

**Question:** Will my command be notified of my enrollment in EFMP?
**Answer:** Commanding Officers will receive a monthly report that lists EFMP enrolled service members in their unit. However, this list does not include any detailed information about diagnosis. Any further enrollment information will be kept confidential, unless written authorization is received from the enrolled service member.

For more EFMP FAQs please visit our website: [http://mccshh.com/EFMP.html](http://mccshh.com/EFMP.html)

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**RESOURCE OF THE MONTH:**

**Maryland Coalition of Families for Children’s Mental Health**

The Coalition grew out of the joint effort and commitment of eight family and advocacy organizations: each working on behalf of children with mental health needs and their families. Incorporated in 1999 as a private not-for-profit organization, the Coalition is governed by a volunteer Board of Directors comprised of 50% family members.

The Coalition believes that children and youth with behavioral health needs are valued and require individualized services to achieve their full potential; families are a constant in a child’s life and are equal partners in planning, implementation, monitoring and evaluation of services; and services for children, youth and their families are provided from a strength-based approach and are responsive to the needs of the whole child and entire family.

Families in the military often experience a unique culture, array of services, and challenging situations. Maryland Coalition of Families has hired a Family Navigator to assist family members of children with mental health/behavioral challenges to access help for their child and themselves. For more information, contact **Dana Jones, Military Family Navigator, at 410.730.8267 x113.**
2015 Adapted Sports, Recreation and Travel Fair for Individuals with Disabilities

Sponsored by Parents Of Autistic Children of Northern Virginia (POAC-NoVA), the Autism Society of Northern Virginia (ASNV) and other support organizations for individuals with disabilities, in coordination with the Fairfax County Therapeutic Recreation Services Department.

Who? For ALL individuals of ALL ages with ANY disability living in Northern Virginia.

What? This fair will provide information on adapted sports, recreation and travel opportunities, including adapted summer camp opportunities.

When? Saturday, 21 March 2015 from 1 to 4pm

Where? James Lee Community Center, 2855-A Annandale Road, Falls Church, VA.

Cost? FREE!

We have invited all the adapted agencies and teams for every type of adapted sport and recreation opportunity in the area. The Therapeutic Recreation Services Departments from Fairfax County and other areas will be participating, along with over 20 other agencies and teams from fifteen adapted sports and recreation categories. This fair is intended to provide information on adapted sports, recreation and travel opportunities for all individuals with disabilities living in Northern Virginia, including adapted summer programs and camps. We hope that you will be able to drop by to get information on the wide assortment of adapted opportunities that are available for individuals with disabilities. We also hope to have the Freemasons from the Virginia Child Identification Program http://www.vachip.org putting together comprehensive child identification and protection packets for ALL children, plus ALL adults with ANY disability. These kits are provided back to the parents and are not submitted to any law enforcement agency at that time.

If you have any questions about this event, please feel free to contact Scott Campbell at home at (703) 241-2940.
Joint Base Myer-Henderson Hall
Fort Belvoir
EXCEPTIONAL FAMILY MEMBER PROGRAM

Transitioning from High School to Post Secondary Education
Please join us to learn about post secondary options for students with disabilities
Some topics include: differences in the law, required documentation, and accommodations seen in higher education.
Guest Speaker: Ms. Alison Grimes, M.Ed
Assistant Director, Disability Resources
University of Mary Washington

When: March 12, 2015
Where: Army Community Service (Fort Belvoir)
9800 Belvoir Road Building 200
Time: 11:00-12:30
To register for the workshop please call
703-696-8467/0783 or 703-805-4418
Space is limited, Register Now!
Registration Deadline March 10, 2015
Lunch will be provided
Open to DoD ID card holders who are parents or service providers to children with special needs.

JBM-HH /Fort Belvoir
Exceptional Family Member Program Coffee Group

Please join us the second Friday of every month:
When: March 13, 2015
Time: 0930-1100
Where: Starbucks, 5986 12th Street Fort Belvoir, VA 22060
For more information please call 703-696-8467 or 703-805-4418
The first cup is on us!
Come enjoy a cup of coffee and meet other families looking for support as well as seeking information on community resources.
Children are welcomed

Open to DoD ID card holders who are parents or service providers to children with special needs.
"No Federal, Army, or JBM-HH endorsement of the non-federal individual or the organization should be implied."
The Military Child Education Coalition (MCEC) Board of Directors established the Bernard Curtis Brown II Memorial Space Camp Scholarship in 2001. The scholarship gives military-connected children the opportunity to have a week-long experience bringing together the worlds of science, service and learning. It was created in memory of 11 year-old Bernard Curtis Brown II who died tragically on September 11, 2001, when the hijacked airliner on which he was a passenger crashed into the Pentagon.

