



EXCEPTIONAL FAMILY MEMBER PROGRAM



NOVEMBER 2024 NEWSLETTER



EFMP 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>



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)

ARMY FAMILY SUPPORT

[HTTPS://EFMP.ARMY.MIL/ENTERPRISEEFMP/](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)



EFMP Family Support



<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:

[School Liaison Program - MacDill Force
Support Squadron \(macdillfss.com\)](http://macdillfss.com)

HOW TO MANAGE STRESS AS A PARENT OF A CHILD WITH SPECIAL NEEDS

Stress is common in any family. But in a special needs family, it is alarmingly common. In fact, many parents suffer from post-traumatic stress and health problems secondary to stress. Parenting a child with special needs brings with it many additional challenges—compared to parenting a “neurotypical” child—such as behavioral problems, educational issues, additional financial pressures and the effect on siblings, to name a few. However, there is good news: you can learn to better manage stress and when you do, the entire family benefits.

Here are some effective ways to best manage your stress as a parent of a special-needs child:

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- 
- Identify your sources of stress
 - Become an expert on your child’s condition
 - Get healthy
 - Do not judge yourself too harshly
 - Don’t ignore your stress
 - Develop a stress management toolkit

Tools include the following:

- Develop lifestyle changes, such as exercise, listening to music or eating well.
- Build positive relationships and consciously spend time with people who make you feel good.
- Engage in activities that put you in a positive state. Have fun because you deserve it.
- Journaling is like having a conversation with your own subconscious mind.

Taking time to nurture yourself as a parent of a special needs child is not selfish, it is essential. Stress is highly personal and so is stress management. So take control of your stress and do it soon. You and your family deserve to be living balanced, thriving lives.

As always, if you need resources, we are here for you.

For more information visit:

<https://www.cdc.gov/mental-health/living-with/index.html>

TRAININGS, EVENTS & WORKSHOPS



EFMP & HEARTS APART CALENDAR OF EVENTS

NOVEMBER 24

2- ZOO TAMPA CONNECT EVENT-(ALL AGES) 10:00- 2:00 PM

14 -DRIP ART STUDIO (ADULTS & TEENS) 6:30-8:30 PM

16- TGH ICEPLEX CONNECT EVENT (ALL AGES) 6:15-7:15 PM

DECEMBER 24

6- SENSORY FRIENDLY MACWONDERLAND 5:00-7:00 PM

8 - QUANTUM LEAP FARMS MILITARY FAMILY FUN DAY-
HOLIDAY PARTY (ALL AGES) 1:30-3:30 PM

TO REGISTER EMAIL:
6FSS.FSH.EFMP@US.AF.MIL
PLEASE INCLUDE DOD ID #



EFMP Family Support

Visit our One Stop for all things EFMP
<https://macdillfss.com/efmp>



EFMP Family Support



TRAININGS, EVENTS, & WORKSHOPS



HELLO
NOVEMBER

JOIN US FOR
EFMP ORIENTATION:

DEC 10
1030-1230
REGISTER AT

6FSS.FSH.EFMP@US.AF.MIL

MACDILL EFMP ORIENTATION

EXCEPTIONAL FAMILY MEMBER PROGRAM



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

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

EFMP Medical, EFMP Family Support
School Liaison 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



TRAININGS, EVENTS & WORKSHOPS



agency for persons with disabilities
State of Florida

Supporting Active Duty Military Families

The 2014 Florida Legislature authorized individuals who meet the eligibility requirements of 393.065(1), F.S., to receive home and community-based services in this state if the individual's parent or legal guardian is an active duty military service member and, at the time of the service member's transfer to Florida, the individual was receiving home and community-based services in another state. This law became effective on July 1, 2014.

What are the eligibility requirements for APD?

