



EFMP NEWS TODAY

VOLUME 4, ISSUE 7

NOVEMBER / DECEMBER 2011

SPECIAL POINTS OF INTEREST:

- EFMP welcomes Felicia Johnson to the EFMP team. She is the new EFMP System Navigator.
- EFMP Holiday Party scheduled for Dec 6. Please remember to RSVP your spot!
- EFMP MEDDAC office at MACH has moved to the 8th floor.
- Come pick up your EFMP Resource Directory at our office or view online.

INSIDE THIS ISSUE:

EFMP System Navigator	2
Northeast Passage Living Beyond Disability	3
White House Request/CYSS Fun Fair	4
EFMP Updated Library/Free Yoga Classes for Military Spouses	5
Early Signs of Autism	6
Upcoming Events	7

EFMP Staff

The fall season will soon be coming to an end and winter is right around the corner. EFMP wants to wish all families a very happy holiday season. EFMP continues to schedule events for families to attend. To keep up to date with upcoming EFMP events, please join our email distribution list or Facebook page. Call 751-5256 and ask an EFMP representative to add your email address to the distribution list.

Upcoming events for November and December includes: bowling, outing to

Teddy Mountain, and our annual EFMP Holiday Party. As a reminder please RSVP for these events.

EFMP updates, enrollments, and dis-enrollments can be done at the EFMP MEDDAC office located at MACH on the 8th floor. Screening days and times are Tuesday starting at 0900 and Thursday at 1300. Existing EFM's status should be updated every three years or as medical and/or educational condition changes.

Families interested in res-

pite care services should contact the EFMP office for more information.

EFMP thanks all families for their continuing support and positive feedback. If you have any questions, concerns, or comments please let us know.

EFMP Staff

~Cheryl Jackson, Brandi Palmer, Marisa Willis, Felicia Johnson~

Special Needs Family Night

*You are cordially invited to **Special Needs Family Night** at the Plex Indoor Sports in the Village of Sandhills.*

This is a private event closed to the general public and is only for children and individuals with special health care needs and their families.

Admission is \$5 per person (Caregivers are admitted free). Family members are welcome to participate in all activities.

Wheelchairs and walkers are welcome on both the turf field and Roller Skating Surface!

Roller Skating, games and fun for the whole family.

Open Play on the turf field (soccer,

dodge ball, flag football, etc.)

Caregivers and family members do not have to wear roller skates to accompany family members onto the roller skating surface. We will also have extra staff on duty to play games with participants. Our resident DJ will be available for music requests.

Plex Special Needs Family Night is the 3rd Wednesday of each month.

November 16, 2011 6pm-8pm
 December 21, 2011 6pm-8pm "Holiday Event"
 January 18, 2012 6pm-8pm
 February 15, 2012 6pm-8pm
 March 21, 2012 6pm-8pm
 April 18, 2012 6pm-8pm
 May 16, 2012 6pm-8pm



“What is an
EFMP
System
Navigator?”

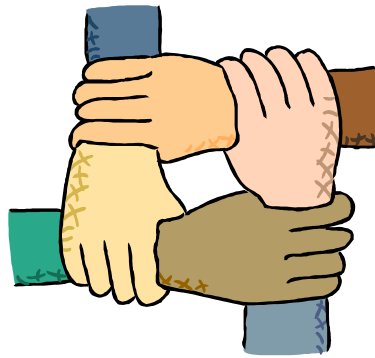


EFMP System Navigator

An EFMP System Navigator recently joined the EFMP team at Fort Jackson. But what exactly is a system navigator and how will the individual better service EFMP Families in the community?

What is Systems Navigation?

Systems Navigation is a community support component of the EFMP that connects Families with special needs to the systems of care they need, both on and off the installation. Systems Navigation also supports the goals of the Army Family Covenant.



Who is eligible for Systems Navigation?

Active Duty Army, Reserve and Guard Families are eligible for Systems Navigation assistance regardless of their Exceptional Family Member's (EFM) medical and/or special education condition. All services are provided at no cost to Families.

Who is a Systems Navigator?

Systems Navigators are Army Community Service EFMP staff members located on the installation. They are trained and knowledgeable about

the systems of care used by Families with special needs. The primary role of a Systems Navigator is to navigate Families through the available systems of care.

How can an EFMP Systems Navigator help your Family?

- Identify your EFM and Family strengths and needs.
- Help identify and prioritize your EFM and Family goals.
- Develop a Family Service Plan to reach your goals.
- Make referrals to required services.
- Provide information about disabilities or medical conditions of concern.
- Find transportation to appointments related to the Family Service Plan.
- Identify support groups and social activities.
- Strengthen your ability to advocate for your EFM.

Are EFMP Systems Navigation services offered at all installations?

Systems Navigation is currently offered at certain installations at this time. The Army recognizes the importance of expanding the EFMP and looks forward to offering the program at additional installations in the future.

