



EFMP

Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

January, 2024



HAPPY NEW YEAR!

Nothing like the start of a new year to set personal and family resolutions! It can also be a great time of year to pull out your child's Individualized Education Plan (IEP), Individualized Family Service Plan (IFSP), or Individualized Employment Plan (IPE) and assess goal progress.

January's newsletter explores planning for the next year and beyond in a variety of areas relevant to individuals with disabilities and their families.



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Happy New Year!

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SMART GOALS

SPECIFIC

What exact skill will be targeted?

MEASURABLE

Will you know when the goal is met? This may be a number, a specific accomplishment (i.e. graduation) or even the absence of a behavior.

ATTAINABLE

Is this goal realistic considering current skill level, life circumstances, and time?

RELEVANT

Will meeting this goal make a difference in learning or day-to-day life?

TIMEBOUND

When should this goal be completed?

Whether you're making goals for your family, co-writing a goal with a specialist for an Individualized Family Service Plan (IFSP), or reading goals written by a community provider, consider the SMART goal format for assessing the final product. Making sure a goal tracks exactly what you want can be a goal in itself!

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Try it out! Which sample goal below hits all of the SMART targets? Can you find what the samples may be missing?

(Answers on the last page)

- 1.Henderson Hall EFMP will support family readiness in 2024
- 2.Henderson Hall EFMP will support family readiness by saying "good morning" in 3/5 opportunities for two consecutive weeks
- 3.Henderson Hall EFMP will support family readiness by offering 26 mandated educational briefs and hosting at least 5 family events
- 4.Henderson Hall EFMP will support family readiness by completing 26 mandated educational briefs, and hosting at least 5 family events by April 2024
- 5.Henderson Hall EFMP will support family readiness by offering 26 mandated educational briefs and hosting at least 5 family events by the end of the year

TRANSITIONS

A transition plan must be included in an IEP by age 16 at the latest per the Individuals with Disabilities Education Act (IDEA). Many states, including Virginia, Maryland and D.C., begin the formal process at age 14. Transition plans are a particular passion of Claudia Quinby, one of Henderson Hall's Family Case Workers. She recommends starting as young as age 12 with a conversation and the simple question, "What do you think you want to be when you grow up?"

This can gently lead to other questions like "Where do you want to live?" or "Who do you want to live with?" As your child grows older, they will be expected to be active participants in the IEP/transition plan process to the greatest extent possible. This is an important step in developing self-advocacy skills and increasing independence.

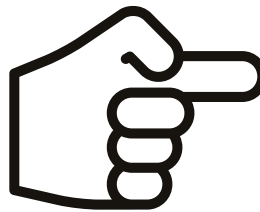
By having early conversations about their future, interests and preferences, your child will be more prepared to share their authentic opinions with school professionals.



There are many choices for individuals with disabilities post-secondary school and choices matter; higher levels of self-determination are associated with higher quality of life ([Wehmeyer, 2020](#)). Options range from the “typical” four or two-year college experience with needed accommodations (covered by the Americans with Disabilities Act), to vocational-technical schools, life skills programs and day programs. There are a growing number of programs across the U.S. that offer life skills and technical training with a mainstream university experience (i.e., [George Mason University’s Mason LIFE Program](#)). Before that 18th birthday consider if your child can make all of their own decisions, if they may benefit from supported decision-making, or if you need to apply for guardianship.

If guardianship is a possibility, the process may be lengthy.

For state-specific transition resources, look to your local school district, your local Parent Training and Information center (PTI) and your [EFMP family caseworker](#). There are many online and in-person trainings you can access. For example, the [ARC of NOVA](#) offers a weekly “Lunch and Learn” specific to transitions and the PTI centers all provide trainings and resources for post-secondary transitions.



Don't forget: your male child [must register with the Selective Service](#) at age 18 unless homebound.

Transition Resources

[Parent Education Advocate Training Center](#) (PEATC): PTI for the state of Virginia.

[Virginia Department of Aging and Rehabilitative Services](#): State agency tasked with supporting employment and vocational rehabilitation programs for Virginia

[The Parent's Place of Maryland](#): PTI for the state of Maryland

[Maryland State Department of Education Division of Rehabilitation Services](#): State agency tasked with supporting employment and vocational rehabilitation programs for Maryland

[Advocates for Justice and Education, INC](#): PTI for Washington, D.C.

[Department of Disability Services Youth in Transition](#): Agency tasked with supporting employment and vocational rehabilitation programs for Washington, D.C.

