



# MacDill AFB

## Exceptional Family Member Program Newsletter

MAY 2026



### May your Month feel Lighter

May brings a softer kind of momentum. Its a month that doesn't ask for urgency, but for awareness.

JOIN our EFMP Connect Event

This is for our Adult caregivers, EFMs and teens. This is a time for our caregivers to rewind, reset and reconnect.



Thursday 7 May, 7:30-8:30 at  
Yoga Loft Tampa

Email: [6FSS.FSH.EFMP@us.af.mil](mailto:6FSS.FSH.EFMP@us.af.mil)  
to register.

May brings more than just flowers. It brings awareness for many conditions that affect many military families. This month we would like to recognize:

- Apraxia Awareness Month
- Cystic Fibrosis Awareness Month
- Ehlers-Danlos syndromes (EDS) and hypermobility spectrum disorders HSD
- Lyme Disease
- Mental Health
- National Asthma and Allergy



### Meet Your EFMP Team

#### EFMP Family Support

Location: M&FRC Office  
8105 Condor St. Bldg. 18 MacDill, AFB  
Email org box: [6FSS.FSH.EFMP@US.AF.MIL](mailto:6FSS.FSH.EFMP@US.AF.MIL)

#### EFMP Family Support Coordinator

Ta'Nashea McLeod  
Email: [tanashea.mcleod@us.af.mil](mailto:tanashea.mcleod@us.af.mil)  
813-828-0136

#### EFMP Family Support Navigator

Angela Ocampo  
Email: [angela.ocampo@us.af.mil](mailto:angela.ocampo@us.af.mil)  
813-828-0122/0136

#### Army EFMP Systems Navigator

Marna Stillman  
813-828-0142  
Email: [marna.stillman.ctr@us.af.mil](mailto:marna.stillman.ctr@us.af.mil)

#### School Liaison Program Manager

813-828-0146  
Office cell:  
Dr. Venetia Waters  
[venetia.waters@us.af.mil](mailto:venetia.waters@us.af.mil)



#### EFMP Medical Special Needs Coordinator

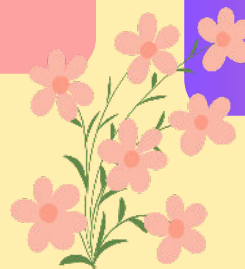
Identification and Enrollment  
Adenike Coore/Hariett Montoya  
813-827-9909 / 8999  
Email: [adenike.s.coore.ctr@health.mil](mailto:adenike.s.coore.ctr@health.mil)  
[harriett.montoya@us.af.mil](mailto:harriett.montoya@us.af.mil)  
Location: MacDill Clinic Patient Admin

#### EFMP Assignments

813-828-2005  
PCS & Personnel Actions (located in MPF)



**EFMP** Family Support



MACDILL AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON



## Shining a light on caring for the mind this May.

Not sure where to begin or how to start?

<https://tricare.mil/mentalhealth/>  
or call

Call TRICARE EAST at 800-444-5445  
(Ask about virtual options)

Call the MHS Nurse Advice Line  
813-827-2273 (CARE)

There are some options that do not require a referral.

### MILITARY ONE SOURCE

Consultants are available 24/7

Military One Source has confidential counseling that provides service members, military couples and eligible family members, including spouses, children and teens, with resources and support to help them cope with stress and address challenges head on.

Call: 800-342-9647

### MILITARY & FAMILY LIFE COUNSELING

Need someone to help with everyday military life stressors?  
Our MFLCs are here to help!

Military & Family Life Counselors are available at M&FRC both in office and virtual options are available.

Call and leave a message:  
MFLC, Kim Peters 813-816-3061  
MFLC, Terrell Morrison 813-210-7822

May is  
Mental Health  
Awareness Month!



Mental health conditions are medical conditions and people living with them are more than a diagnosis.

