



# EXCEPTIONAL FAMILY MEMBER PROGRAM



## SEPTEMBER 2024 NEWSLETTER



## EXCEPTIONAL FAMILY SUPPORT NAVIGATOR/COORDINATOR

**ANGELA OCAMPO & TA'NASHEA MCLEOD**

LOCATED IN  
MILITARY & FAMILY READINESS CENTER:  
8105 CONDOR STREET BLDG 18  
813-828-0122 EMAIL: 6FSS.FSH.EFMP

VISIT OUR ONE STOP FOR ALL THINGS EFMP AT:  
[HTTPS://MACDILLFSS.COM/EFMP](https://macdillfss.com/efmp)



# SEPTEMBER IS SELF-CARE AWARENESS MONTH

September is a time to promote self-care and wellness. Health care professionals recommend the following 8 activities to support self-care.

1. Relax in a Sauna to Sweat Away the Stress
2. Try Cold Plunging to Boost Energy and Build Resilience
3. Immerse Yourself in Nature
4. Start a Gratitude Journal
5. Practice Breathing Exercises
6. Take a “Mental Health Day”
7. Cuddle up with Some Furry Friends
8. Send a Care Package to a Friend.

**For more information visit:**

<https://plunge.com/blogs/blog/self-care-ideas>



S U I C I D E

P R E V E N T I O N

This month also provides individuals and organizations with a dedicated space to raise awareness, share resources, and focus on helping those reaching out for hope and support. “Although suicide is a complex behavior that can be influenced by many different factors, suicide is preventable. Suicide prevention requires a comprehensive approach that combines multiple strategies to reduce risk and strengthen protective factors at the individual, relationship, community, and societal levels.”

**For more information visit:**

<https://lifework.arizona.edu/news/2024/september-suicide-prevention-month>

# EFMP PARTNERS



IDENTIFICATION & ENROLLMENT

ASSIGNMENT COORDINATION

FAMILY SUPPORT

## EFMP TRIAD

EFMP Medical:

Identification & Enrollment:

813-827-9909

(located in Patient Admin of MacDill Clinic)

EFMP Assignments:

813-828-2005

PCS & Personnel Actions: (located in MPF)

EFMP Family Support:

813-828-0122

Non-medical Case Management, resource & referral  
(located in Military & Family Readiness office)

## SISTER SERVICE CORNER

ARMY FAMILY SUPPORT

<https://efmp.army.mil/EnterpriseEfmp/>

ARMY SPECIFIC ASSISTANCE

PLEASE SEE OUR EFMP ONE STOP at

[HTTPS://MACDILLFSS.COM/EFMP-SISTER-SERVICES](https://macdillfss.com/efmp-sister-services)

VISIT OUR ONE STOP FOR ALL THINGS EFMP AT:

[HTTPS://MACDILLFSS.COM/EFMP](https://macdillfss.com/efmp)

# MACDILL AFB SCHOOL LIAISON PROGRAM

DEPARTMENT OF THE AIR FORCE



**SCHOOL LIAISON  
PROGRAM**

## **SCHOOL LIAISON PROGRAM**

**AIMS TO CONNECT SCHOOL, FAMILIES AND  
COMMUNITIES IN ORDER TO MEET THE EDUCATIONAL  
NEEDS OF MILITARY CONNECTED CHILDREN (K-12).**

### **CONTACT INFO:**

**DR. VENETIA D. WATERS  
6FSS.FSY.SLO@US.AF.MIL  
813-828-0146 / BUILDING 18**

**OFFICIAL WEBSITE:  
SCHOOL LIAISON PROGRAM:**

**[HTTPS://MACDILLFSS.COM/SCHOOL-LIAISON-  
PROGRAM/](https://macdillfss.com/school-liaison-program/)**

# TRAININGS, EVENTS, & WORKSHOPS



TO REGISTER EMAIL:  
[6FSS.FSH.EFMP@US.AF.MIL](mailto:6FSS.FSH.EFMP@US.AF.MIL)  
OR CALL  
813-828-0122

## MACDILL EFMP ORIENTATION

EXCEPTIONAL FAMILY MEMBER PROGRAM



Are you new to MacDill EFMP or have a transition such as retiring, separating or have an child with special needs transitioning to adulthood?

