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HENDERSON HALL
Exceptional Family Member Program

UPCOMING EVENTS

SPECIAL NEEDS FORUM

On Wednesday, February 20, 2019 from 1130-1230, Henderson Hall EFMP will be hosting a Special Needs Forum at Henderson Hall Building 12 Conference Room (Room 112). The forum is open to all sponsors and family members and will address issues and concerns dealing with the EFMP community. Representatives from JBM-HH facilities, housing, Rader clinic, Semper Fit, commissary will be available. This forum is not a resource fair, but an opportunity to address concerns, problem solve, and seek resolution with appropriate base community partners dealing with EFMP policies, procedures, and facilities.

EFMP FAMILY SOCIAL

Join us on Saturday, February 23, 2019 from 1 pm - 2:30 pm at Fort Belvoir’s Warrior & Family Center (USO) for BINGO and BOARD GAMES for the entire family. We’ll bring the bingo and board games. You bring your family for some fun. All EFMP families from all branches of service welcome (active, reserve, or retired). Register at https://www.eventbrite.com/e/efmp-family-social-bingo-board-games-tickets-55531603521. We hope to see you there!

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

HENDERSON HALL EFMP TEAM
We are here to serve you and your family!
1555 Southgate Road, Building 12, Arlington, VA 22214-5000
Office hours: Monday—Friday, 7:00 AM to 4:30 PM
Email: efmphh@usmc-mccs.org Website: mccshh.com/EFMP.html

Program Manager:
703-693-6368

Family Case Workers:
703-693-6510
&
703-693-4172

Administrative Assistant:
703-693-7195

Training, Education, & Outreach Specialist:
703-693-5353
# WORKSHOPS & SUPPORT GROUPS

**LEGEND**
- **EFMP**
- **Other**
- **Location** - DC  Maryland  Virginia
- **Webinar**
- $ - cost associated

To register for EFMP events, call 703-693-5353 or email efmphh@usmc-mccs.org.

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.

## FEBRUARY 2019

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<td>4 Kimbrough Clinic Outreach 0900-1100</td>
<td>College Steps/ NO-VA Information Session 1900-2000</td>
<td>Meet &amp; Greet @ CBIRF 1100-1300</td>
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<td>7 Sensory Processing &amp; Behavior: How Are They Related? 1900-2030</td>
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<td>Accessing Community Resources @ Pentagon 1200-1300</td>
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Don’t forget to visit your local school county Parent Resource Centers (VA) or Partners for Success (MD) or local PTA/SEPTA or PTI.
**DISENROLLMENT**

**Q:** What qualifies my family member for disenrollment from EFMP?

**A:** The primary purpose of EFMP is to ensure that the medical and/or educational needs of family members are considered in the assignment coordination process. EFMP enrollment needs to be updated every three years unless conditions change (good or bad), then an enrollment update (completed DD Form 2792 & 2792-1) is required to be submitted.

If a family member's medical or educational needs change, and they feel that they no longer meet the eligibility requirements for EFMP, they should submit a completed DD Form 2792 so that the HQMC EFMP Medical Screeners can determine if your family member is no longer eligible for EFMP. EFMP Medical Screeners will either update enrollment or dis-enroll your family member (based on criteria in the MCO and DODI). Likewise, if a family member is no longer Defense Enrollment Eligibility Reporting System (DEERS) eligible, they should contact their local EFMP office.

Common reasons for requesting disenrollment from the EFMP: medical/educational condition resolved, family member no longer eligible (age-out), divorce, and death.

For questions about updating your EFMP enrollment/disenrollment, feel free to contact your Henderson Hall EFMP (703)-693-6510/4172.

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**RESOURCES**

**PENTAGON CHAPLAIN SUPPORT GROUP** - The Pentagon Chaplain holds a support group for parents of children with special needs. The next meeting is on Wednesday, February 20 from 1130-1230 in the Pentagon Library & Conference Room B8.

**ACCESSIBILITY SUMMIT 2019** is scheduled for April 5-6 in Mclean, VA. Contact Rosie Oakley at rosie.oakley@mcleanbible.org.

**14TH ANNUAL SPECIAL EDUCATION CONFERENCE** their set for Saturday, April 6, 2019 in Alexandria, VA. Visit https://www.fcps.edu/spedconference2019 for more information. Also, their Parent Resource Center holds many workshops. Visit their website at https://www.fcps.edu/node/28019/.

