



EXCEPTIONAL
FAMILY MEMBER PROGRAM
— NEWSLETTER —

Continued on Page 3

UPCOMING EVENTS

JUNE 2015

Tuesday, June 2 and 16

GOOD GRIEF SUPPORT GROUP 6 - 7 p.m.

Learn positive coping skills for the loss of a loved one. Call (301) 994-3078 for the location.

Wednesday, June 3 and 17

CANCER SUPPORT GROUP 7 - 8:30 p.m.

Cancer patients, their family members and friends are welcome. For more information, call (240) 434-7247.

 Outpatient Pavilion at Cancer Care and Infusion Services
ADDRESS and CITY, STATE

Thursday, June 4

**AUTISM SPECTRUM SUPPORT GROUP
OF SOUTHERN MARYLAND** 6:30 - 8 p.m.

 Huntingtown Creek Annex
4105 Old Town Road, Huntingtown, MD

Saturday, June 6

RELAY FOR LIFE FUNDRAISER WALK 6 p.m. - 2 a.m.

The Walk raises money for cancer research and recovery. Food, games and activities are provided throughout the evening.

 St. Mary's County Fairgrounds
42455 Fairgrounds Road, Leonardtown, MD

Monday, June 8

**CITIZEN'S ADVISORY COMMITTEE FOR SPECIAL EDUCATION
(CACSE)
SUPPORT GROUP MEETING** 5:45 - 6:30 p.m.
CACSE MEETING 6:30 - 8 p.m.

 Board of Education Meeting Room
23160 Moakley Street, Leonardtown, MD

Wednesday, June 10

LOOK GOOD, FEEL BETTER 7 - 8:30 p.m.


This support group assists female cancer patients. Participants learn beauty techniques to overcome the side effects of chemotherapy and radiation. For more information, call (240) 434-7247.

 Outpatient Pavilion at Cancer Care and Infusion Services
ADDRESS and CITY, STATE

Monday, June 15


**DYSLEXIA SUPPORT NETWORK
OF SOUTHERN MARYLAND** 7 - 8:30 p.m.

This is an opportunity to network and learn more about supporting students with dyslexia. For more information, contact Laura Schultz at (703) 477-4847 or dyselxiasomd@gmail.com.

 Patuxent Presbyterian Church
2341 Kingston Creek Road, California, MD

Wednesday, June 17

**AUTISM SPECTRUM SUPPORT GROUP
OF SOUTHERN MARYLAND** 6:30 - 8 p.m.

 Coffee Quarter in San Souci Shopping Center
22599 MacArthur Blvd., California, MD

 Panera Bread
3 Shining Willow Way, La Plata, MD

Thursday, June 25

**ALZHEIMER'S CARE GIVERS
SUPPORT GROUP** 6:30 - 7:30 p.m.

Support and information provided to those caring for individuals with Alzheimer's and related Dementia. To register, call (301) 609-1904.

 Chesapeake-Potomac Home Health Agency
7627 Leonardtown Road, Hughesville, MD

accommodations to a passenger on a stretcher. However, some airlines may choose to assist in these circumstances at their discretion. Airlines must also permit service animals with appropriate identification to accompany their owner onto the plane and to any seat, as long they do not obstruct the aisle or any other area that would prevent safe evacuation of the plane. Additional information is located on the Department of Transportation’s Web site or by calling (800) 778-4838 (voice) or (800) 455-9880 (TTY) 7 a.m.-11 p.m., seven days a week.

Before arriving at the airport, it may be beneficial to contact the TSA Cares hotline to address issues with the security screening process of your EFM. TSA Cares provides passengers with disabilities and other medical needs information about the screening process and will connect them with a TSA Customer Service Manager to assist them in the screening process at the airport, if necessary. It is recommended that you call 72 hours in advance of your flight. More information is located on the TSA Web site or by calling the TSA Cares hotline, which is answered Monday through Friday, 9 a.m.-9 p.m. EST, at (855) 787-2227.

TRAIN TRAVEL

To request accessible accommodations, contact Amtrak at (800) 872-7245 (voice) or (800) 523-6590 (TDD/TTY). Amtrak requires 12-hour notice if your EFM requires oxygen on the train. Service animals are also permitted on trains.

TRICARE

While moving, it is important to wait until you have reached your destination to contact Tricare about changing your coverage and Primary Care Manager (PCM). This will ensure that you have coverage while traveling. For non-emergency care while traveling, Tricare Prime enrollees require prior authorization from their PCM or regional contractor. Keep these numbers on hand. If there is an emergency, go to the nearest hospital emergency room and report the treatment you received to your PCM within 24 hours.

SAFETY

Consider attaching emergency contact/care information onto clothing for any family member with a behavioral or communication disorder. They could also wear medical alert jewelry, tracking bracelets or temporary tattoos with important information. These will assist others in identifying and caring for your family if they are accidentally separated from you.

