

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



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



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



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

VISIT OUR ONE STOP FOR ALL THINGS EFMP AT: HTTPS://MACDILLFSS.COM/EFMP

MACDILL AFB 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/

TRAININGS, EVENTS, & WORKSHOPS



TO REGISTER EMAIL: 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 *INVIDUALIZED 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 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



To register please send email to: 6fss.fsh.efmp@us.af.mil

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:

(C)+1-813-828-0122/0136









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0R CALL
813-828-0122

MACDILL AFB EFMP-FS PRESENTS...



SKYZONE JUMP PARTY!

A fun & educational experience



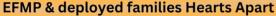
WEDNESDAY 11 SEPT 2024 630-800PM



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



RELAXATION YOGA AT YOGA LOFT TAMPA



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







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0R CALL
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TRAININGS, EVENTS, & WORKSHOPS



STAY CONNECTED! JOIN OUR MACDILL AFB EFMP FACEBOOK PAGE



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



COMMUNITY PARTNERS & RESOURCES



or 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 powings. understand and navigate systems of care

School Liaison Office 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

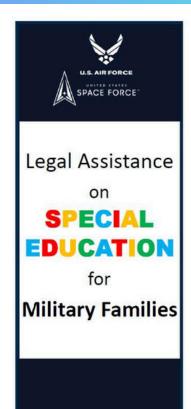
DAF Family Vector Video Library



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

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









COMMUNITY PARTNERS & RESOURCES



EFMP& ME

Your Partner in Exceptional Family Support

EFMP & ME

IS A 24/7 RESOURCE FOR EFMP FAMILIES
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



Center for Autism & Related Disabilities

UNIVERSITY OF SOUTH FLORIDA





MILITARY & FAMILY LIFE COUNSELING

Military & Family Life Counseling Program

813-816-3061 813-210-7822

FREE
TUTORING
FOR MILITARY
FAMILIES &
DOD!