**2019 DIAMONDS IN THE ROUGH CONFERENCE** - Parenting Children with Special Needs: Preparing to Launch at Every Age. This conference will be held on April 12-13 at Johns Hopkins University in Rockville, MD. Visit the website at https://www.diamondsintheroughconference.com/.

**EMERGENCY RESPITE CARE IN MARYLAND** - (Department of Human Services) For information, contact Naomi Duffort, Respite Care Program Specialist, DHA at (410)-767-7422.

**THE EXCEPTIONAL ADVOCATE** - The Exceptional Advocate is an eNewsletter for military families with special needs and those who support them. Visit https://www.militaryonesource.mil/epublications/the-exceptional-advocate-enewsletter-archives to view the articles.

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**EFMP FAQ of the Month**

**TAX SEASON IS UPON US!**


The **Joint Base Myer-Henderson Hall Tax Center** will be opening up on Monday, February 4. Active duty military personnel, retirees, and their dependents can make appointment by calling 703-696-1040. Their website https://www.mdwhome.mdw.army.mil/sja_nav/tax-center/tax-center has a plethora of information about what you need, tax laws, and more.

The **Fort Meade Joint Installation Tax Center** will remain in operation through April 15 for tax assistance and electronic filing. Visit https://www.ftmeade.army.mil/staff/sja/taxcenter/tax_ctr.html for more information.

If you do not see your installation, contact your local installation legal office to check on their availability.

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*Photo from: google search*
Turning 18 in Virginia: What Individuals with Disabilities Need to Consider

Plan early! Educate yourself now to prepare for adulthood!

Turning 18 is a big deal for all individuals. An 18-year-old is legally considered an adult in Virginia. Therefore, when your child turns 18, he/she is the person that makes legal, financial, medical, and educational decisions in his/her life. For some individuals with disabilities, this will not be an issue. Others may need support.

Below are some things that you should consider as you approach one turns 18:

• Talk to your child’s pediatric physicians about transitioning to adult physicians.
• If your child is a male, he must register with the Selective Service, no matter if he has a disability. Register online: https://www.sss.gov/regver/wfregistration.aspx.
• Get a valid ID. Formal identification is important. This could be a passport, driver’s license, or DMV-issued photo ID.
• You may also want to think about having your child:
  • Register to vote. At age 18, an individual can register to vote in many places including the DMV, public libraries, the Department of Rehabilitation Services, Centers for Independent Living and online here https://vote.elections.virginia.gov/VoterInformation
  • Open a bank account. This can help some individuals begin to establish credit. If the individual will apply for and receive SSI as an adult, he/she will need to have a bank account for direct deposits.

Depending on your child’s support needs and/or eligibility, you may want to consider these things:

• IEP - verify with your child’s case manager or school counselor the anticipated “graduation” or exit date from high school. If your child is not working toward a standard or advanced diploma, they can choose to remain in school up to their 22nd birthday. Students with IEPs working towards a standard or advanced diploma must exit school upon completion of the diploma or by their 22nd birthday, whichever comes first.
• Medicaid. Medicaid is a program funded by the federal and state governments and pays for health insurance coverage for eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Visit your local Department of Social Services office or http://www.dss.virginia.gov/benefit/medical_assistance/index.cgi.
  • Medicaid Waiver. Virginia’s Medicaid Waivers provide services and supports to assist individuals with disabilities with their needs at home and in the community. Visit: http://www.dmas.virginia.gov/#/longtermwaivers.
• If your child is on a Medicaid Waiver waitlist, make sure to contact your waiver case manager when your child turns 18, and talk about how that affects their priority level on the waitlist.
• Advance Health Care Directive. An advance directive is a written document in which people clearly specify how medical decisions affecting them are to be made if they are unable to make them, and/or to authorize a specific person to make such decisions for them.
• Virginia Department for Aging and Rehabilitative Services (DARS). DARS provides services such as vocational assessments and employment supports. Visit: https://www.vadars.org/. If your adult child receives SSI, Medicaid, or Medicare and is interested in working, contact vaACCSES at http://www.vaaccses.org/ for free counseling on work incentives BEFORE your child starts working.
• Investigate independent housing opportunities such as the voucher program available to those 18 and older who receive waiver services or who are on the waiver waiting list. http://23.29.59.140/developmental-services/housing
• If your child will be heading to college, make sure to check out the disability services that are available at the college or university being considered.
• Consider making an appointment with an elder law attorney, or an attorney who is experienced with disability laws and rights to:
  - Discuss whether guardianship and/or alternatives to guardianship are appropriate.
  - Discuss your current estate plan and how you have provided for your child at your death. If you believe that your adult child will utilize Medicaid, SSI, or other governmental subsidies, discuss a Special Needs Trust (SNT) and/or an ABLE account with the attorney. Further information about SNT and ABLE can be found at: http://www.specialneedsalliance.org/.