This #MentalHealthAwarenessMonth, let's lead with understanding. You can learn more at:

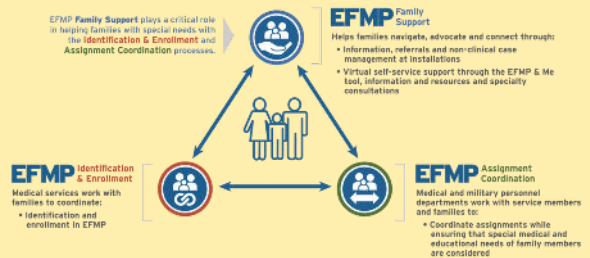
<https://www.samhsa.gov/mental-health>

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy.

Mental illness is not always easy to detect. Treating a mental illness is not something to attempt on your own. Like many health conditions, help for mental illness takes professional diagnosis and treatment.

The good news: Research shows treatment for mental illness works. With appropriate treatment, people can manage their illness, overcome challenges, and lead productive lives.

Treatment for mental illness is effective. Mental health services also are covered by most health plans—by law. And like physical health conditions, it's clear the earlier you get treatment for mental illness, the better—and the better you or your loved one will feel and do.



MacDill EFMP One Stop  
<https://macdillfss.com/exceptional-family-member-program/>

"Care Counts. Start with Yours"

If you need navigating, your EFMP Family Support team can help connect you to the resources you need!





# Special

# EDUCATION



## MCEE meeting

**MacDill Council for Educational Excellence**  
Open to parents of military-connected K-12 students enrolled in Hillsborough County Public Schools (HCPS)

**Monday, Jun. 29, 2026 • 4 PM**

**6 ARW Conference Room**  
8208 Hangar Loop Drive, Bldg 299,  
MacDill AFB

In-person or via Zoom:  
Meeting ID: 161 117 9896  
Passcode: SLPMCEE



Military family forum to discuss educational opportunities and needs for K-12 students with MacDill AFB and HCPS District leadership

\*In-person attendance is recommended to ask additional questions on the MCEE consultation. If special assistance is needed due to a disability as defined under the ADA, please provide three (3) days notice.

POC: Dr. Venetia D. Waters, School Liaison Program Manager  
venetia.waters@us.af.mil • (813) 828-0146

Partnership for education excellence between 6 ARW & Hillsborough County Public Schools



**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](http://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.



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.



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://usaefmp2021-ds.lrp.com> and self-register for your eCourses.



3331 MacDill Airway, Suite 1000, Tampa, FL 33611  
1-800-616-4577 ext. 8895  
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### MacDill EFMP supports Army EFMP Families! Need



**EFMP** Exceptional Family Member Program

Our Army Systems Navigator can help.

Marna Stillman  
marna.stillman@us.af.mil  
813-828-0142

## SUPPORT GROUP



**EFMP-FS PRESENTS**

## SISTER SERVICE SUPPORT GROUP

Join the MacDill Army EFMP Systems Navigator and Camp Bull Simons ACS EFMP Systems Navigator for this virtual support group! An inclusive, supportive environment to gather and connect with EFMP Army families. Each session will give families the time and space to address their concerns, share valuable knowledge, and create new relationships.

**22 May, 12 June, 24 July, 28 August**  
1100-1200

**REACH OUT FOR SUPPORT**

Please register to receive the zoom link! **TO REGISTER...**  
Email: [marna.stillman.cbr@us.af.mil](mailto:marna.stillman.cbr@us.af.mil)  
Call: 813-828-0142

**EFMP** Family Support

**NEW E-EFMP**  
Enterprise - Exceptional Family Member Program System

Provides information on:

- Installation EFMP services
- Medical providers
- Community resources



# EFMP Upcoming Events

**MacDill AFB** Hearts Apart  
**EFMP FAMILY SUPPORT** Support. Connection. Resilience.  
 & Deployed Families  
**HEARTS APART** YOU'RE INVITED!