[Think College](#): Includes a directory of postsecondary education programs for students with intellectual disability

[Supported Decision-Making](#): Federal grant-funded initiative to research and market supported decision-making options

Disability Rights and the DMV

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Laws and policies vary depending on the state, but here are some tips specific for individuals with disabilities:

- Are you Deaf or Hard of Hearing and live in VA? You may be eligible for a [visor alert card](#) to ease communication with police officers in the event of a traffic stop. The card includes communication strategies.
- You may opt-in to disclose certain medical conditions on your VA, MD or DC driver's license (i.e., speech impairment, autism spectrum disorder)
- In [DC](#), disability parking placards/permits/tags allow the owner to park for double the time posted in any DC metered space (excluding red top meters)
- In [VA](#), disability parking placards/permits/tags allow the owner to park for up to 4 hours free of charge in metered or time-restricted spaces (unless locality prohibits this privilege)
- In [MD](#), disability parking placards/permits/tags allow the owner to park for up to twice the maximum time (up to four hours) in metered spaces and exempt the owner from paying parking meter fee **if** the meter does not meet ADA requirements. These rules do not apply in Baltimore, MD or if there is a local ordinance prohibiting parking during heavy traffic.



HENDERSON HALL

EFMP HITS THE ROAD

Next Stop: Joint Base
Andrews, MD

MEET AND GREET

31 JAN, 2024 1000-1130: EFMP staff will support Sensory Storytime at JB Andrews library.

31 JAN, 2024: 1130-1300 Henderson Hall EFMP Staff will host a “meet and greet” in the lobby of the Military and Family Readiness Center. Giveaways available!



Virginia

01 JAN: Virginia First Day Hikes

Enjoy free entry at any of the 42 Virginia State Parks on New Year's Day (Natural Bridge State excluded). Commemorative sticker available while supplies last. Many state parks will host guided hikes and programs. [Link](#)

05 JAN, 1000-1130: Meet the Authors of "Raising a Kid Who Can"

Free. Author Q and A at the Fairfax County Public Schools Family Resource Center. [Link](#)

11 JAN, 0800-1300: Autism Resource Clinic

Free. Check-in at 0745. Half-day seminar held at Alexander T. Augusta Military Medical Center on Fort Belvoir every month. Local experts and resource representative will join in-person and virtually to empower parents as they develop a team of support. Henderson Hall EFMP Program Manager and Training/Education/Outreach specialist will be present, as will the Henderson Hall School Liaison Officer. Registration required. Call 571-231-1015, option 4.

20 JAN, 0900-1200: SIBSHOPS-In-Person Workshop for Siblings of Children with Special Needs

Free. Must be enrolled in Fairfax County Public Schools. Grades 2-6. [Register.](#)

20 JAN, 1500: Book Talk with NASA Astronaut Tom Jones

Free. Vienna, VA. Bards Alley Bookshop will host NASA astronaut Tom Jones to discuss his book. Q and A to follow. [Link.](#)

Virtual

09 JAN, 1130-1200: Knowledge Nugget: Managing Deployments*

Free. Join Henderson Hall for some bite-sized learning! This workshop offers an overview of the preparing for deployment and explores the supports available through EFMP. Pre-register at ombefmo.eventregistration@usmc-mccs.org

10 JAN, 1000-1100: Hybrid Sip-N-Share Support Group

Free. Sponsored by Army Community Service. Open to all branches of service. Email Tashawn.n.wilson.civ@army.mil or carol.m.burchfield.ctr@army.mil for the link.

23 JAN, 1130-1200: Knowledge Nugget: Medicaid and Supplemental Security Income*

Free. Join Henderson Hall for some bite-sized learning! This workshop offers an overview of Medicaid and SSI benefits. Pre-register at ombefmo.eventregistration@usmc-mccs.org

*Indicates course offered by Henderson Hall EFMP

Maryland

01 JAN: First Day Hikes of 2024

Various MD state parks will host ranger-led hikes as well as self-guided hikes to start the New Year off in the great outdoors. [Link.](#)

12 JAN: Cohen Warriors Anonymous Support Group

Free. Held by Steven A. Cohen Military Family clinic at Easterseals. Registration not required. Support group for veterans, active duty service members and first responders. [More information.](#)

31 JAN, 1000-1100: Sensory Storytime at Joint Base Andrews

Free. Hosted by Joint Base Andrews library. Henderson Hall EFMP and JBA EFMP will also be there to support the program. [More information](#)

31 JAN, 1130-1300: Henderson Hall EFMP Meet and Greet

Lobby of Military Family & Readiness Center on Fort Andrews. Come by and get a free gift! This is an opportunity to turn in paperwork, check-out an item from our loan locker/lending library, or just put a face to a name.

Washington D.C.