Visit https://mdtransitions.org/ for transition resources in Maryland.
February 4 is WORLD CANCER DAY
(Source: World Cancer Day and World Health Organization)

Cancer is a disease which occurs when changes in a group of normal cells within the body lead to uncontrolled, abnormal growth forming a lump called a tumor; this is true of all cancers except leukemia (cancer of the blood). If left untreated, tumors can grow and spread into the surrounding normal tissue, or to other parts of the body via the bloodstream and lymphatic systems, and can affect the digestive, nervous and circulatory systems or release hormones that may affect body function.

Cancer can be classified according to the type of cell they start from. There are 5 main types: carcinoma, sarcoma, lymphoma and myeloma, leukemia, and brain and spinal cord cancers. Lung, prostate, colorectal, stomach and liver cancer are the most common types of cancer in men, while breast, colorectal, lung, cervix and thyroid cancer are the most common among women.

Some signs and symptoms include: unusual lumps or swelling; coughing, breathlessness or difficulty swallowing; changes in bowel habit; unexpected bleeding; unexplained weight loss; fatigue; pain or ache; new mole or changes to a mole; complications with urinating; unusual breast changes; appetite loss; a sore or ulcer that won’t heal; heartburn or indigestion; heavy night sweats.

Visit World Cancer Day to find out more about prevention, stories, and treatments. The World Health Organization also has information on cancer, as well as cancer country profiles.

RESOURCES
- Centers for Disease Control and Prevention
- National Cancer Institute (National Institutes of Health)
- World Cancer Day
- World Health Organization

SAVE THE DATE!
George Mason University’s Future Quest

Date: Saturday, October 26, 2019
Location: George Mason University, Johnson Center, Fairfax Campus
Website: http://www.futurequestgmu.org/

Future Quest is a FREE college and career conference held every two years for middle and high school students with disabilities, young adults with disabilities, their families, and professionals who work with them. It is organized by George Mason University and the Northern Virginia Transition Coalition. One of the largest events of its kind in Virginia, Future Quest features more than 40 workshops and 40 exhibits related to successful life after high school.
Henderson Hall Happenings

Events are free and open to DoD ID card holders. Please pre-register.

VA Claims Assistance
Wednesday, February 6 & 20 • 7:30 am – 1:00 pm
Henderson Hall Bldg. 29, Room 103
Hosted by Henderson Hall’s Career Resource Management Center

An AMVETS representative will be at Henderson Hall to review service member medical records, and provide assistance with the Department of Veterans Affairs disability compensation claims process.

Marines Mentoring Program
Tuesdays, February 12 & 19, 2019 • 11:00 am – 2:45 pm
Long Branch Elementary School, Arlington, VA
Hosted by Henderson Hall’s School Liaison Program

- **Lunch Buddy:** Marines eating lunch with elementary school students: 11:00 am – 1:00 pm and 12:40–1:10 pm
- **Reading Program:** Marines reading with students: 2:00–2:45 pm

Volunteers are needed; call 703-693-8378 to register.

Spouse Transition & Readiness Seminar (STARS)
Wednesday, February 20, 2019 • 10 am – 1:30 pm
Henderson Hall, Bldg. 21
Hosted by Henderson Hall’s Career Resource Management Center

The Spouse Transition and Readiness Seminar (STARS) is designed to provide military spouses with the knowledge, information, and resources associated with the Transition Readiness Seminar (TRS). This workshop will relay practical information to alleviate the stressors associated with the transition process such as effects of a career change, change or loss of military benefits and entitlements, and financial and relocation considerations. Please contact the CRMC Office at 703-614-6828.

For more Marine Corps Community Services events in **February**, please visit our website at [mccshh.com](http://mccshh.com).

“A DIAGNOSIS CAN’T PREDICT THE EXTRAORDINARY LOVE YOU WILL HAVE FOR YOUR CHILD.”
– Tara McCallan

**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.

Let us know how we’re doing!