



**EFMP** Exceptional  
Family Member  
Program

*Henderson Hall*

# EFMP Newsletter

*February 2023*

EXCEPTIONAL FAMILY MEMBER PROGRAM  
HENDERSON HALL, HAMPTON ROADS & QUANTICO

**Join  
Lunch & Learn**  
Thursday, February 2  
11am - Noon



Guest Speakers  
**Christina Jones**  
EFMP Special Needs attorney for the National Capital Region will be talking about special education and students with special needs with a focus on behavior and discipline.

<https://meeting.marinenet.usmc.mil/specialedoverview/>

**MCCCS**  
HENDERSON HALL

**EFMP**  
Exceptional Family Member Program

Call 703-693-5353 for more information  
To RSVP email us at  
[ombefmp.eventregistration@usmc-mccs.org](mailto:ombefmp.eventregistration@usmc-mccs.org)

We are always looking for outreach event opportunities! If you have a request, please feel free to contact Gracie Pak at [gracie.pak@usmc-mccs.org](mailto:gracie.pak@usmc-mccs.org) or 703-693-5353

[hendersonhall.usmc-mccs.org](http://hendersonhall.usmc-mccs.org)

[efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

## *EFMP Services Available*

- Family support/case management (including deployment support)
- Informed assignment screening
- Special housing consideration (HQMC EFMP)
- EFMP attorney assistance
- Resources and referrals
- Support at IEP meetings
- Eligibility for Tricare ECHO (with qualifying conditions)
- Transition assistance (Warm Hand-Off)
- Workshops and trainings
- Lending Library
- Loan Locker
- Respite Care Reimbursement Program
- Family Needs Assessment and Service Plan

## HENDERSON HALL EFMP TEAM

Program Manager:

Amy Proce

703-693-6510

[Amy.Proce@usmc-mccs.org](mailto:Amy.Proce@usmc-mccs.org)

Family Case Worker:

Glenda Industrious

703-693-6368

[Glenda.Industrious@usmc-mccs.org](mailto:Glenda.Industrious@usmc-mccs.org)

Family Case Worker:

Davina Hardaway

703-693-4172

[Davina.Hardaway@usmc-mccs.org](mailto:Davina.Hardaway@usmc-mccs.org)

Training, Education & Outreach Specialist:

Gracie Pak

703-693-5353

[Gracie.Pak@usmc-mccs.org](mailto:Gracie.Pak@usmc-mccs.org)

Administrative Specialist:

Christina Chipman

703-693-7195

[Christina.Chipman@usmc-mmccs.org](mailto:Christina.Chipman@usmc-mmccs.org)

# ***EFMP Events***

Event	When & Where	RSVP
<p><b>Joint Lunch &amp; Learn with Henderson Hall, Quantico, &amp; Hampton Roads EFMP: Special Education Overview with guest speaker Christina Jones, EFMP Special Needs Attorney</b></p> <p><b>Focusing on Behavior and Discipline</b></p>	<p>When: Feb 2, 2023, 1100-1200</p> <p>Where: <a href="https://meeting.marine.net.usmc.mil/specialedoerview/">https://meeting.marine.net.usmc.mil/specialedoerview/</a></p>	<p>Call 703-693-5353 for more information</p> <p>To RSVP by email us at <a href="mailto:ombefmp.eventregistration@usmc-mccs.org">ombefmp.eventregistration@usmc-mccs.org</a> by January 31, 2023</p> <p>*This is a joint installation event so there will be opportunities to meet other families and EFMP staff! Including our guest speaker!*</p>
<p><b>Lunch &amp; Learn: Early Intervention Overview</b></p> <p>From birth to 5 years, a child should reach milestones in how he/she plays, learns, speaks and acts. A delay in any of these areas could be a sign of a developmental problem. The good news is, the earlier it's recognized the more a child can be helped to reach his/her full potential. Learn how to spot developmental delays and what to do if you have a concern about your child.</p>	<p>When: February 14, 2023, 1100-1200</p> <p>Where: Virtual</p>	<p>Call 703-693-5353 for more information</p> <p>To RSVP by email us at <a href="mailto:ombefmp.eventregistration@usmc-mccs.org">ombefmp.eventregistration@usmc-mccs.org</a> by February 10, 2023</p>