**MAY 26**

**CONNECT EVENTS**  
 7- YOGA LOFT RELAXATION YOGA (ADULTS)  
 17- QUANTUM LEAP FARMS FAMILY FUN DAY (ALL AGES)  
 21- DRIP ART STUDIO (ADULTS & TEENS)

**JUN 26**

**CONNECT EVENTS**  
 7- YOGA LOFT RELAXATION YOGA  
 10- STRESS LESS  
 27- EFMP W/BLUE STAR CAREGIVERS EVENT-COHEN CENTER

**JULY 26**

**CONNECT EVENTS**  
 2- YOGA LOFT RELAXATION YOGA  
 10- STRESS LESS WITH HEALTH & WELLNESS  
 16- DRIP ART STUDIO (ADULTS & TEENS)  
 TBA- STEM EVENT W/BSF

**MORE INFO**

TO REGISTER PLEASE CALL 813-828-0122/0136  
 OR EMAIL: [6FSS.FSH.EFMP@US.AF.MIL](mailto:6FSS.FSH.EFMP@US.AF.MIL)

Quantum Leap Farm  
 Family Fun Day  
 for military & special needs children

**SUNDAYS**  
 APR 12, 2026 | MAY 17, 2026 | OCT 25, 2026 | DEC 6, 2026

**TIME & LOCATION**  
 1:30PM - 3:30PM  
 10401 Woodstock Rd, Odessa, FL 33556

- ★ pony rides for kids 12 years & younger
- ★ quality time with four-legged friends
- ★ pony painting
- ★ arts & crafts
- ★ lunch provided
- ★ face painting

Please RSVP at: [quantumleapfarm.org/ffd](http://quantumleapfarm.org/ffd)

**MISSION:** Transforming lives by harnessing the healing connection between humans and horses through equine-assisted therapies.

EFMP-FS PRESENT

**WELLNESS YOGA**

Register Now

EVERY FIRST THURSDAY | 7:30 PM - 8:30 PM  
 05 FEB, 05 MAR, 02 APR, 07 MAY,  
 04 JUN, 02 JULY, 06 AUG, 03 SEPT,  
 01 OCT, 05 NOV, 03 DEC

TO REGISTER EMAIL:  
[6FSS.FSH.EFMP@US.AF.MIL](mailto:6FSS.FSH.EFMP@US.AF.MIL)  
 YOGA LOFT TAMPA  
 2002 E. 5th St Unit 102  
 Tampa, FL 33605

**EFMP Adults & Teens Night Out Pottery Workshop**  
**DRIP Ybor Art Studio**

1620 E 7th Ave Tampa, FL 33605

Thursday, 21 May & 16 July 2026  
 6:30 PM - 8:30 PM

Participants can choose pottery wheel, hand sculpting, mosaics or ceramics. Each includes instruction, glazing & firing.

Limited spots available so register now  
 Email sponsor's DOD ID #, name & age of participants request to:  
[6FSS.FSH.EFMP@us.af.mil](mailto:6FSS.FSH.EFMP@us.af.mil)



# EFMP Trainings & Workshops



## MACDILL EFMP FAMILY SUPPORT PRESENTS VIRTUAL TRAINING 2026



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:** 21 JAN, 18 FEB, 18 MAR, 15 APR, 20 MAY, 17 JUNE, 15 JUL, 19 AUG, 16 SEPT, 21 OCT, 18 NOV, 16 DEC

**IN PERSON & VIRTUAL (ZOOM CODE: 160 3265 9210 PASSCODE: EFMP101) FROM 1000-1100**

**TO REGISTER:**

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



## MACDILL EFMP 201 TRANSITIONS BRIEF

EXCEPTIONAL FAMILY MEMBER PROGRAM



Navigating life transitions can be difficult. MacDill EFMP Team is committed to helping you plan ahead. Whether you are retiring or supporting a dependent EFM through a significant life change. Speak directly to your subject matter experts.



- EFMP Family Support Program Team
- School Liaison Program Manager
- Vocational Rehabilitation-FL DOE
- MacDill Legal-Special Education
- Tricare representative
- MPF Secondary Dependency/Incapacitated Adult
- FL Agency for Persons with Disabilities (APD)
- Special Needs Alliance- (Guardianship, Special Needs Trust & more!)

Join our virtual brief!