The following agencies will be available online to answer your questions :

EFMP Medical, EFMP Family Support School Liasion Program Manager  
MacDill Legal, Tricare representative  
EFMP Assignments/ Secondary dependency, FL Agency for Persons with Disabilities, Special Needs Alliance



VIRTUAL CLASSES AVAILABLE YEAR ROUND!

2024

TUESDAYS

10:30AM -12:30PM

MARCH 5

JUNE 6

SEPTEMBER 10

DECEMBER 10

For more information call  
EFMP Family Support at:

+1-813-828-0122/0136

To register please send email to:  
[6fss.fsh.efmp@us.af.mil](mailto:6fss.fsh.efmp@us.af.mil)



EFMP Family Support



TO REGISTER EMAIL:  
[6FSS.FSH.EFMP@US.AF.MIL](mailto:6FSS.FSH.EFMP@US.AF.MIL)  
OR CALL  
813-828-0122



## MACDILL EFMP FAMILY SUPPORT PRESENTS VIRTUAL TRAINING

DO YOU KNOW ALL OF THE THINGS EFMP FAMILY SUPPORT CAN DO FOR ACTIVE-DUTY AIR FORCE & SPACE FORCE SERVICE MEMBERS AND THEIR FAMILIES?

### TOPICS COVERED:

- \*AIR FORCE/SPACE FORCE DAF FAMILY VECTOR
- \*INDIVIDUALIZED FAMILY NEEDS ASSESSMENTS
- \*EFMP AIR FORCE/SPACE FORCE GRANTS
- \*SPECIAL EDUCATION RESOURCES
- \*CHANGES TO AIR FORCE RESPITE CARE PROGRAM

DATES: 17 JAN, 28 FEB, 22 MAY, 24 JUL, 25 SEPT  
IN PERSON & VIRTUAL

(ZOOM CODE: 160 3265 9210 PASSCODE: DIDUKNOW)

FROM 0930-1030

TO REGISTER:

EMAIL: [6FSS.FSH.EFMP@US.AF.MIL](mailto:6FSS.FSH.EFMP@US.AF.MIL) OR CALL 813-828-0122

"EFMP DID YOU KNOW?"



VISIT OUR ONE STOP FOR ALL THINGS EFMP

AT: [HTTPS://MACDILLFSS.COM/EFMP](https://macdillfss.com/efmp)

# TRAININGS, EVENTS, & WORKSHOPS

TO REGISTER EMAIL:  
6FSS.FSH.EFMP@US.AF.MIL

OR CALL  
813-828-0122



MACDILL AFB EFMP-FS  
PRESENTS...

*Limited slots*

## SKYZONE JUMP PARTY!

A fun & educational experience

**WEDNESDAY  
11 SEPT 2024  
6:30-8:00PM**

10137 E Adamo Dr Ste 800B, Tampa, FL 33619

Requires SkyZone waiver on file. This event includes price of jumpers and socks.

**TO REGISTER PLEASE EMAIL 6FSS.FSH.EFMP@US.AF.MIL OR CALL 813-828-0122.**

Please include sponsor information, names and ages of jumpers. Active-duty families have priority.

Limited slots available!

EFMP & deployed families Hearts Apart

EFMP & DEPLOYED FAMILIES HEARTS APART



## RELAXATION YOGA AT YOGA LOFT TAMPA

*Limited spots  
Register Now!*



FRIDAY 6 SEPT 2024

7:30 PM - 8:30 PM

Yoga Loft of Tampa - 2002 E. 5th St Unit 102  
Tampa, FL 33605

**TO REGISTER EMAIL: 6FSS.FSH.EFMP@US.AF.MIL  
OR CALL 813-828-0122/0136**



**EFMP** Family Support



MACDILL AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON



TO REGISTER EMAIL:  
6FSS.FSH.EFMP@US.AF.MIL

OR CALL  
813-828-0122



VISIT OUR ONE STOP FOR ALL THINGS EFMP AT:  
[HTTPS://MACDILLFSS.COM/EFMP](https://macdillfss.com/efmp)