To be eligible for services from the Agency for Persons with Disabilities, the individual must be:

- 3 years of age or older, and have a developmental disability before the age 18
- A Florida resident *
- Diagnosed with one of the following seven developmental disabilities listed in Chapter 393, Florida Statutes: autism, cerebral palsy, intellectual disabilities, Down syndrome, Prader-Willi syndrome, spina bifida, Phelan-McDermid syndrome or children age 3-5 who are at a high risk of a developmental disability

* Effective July 1, 2014, individuals whose parents or legal guardian are in active duty military service are eligible to apply to APD and be enrolled in the iBudget waiver if the person was receiving waiver services from the state they were living in prior to Florida.

What services does APD provide?

The agency provides services that help individuals to live, learn and work in their communities. The types of services that APD provides under the waiver are grouped in eight service families. These are Life Skills Development (companion services, supported employment and adult day training), Supplies and Equipment, Personal Supports (personal care assistance), Residential Services, Support Coordination (Case Management), Therapeutic Supports and Wellness (behavior analysis services, physical therapy, occupational therapy, etc.), Transportation, and Dental Services for adults over the age of 21. For more information go to: <http://apd.myflorida.com/ibudget/docs/services.pdf>

APD does not provide medical services. However, once a person meets Medicaid eligibility, the individual may receive medical services from the Florida Medicaid system operated by the Agency for Health Care Administration. For information on these benefits, please link to: Economic Self Sufficiency (ACCESS) at: <http://www.fdhc.state.fl.us/medicaid/services.shtml>

For Medicaid eligibility, the Department of Children and Families (DCF) is the agency that makes this determination. To apply for Medicaid, please go to the DCF Automated Community Connection to Economic Self Sufficiency (ACCESS) at: <http://www.myflorida.com/accessflorida/>.

FOR MORE INFORMATION

[HTTPS://APD.MYFLORIDA.CO
M/](https://apd.myflorida.com/)



EFMP Exceptional
Family Member
Program

Air Force Military Family Readiness Center brings you
LRP Publications' *Special Ed Connection*[®] and
DirectSTEP[®] eLearning courses **FREE** of charge!

Special Ed Connection[®] (www.specialedconnection.com) provides resources and tools that Air Force Staff and parents can use to gain a clear understanding of special education requirements and services and how they work. From legal rights to practical application and from student referrals to IEPs, *Special Ed Connection*[®] explains specific procedures and provides real-world application strategies so parents can learn the complexities surrounding special education supports and services.

**Special Ed
Connection**

For more information, contact your local Military Family Readiness Center EFMP Coordinator or School Liaison Officer

DirectSTEP[®] eCourses explain legal requirements and best practices for behavior management, autism, IDEA eligibility, IEPs and more. They also teach parents and educators how to handle critical education issues to obtain positive outcomes while applying education laws to the day-to-day world of teaching and learning. These eCourses are available for use by all Air Force staff, parents, Military/DoD personnel assigned to Air Force Installations and K-12 educators serving military children.

DirectSTEP[®]
Direct Specialized Training for Education Professionals

With each eCourse you will:

- ▶ Receive the highest quality training developed by respected special education experts.
- ▶ Learn at your own pace for the greatest possible comprehension and retention.
- ▶ Take courses based on individual training needs and interests.
- ▶ Engage in learning through quizzes and activities.
- ▶ Learn how to make decisions that are educationally and legally sound.
- ▶ Receive a certificate of completion.

Go to <http://usafefmp2021-ds.lrp.com> and self-register for your eCourses. For each eCourse you take you will need a key code which can be found by contacting your local Military Family Readiness Center EFMP Coordinator.



380 Hillat Drive, Palm Beach Gardens, FL 33418
1-800-515-4577 ext. 5303
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FREE E-LEARNING COURSES TO REGISTER VISIT

[HTTPS://USAFEFMP2021-DS.LRP.COM](https://usafefmp2021-ds.lrp.com)

Visit our One Stop for all things EFMP
<https://macdillfss.com/efmp>



EFMP Family
Support



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



Legal Assistance
 on
SPECIAL EDUCATION
 for
Military Families

VISIT
 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-USF offers instruction and coaching to families and professionals through a training and assistance model.

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



FREE TUTORING
FOR MILITARY
FAMILIES &
DOD