**2026**

TUESDAYS  
10:30AM-12:30PM

**MAR 10  
JUN 9  
SEPT 8  
DEC 8**

ZOOM Meeting ID:  
160 3265 9210  
Passcode: EFMP201



For questions or assistance please email:

**6fss.fsh.efmp@us.af.mil**

See our EFMP One Stop page:  
<https://macdillfss.com/efmp>

+1-813-828-0122/0136



# MAY 2026

- Children/Family Employment
- Personal Finance
- Relocation
- Readiness/ Deployment
- Transition (TAP)
- Volunteer (VOL)

## MILITARY AND FAMILY READINESS

[Macdillfss.com/military-family-readiness](https://macdillfss.com/military-family-readiness)

@macdillfss 813-828-0143



MACDILL AIR FORCE BASE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Reintegration 9am	2
3	4 TAP Pre-Sep (SEP) 9am-12:30pm	5	6 TAP Pre-Sep (RET) 9am-12:30pm	7 Newcomers Briefing 7:30-12:00pm Coffee and Connections 8:30-10:15am EFMP/Hearts Apart: Yoga 7:30pm	8 Reintegration 9am Initial Volunteer 7pm	9
	6-8 TAP Workshop 8am-4pm			9-10 TAP Employment 8am-4pm		
10 Happy Mother's Day	11 TAP Pre-Sep (SEP) 9am-12:30pm	12 Reintegration 9am Sponsorship Training 1pm	13 Down Departure 8am TAP Pre-Sep (RET) 9am-12:30pm	14 Pre-arrival (via zoom) 1pm Pre-deployment 1pm	15 Reintegration 9am LinkedIn 5am-4pm	16
	6-8 TAP Workshop 8am-4pm			9-10 TAP Employment 8am-4pm		
17 EFMP Heart Apart: Question Loop	18 TAP Pre-Sep (SEP) 9am-12:30pm Resumalnterview 1pm	19 Reintegration 9am Hurricane Prep 10:00am-12:00pm Federal Employment 1pm	20 TAP Pre-Sep (RET) 9am-12:30pm EFMP: 101 Orientation 1pm	21 Pre-deployment 1pm MIL-Spouse Night Out 6:30pm	22 Reintegration 9am	23
	15-16 Boots To Business 9am-4pm					
24	25 TAP Pre-Sep (SEP) 9am-12:30pm	26 Heartlink 8:30am - 1:30pm Reintegration 9am	27 TAP Pre-Sep (RET) 9am-12:30pm	28 Let's talk Credit 1:00pm- 2:30pm	29 Hello Reintegration 9am	30 Hello May 31
31						

Calendar and Class schedules are subject to change without notice



# EFMP Resources

## DAF FAMILY VECTOR

Dept. of AF EFMP Family Vector is a simple way to find guidance, tools and support of your EFMP journey.

- Welcome to EFMP
- Updates on TRICARE
- Medical Trends Dashboard
- EFMP Medical-Enrollment & Disenrollment
- EFMP Assignments Coordination
- DAF Respite Care Program
- Special Education (Video Library)
- Special Education Legal Assistance
- PCS Family Member Travel Screening
- Forms & Resources
- EFMP Video Gallery
- OSD Podcast and much more!



<https://daffamilyvector.us.af.mil/>



## Sensory Friendly Community Events

- 10 MAY- *Great Explorations Children's Museum, Sensory Sunday. \$5pp, St. Petersburg, FL*
- 31 MAY- *Sunshine Sundays at Glazer Museum, 0800-1000. \$5*  
*glazermuseum.org/accessibility*
- 31 MAY- *Art on the Spectrum, Tampa Museum of Art, 0900-1000am*
- *For more information call CARD USF for Sensory Friend supports 813-974-2532*  
*(Community Events are not sponsored by EFMP, provided for community awareness.)*

**12-14 JUNE- The Family Cafe- Don't miss the largest disability conference in the state of Florida! This is FREE for families with dependents with disabilities. Attend sessions to learn more about resources and supports or attend the exhibition hall with hundreds of vendors providing supports and services for all disabilities**

**Locations: The Hyatt Regency Conference Center, Orlando.**

**to learn more go to: <https://familycafe.net/>**