# TRAININGS, EVENTS, & WORKSHOPS

## Afternoon at the Florida Aquarium

**FOR EFMP & HEARTS APART DEPLOYED AFFECTED FAMILIES ONLY**  
**LIMITED SLOTS AVAILABLE**

 **TO REGISTER**  
**EMAIL: 6FSS.FSH.EFMP@US.AF.MIL**  
PLEASE INCLUDE SPONSOR INFO & NUMBER OF PARTICIPANTS.

**WED 25 SEPT 2024, 1130 - 1300**



STAY CONNECTED!  
JOIN OUR  
MACDILL AFB EFMP FACEBOOK PAGE



**EFMP SERVICES AVAILIABLE AT  
RUSKIN SITE TUESDAYS. TO  
SCHEDULE AN APPOINTMENT  
CALL  
813-828-0145.  
WALK-INS AVAILABLE  
800-1600.**



**EFMP** Exceptional  
Family Member  
Program

# COMMUNITY PARTNERS & RESOURCES

**HOW CAN BASE LEGAL ASSIST MY FAMILY?**

Attorneys can help families navigate **SPECIAL EDUCATION** legal issues for students whose educational performance is adversely impacted by their disabilities

**Examples:**

- Individualized Education Program (IEP) Disputes
- Transfers of IEPs and accommodation
- Education disputes and remedies
- Understanding parental rights



Prepared by: Ms. Sharon Ackah (AF/JACA), sharon.ackah@us.af.mil, (210) 380-4559

For more information about the below referenced services or contact information for representatives in your local area, please scan these codes:


**EFMP Family Support Coordinator**  
Oversee identification, enrollment & resources for military families with special needs to help them understand and navigate systems of care

**School Liaison Office**  
They provide education services for PreK-12 Students, Families and Educators serving military connected students

**Legal Assistance Office**  
Available to provide legal advice and counseling to Airmen and Guardians of students whose educational performance is impacted by their disabilities

**DAF Family Vector Video Library**  
Contains a series of short videos explaining terms and topics of interest for EFMP military families related to special education law, and other areas

Prepared by the **EFM Legal Assistance and Policy Branch**  
for more information contact us at: [AF.EFMP.LegalAsstPolicy@us.af.mil](mailto:AF.EFMP.LegalAsstPolicy@us.af.mil)



Legal Assistance on **SPECIAL EDUCATION** for Military Families

STAY CONNECTED!  
JOIN OUR  
MACDILL AFB EFMP FACEBOOK PAGE



**MILITARY**  
CHILDCARE  **COM**



**EFMP** Exceptional Family Member Program



# COMMUNITY PARTNERS & RESOURCES



**EFMP & ME**

**IS A 24/7 RESOURCE FOR EFMP FAMILIES**

**[HTTPS://EFMPANDME.MILITARYONESOURCE.MIL](https://efmpandme.militaryonesource.mil)**

## **THE CENTER FOR AUTISM & RELATED DISABILITIES AT USF**

**IS A COMMUNITY-BASED PROJECT THAT PROVIDES  
INFORMATION AND CONSULTATION TO INDIVIDUALS  
DIAGNOSED WITH AUTISM SPECTRUM DISORDERS AND  
RELATED DISABILITIES. CARD-USFOFFERS INSTRUCTION  
AND COACHING TO FAMILIES AND PROFESSIONALS.**

**CENTER FOR AUTISM & RELATED DISABILITIES  
DEPARTMENT OF CHILD & FAMILY STUDIES  
COLLEGE OF BEHAVIORAL & COMMUNITY SCIENCES  
UNIVERSITY OF SOUTH FLORIDA**

**13301 BRUCE B. DOWNS BLVD. MHC 2113A  
TAMPA, FL 33612-3899 PHONE: (813) 974-2532  
FAX: (813) 905-9812 TOLL-FREE FLORIDA ONLY:  
1-800-333-4530  
EMAIL: [CARD-USF@USF.EDU](mailto:CARD-USF@USF.EDU)**



**FREE  
TUTORING  
FOR MILITARY  
FAMILIES &  
DOD!**



**813-816-3061  
813-210-7822**