07 JAN, 1300-1500: Family Card Making

Free. Hosted by Smithsonian's Anacostia Community Museum. Celebrate the last day of Kwanzaa with a craft activity for the whole family. [Link](#)

13 JAN, 1000-1400: Family Day at the DAR Museum

Free. Family-friendly activities, interactive displays, and educational exhibits. [Link.](#)

20 JAN, 1030-1200: Hill Family Biking

Free. Group bike ride from Eastern Market Metro to the SW Library for story time/activities. You can arrive 15 minutes early for bike maintenance if needed. Children 7 and under should ride on a parent's bike. [Link.](#)

26 JAN, 1100-1200: Strong Start Bilingual Community Playgroup

Free. Woodridge Library. For 12-24 months. Early intervention professionals facilitate playgroup. RSVP is required. [Link.](#)

Sensory Friendly Activities across the NCR

Note: This is an ongoing list updated monthly. Please contact HH TEO if you know of a resource that should be included

Strathmore Concert Hall Tours

Free. January 27- May 11. Children and teens with sensory differences are invited to go backstage for a small group tour. [Link](#)

Alamo Drafthouse Cinema

Alamo for All program is active in both Northern VA and DC. All shows on Tuesday before 2:00 p.m. are sensory-friendly. Additional shows are available on weekends.

AMC Theatres

Second and fourth Saturdays for family-friendly movies and Wednesday evenings of every month offer sensory-friendly showings

Children's Museum of Virginia

Portsmouth, VA. Reduced number of visitors and adapted programs/exhibits.

Note: Second floor currently under construction. Held the second Sunday of every month. [Link](#).

Chuck E Cheese

Sensory-Sensitive Sundays. Participating locations open two hours early on the first Sunday of the month.

Kennedy Center

Price varies. Lower lighting during entire performance, reduced sounds, and designated quiet area of theater. Guests are welcome to talk and move throughout performances. Website includes scripted stories to talk about an upcoming visit. [Link](#).

Regal Movies

My Way Matinee Program offers sensory-friendly showings as the first show on Saturdays on select Saturdays.

Walmart

Sensory-friendly shopping hours are being reinstated from 8:00 a.m.-10:00 a.m. at all locations across the U.S.

LEARN^{the} FACTS ABOUT KIDNEY DISEASE

A Self-Help Guide to Better Kidney
Health With Proven Therapies



STEVEN ROSANSKY, M.D.

Written by a kidney specialist with over 40 years in renal care, this book offers an overview of kidney disease with laymen-friendly summaries and a large glossary. This book may be the best fit for those who are newly diagnosed with kidney disease as an easy-to-read introduction.

Any medical decisions should be discussed with your medical team.

To borrow this item or any of the other items in the lending library, contact efmphh@usmc-mccs.org or call (703) 693-7195. You may schedule pick-up at Henderson Hall or at an upcoming EFMP Meet and Greet in your area




“My Little Box of Emotions” contains five board books perfect to begin social-emotional learning for the toddler in your life. Your child will learn to name their feelings including anger, happiness, sadness and pride. Each book describes how the body may feel physically during different emotions, which can help children tackle abstract concepts.

To borrow this item or any of the other items in the lending library, contact efmphh@usmc-mccs.org or call (703) 693-7195. You may schedule pick-up at Henderson Hall or at an upcoming EFMP Meet and Greet in your area



Learn 160 signs in American Sign Language including greetings, action words, feelings, and foods. This can be a great resource for families. There are illustrations and detailed descriptions on the back of the card. Try something new this year!

To borrow this item or any of the other items in the loan locker, contact efmphh@usmc-mccs.org or call (703) 693-7195. You may schedule pick-up at Henderson Hall or at an upcoming EFMP Meet and Greet in your area



I got charged for my DD 2792 to be completed-is there anything EFMP can do?

Yes. Turn in the visit receipt and completed 2792 to the Henderson Hall EFMP office and they will provide you with reimbursement form paperwork. Your receipt must include your provider's name, the date, be marked PAID and form completion must be listed as a separate cost in the receipt. Contact your caseworker for more information.

HH EFMP Services

- Family support/non-clinical case management
- Informal Assignment Screening
- EFMP Attorney Assistance
- Resources and Referrals
- Support at IEP/IFSP meetings
- Respite Care Reimbursement Program
- Eligibility and enrollment for Tricare ECHO
- Transition Assistance (PCS, ETS)
- Workshops and Training
- Lending Library
- Loan Locker
- Family Needs Assessment

Henderson Hall MCCA is committed to providing accessible, inclusive events and services. Please contact us with

concerns or suggestions

efmpha@usmc-mcca.org

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Smart Goals Quiz

1. Not specific or measurable! This could be a good long-term goal
2. This goal is not attainable on such a short timeline
3. This goal is the winner! It follows the SMART format. It is specific, measurable, attainable, relevant and timebound
4. This goal is not relevant to family readiness
5. This goal is not timebound

Wehmeyer M. L. (2020). The Importance of Self-Determination to the Quality of Life of People with Intellectual Disability: A Perspective. *International journal of environmental research and public health*, 17(19), 7121. <https://doi.org/10.3390/ijerph17197121>