Each year since that tragic event, the Military Child Education Coalition has sent select students to Space Camp where military-connected children experience science, technology, engineering and math (STEM) programs in action. These programs were inspired by Dr. Wernher Von Braun, a rocket scientist who played a key role in sending astronauts to the moon. We are honored to be able to extend these programs to military-connected children in memory of Bernard Curtis Brown II.

The Bernard Curtis Brown II Memorial Space Camp scholarship is funded by the MCEC. The scholarship covers full tuition to include:

- Round trip transportation (from student’s home base to Space Camp)
- Meals
- Lodging
- Program Materials

**Eligibility Requirements**

Student applicant must first meet the requirements below:

- The child of a Military Member on Active Duty or Mobilized Guard or Reserves, Post 9/11 Veteran; OR
- The child of a Military Member who died while serving on Active Duty or Mobilized Guard or Reserve Status; AND
- Enrolled in grades 6 through 9

**To Apply Each STUDENT applicant must:**

- Submit a hand-written essay (written by the student) which includes: why he or she should be selected, evidence of patriotism, future goals, community service, and “after camp” intentions
- Submit two letters of recommendation with contact information (non-family members only)
- Complete and submit the official application below, postmarked no later than the deadline of MARCH 10

Please visit the website for more information and application:
Keynote Speaker

Dr. Bruce Wexler
The Link Between Executive Function and Learning

Dr. Bruce Wexler is Professor of Psychiatry at Yale University and the author of Brain and Culture: Neurobiology, Ideology and Social Change. He was part of a team that developed the first integrated computerized brain and physical exercise program to improve executive function in young children. In the keynote presentation, Dr. Wexler will share the science behind his work to help improve executive function skills in children. He will provide an overview of the brain’s ability to reorganize itself by forming new neural connections throughout life (neuroplasticity). Dr. Wexler’s work focuses on improving thinking abilities, especially in children with learning challenges and backgrounds that may adversely impact their learning and social skills.

Saturday

March 7, 2015
8:00 a.m. - 2:30 p.m.
Hayfield Secondary School
7630 Telegraph Road, Alexandria, VA 22315

Registration will begin early January 2015.

Parents will be able to register online at http://tinyurl.com/fcpssped2015 or by phone at 703-204-3941.

FCPS Educators can register online at http://tinyurl.com/fcpsonlysped2015. Educators who attend the entire conference can earn five recertification points.

Visit www.fcps.edu/dss/conference in January for the conference program, list of workshops, and conference exhibit details, or call 703-204-3941.
Finishing high school can be an exciting time, but it can also bring anxiety about what’s next and how to plan for the future. To assist students with disabilities and their families in planning for life after school, the Prince William/Manassas/Manassas Park Transition Council will host its Annual Transition Fair. This free event will be held on Saturday, March 21, from noon-3:30 p.m. at the Edward L. Kelly Leadership Center (14715 Bristow Road, Manassas, VA 20112).

The Transition Fair offers students and parents the opportunity to meet with private and public agencies that provide a variety of support services to youth and adults with disabilities who face significant changes as they complete their high school careers. Students and parents may also attend information sessions about:

- Transition planning
- Medicaid
- Social security
- College disability support services
- Financial aid
- Estate planning
- Guardianship
- Career planning
- Supported employment
- The Department of Rehabilitative Services and Community Services

All of the information presented will prove helpful to students in the transition planning process. The Transition Fair focuses on students who receive special education services through Prince William County, Manassas City, or Manassas Park Public Schools.

To register for the fair, call 703-791-8354 (voice) or 703-791-8847 (TDD).

Accommodations provided upon request.
“My success was due to good luck, hard work, and support and advice from friends and mentors. But most importantly, it depended on me to keep trying after I had failed.” – Mark Warner