# LENDING LIBRARY

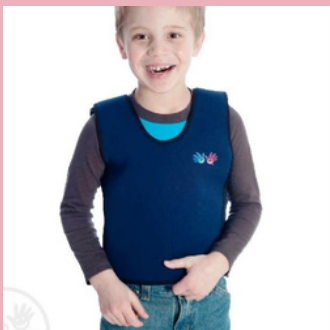
## Spotlight



**Wrightslaw: From Emotions to Advocacy** provides five sections on advocacy, parent expertise, special education law, and tactics and strategies. It is the perfect resource on how to speak with school personnel and advocate for your child's needs.

**Wrightslaw: All About IEPs** is a FAQ book answering over 200 questions. It guides you through scenarios and describes legal issues that you may encounter if you have a child with a disability who receives special education services. The book will outline your rights and responsibilities and explain the law in plain language you can understand.

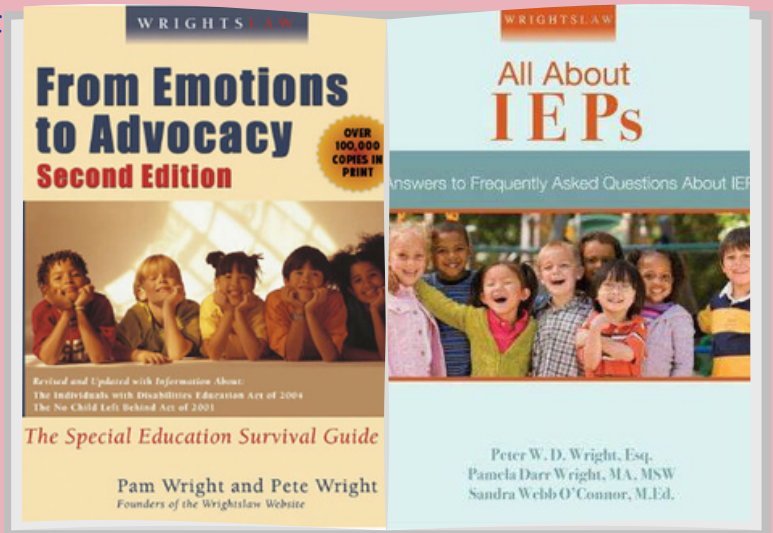
## Loan Locker HIGHLIGHT



If you are interested in borrowing these items, come see us at Henderson Hall Bldg. 12 to use these resources!

**From Emotions to Advocacy**  
Second Edition:  
**The Special Education Survival Guide**  
Pam Wright and Peter Wright

**All About IEPs:**  
**Answers to Frequently Asked Questions About IEPs**  
Peter W.D. Wright, Esq.  
Pamela Darr Wright, MA, MSW  
Sandra Webb O'Connor, M.Ed.



Weighted vests and blankets are used as a part of the Sensory Integration (SI) therapy technique of deep pressure. The deep pressure assists to relax and self-calm, allowing sensory stimulus to be more easily processed. Deep pressure stimulation or sensory regulation is known to produce more dopamine as well as serotonin in the body, which help people feel calm and more relaxed.

Weighted vests are perfect for children who are easily distracted, hyperactive, or lacking in concentration.

Weighted blankets are heavy blankets that are weighed down by glass beads, and other types of fillers, to promote deep touch pressure.

# Reminders

**DON'T FORGET**



## **Ft. Myer Fire Station Tour for EFMP Families**

Tour the fire station and firetrucks and meet firefighters!

When: March 11, 2023, 1200pm

Where: Ft. Myer Fire Station

Call 703-693-5353 for more information

To RSVP by email us at  
[ombefmp.eventregistration@usmc-mccs.org](mailto:ombefmp.eventregistration@usmc-mccs.org) by March 3, 2023



**DON'T miss it!**

## **Update Your Paperwork!**

**PAPERWORK MUST BE UPDATED EVERY 3 YEARS OR WHEN THERE IS A CHANGE IN DIAGNOSIS AND/OR PROVIDER TYPE OR FREQUENCY.**

**CONTACT YOUR CASEWORKER WITH QUESTIONS**