ADDITIONAL TIPS

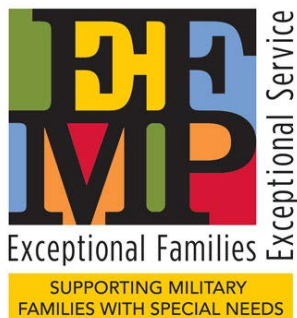
- Keep a copy of all you EFM’s records with you – hand-carry all the documents. You may choose to create multiple binders to organize the documents. For example, a binder for medical information and another for academic records (IEPs).
- When searching for a home, begin by determining which school you would like your child to attend and then locate a home that is zoned for that school. This will help ensure that your EFM is receiving the academic services they need and to your satisfaction.
- Before moving, ensure your records are current. If the records are due for an update, request the update at least six to eight weeks before your move.
- Schedule appointments with new providers before you arrive. This will help ensure continuity of care and no disruption in the services your EFM needs. Additionally, you may request letters or video tape sessions with previous providers so the new professionals will be able to see your EFM’s true potential.
- Call the Social Security Administration (SSA) at (800) 772-1213 to inquire about SSI benefits if the EFM is older than 18. Rates may vary from state to state.
- Contact the EFMP Case Liaison at your new duty station. This information can be found at http://cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/exceptional_family_member.html



*Every child has a different learning style and pace.
Each child is unique, not only capable of learning,
but also capable of succeeding.*

-- Robert John Meehan





WHAT IS THE EXCEPTIONAL FAMILY MEMBER PROGRAM?

The Exceptional Family Member Program is a mandatory program designed to be a tool for detailers to consider when determining the most appropriate assignments for service members and their families. The program ensures consideration of the needs of the Navy, Service Member and the Exceptional Family Member (EFM) during the detailing and order-writing process. Additionally, EFMP supports the quality of life of Navy families with EFMs by ensuring that appropriate medical and educational resources are available within assigned geographical locations. Attention to ensuring availability of services reduces strain on family members, strengthens resilience and improves mission readiness. Lastly, EFMP also provides information and referral services to a variety of community and military resources that will

benefit the EFM and their families. The EFMP Liaison is a wonderful source of information and always welcomes questions or conversations about the needs of EFMP families.

WHAT DO THE EFMP CATEGORIES MEAN?

- CATEGORY 1:** EFM needs do not generally limit assignments. Enrollment is for monitoring purposes due to medical or educational needs.
- CATEGORY 2:** Limited overseas/remote CONUS assignments. Care is usually available at most locations, provided the medical or educational needs can be provided by the accepting duty station. If orders are for overseas duty, the family must successfully complete an overseas screening.
- CATEGORY 3:** No overseas assignments based on non-availability of medical and/or educational services at most overseas locations. The member's medical or educational condition precludes assignment to overseas locations.
- CATEGORY 4:** Major medical areas, within CONUS only.
- CATEGORY 5:** (Homesteading) Due to multiple, severe medical or educational conditions, the service member will be assigned to an area for homesteading where they may fulfill both sea and shore duty requirements. Assignment locations include Norfolk, Va., Jacksonville, Fla., San Diego, Calif., Bremerton, Wash. and Washington, D.C.
- CATEGORY 6:** (Temporary Enrollment) The medical or educational condition requires a stable environment for six months to one year due to ongoing treatment of diagnostic assessments. This category must be updated in one year to receive permanent category or to be disenrolled.

IS IT TIME FOR AN UPDATE?

Updates are required periodically after enrolling in the EFMP, according to policy. If the EFM is a Category 1-5, an update is required every three years or 12 months before negotiating orders. If the EFM is a Category 6, updates must be submitted within one year of enrollment. If you are unsure if you are due for an update, please contact your EFMP Liaison at (301) 757-1861 to determine your status. Form DD 2792 and DD2792-1 are available at any Medical Treatment Facility (MTF), Navy FFSC, or online at <http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2792.pdf>

Forms can be submitted to the MTF EFMP Coordinator, HM2 Leamy, at (301) 995-3891 or via e-mail at nicholas.c.leafy.mil@mail.mil



FEEDBACK

Do you have a suggestion for a newsletter article? Do you know of any upcoming events that you would like other EFMP families to know about? Are you interested in a particular topic? Please provide suggestions to Franchescka Kephart at (301) 757-1861 or via e-mail at Franchescka.Kephart.ctr@navy.mil.



Fleet and Family Support Center
21933 Bundy Road, Bldg. 2090
Patuxent River, MD 20670
(301) 342-4911

EFMP Liaison Franchescka Kephart
(301) 757-1861
EFMP MTF Coordinator HM2 Leamy
(301) 995-3891

Monday-Thursday
7:30 a.m. - 4:30 p.m.
Friday
7:30 a.m. - 4:00 p.m.