For more information or to meet Felicia Johnson, the new EFMP System Navigator, please call 751-5256 or email:

felicia.r.johnson.ctr@us.army.mil



Northeast
PASSAGE
LIVING BEYOND DISABILITY

2012 overnight Winter Adventure Camps for teens with disabilities in military families!

Join Northeast Passage and the University of New Hampshire's Cooperative Extension for one of two winter adventure camps **specifically designed for teens (14-18) with physical and developmental and cognitive disabilities** in the White Mountains of New Hampshire.

January 6-9, 2012: Camp for teens with physical disabilities

January 20-23, 2012: Camp for teens with developmental and cognitive disabilities

Activities include: Alpine and Nordic Skiing, dog sledding, skating, snow tubing, snowshoeing and more! All activities are facilitated by trained staff and volunteers and are appropriate for teens with disabilities. All lodging and facilities are wheelchair accessible.

For over 20 years, Northeast Passage has been a nationally recognized leader in therapeutic recreation. A non-profit affiliated with the University of New Hampshire (50 miles north of Boston), we provide innovative solutions for children, adults, and military veterans with disabilities. We are staffed by a passionate, highly-skilled group of professionals with the sole purpose of empowering individuals with disabilities to define, pursue and achieve their therapeutic recreation goals. Northeast Passage's staff has experience programming activities for youth with a wide range of disabilities including (but not limited to) spinal cord injury, Muscular Dystrophy, Cerebral Palsy, Spina Bifida, Autism spectrum, Down Syndrome, visual impairment, amputation, Traumatic Brain Injury and Pervasive Developmental Disorder. **All abilities welcome and encouraged to inquire.**

****All inclusive!** A \$20 registration fee includes lift tickets, lessons, equipment rental, and food/lodging at the Appalachian Mountain Club's Highland Center in Bretton Woods, NH. NO additional fees! **Transportation assistance is available, including airfare** for teen and a companion from anywhere in the U.S.!

For more information and to register, visit www.nhomk.com or contact Charlotte Cross, University of New Hampshire Cooperative Extension at 603-862-2495 or militaryteen.camp@unh.edu

Northeast Passage is a program of the University of New Hampshire. For more information on Northeast Passage, visit www.nepassage.org.

White House Request

The First Lady is asking military children from around the globe for some personal contributions to the finishing touches on the White House decorations this holiday season. The request is for military children to submit 5x8" handmade holiday cards with words of appreciation for their military parents, as well as pictures and drawings. The White House will display as many of the cards as possible.

Participants are asked to send holiday cards to the following address along with information from where they are sending it by November 16, 2011:

Reservation 1
Attn: Social Office
PO Box 8070
Washington DC, 20032



Join **CYSS**
at their
upcoming
Fun Fair!

MILITARY FAMILY APPRECIATION FUN FAIR

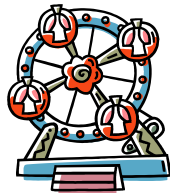
*CARNIVAL RIDES, GAMES, BOUNCE HOUSE AND SLIDE!
FREE AND OPEN TO THE FORT JACKSON COMMUNITY!*

DATE: SATURDAY, NOVEMBER 19

TIME: 10 A.M.—2 P.M.

LOCATION: SOLOMON CENTER

SPONSORED BY CHILD YOUTH & SCHOOL SERVICES





News Bulletin: EFMP Updated Library



EFMP Families:

Our Fort Jackson Library has received some new books highlighting both adults and children with special needs. DoD provided funds to the Air Force Library Program to purchase resources to assist EFMP professionals and families with special needs children of all Military Branches.

Please see the link below for their online catalog:

<http://mylibraryus.fmwr.net/search~S30/>

This link which is also bookmarked on the

EFMP webpage at

www.fortjacksonmwr.com/library.

Anyone with a valid military ID is eligible to borrow material from the post library. If the sponsor is here for one of the schools or for training here at Fort Jackson, then the library will need a copy of the sponsor's orders stating how long they will be here and which unit they are assigned to.

If you have additional questions about the books please contact our post library at 803-751-4816.

Free Yoga Classes for Military Spouses

Sundays 2-3pm

in 360th Battalion fight room

Ft Jackson

Nov 6, 13, 20, 27 & Dec 4, 11, 18

Student Information

- Be prepared to practice barefoot with comfortable workout clothing
- Bring your own mat (if you own one), Heather will provide up to 10 mats during class – please clean before leaving if you borrow a mat
- For your comfort, let meals digest for at least 1 hour before class
- Let Heather know of any health condition prior to class
- Breathe and smile... Yoga should feel good!

To keep updated on class schedules and teaching locations visit Heather's Facebook page!

Tranquility Concepts, LLC
heathersmith@me.com



Early Signs of Autism

How to get your child help when it matters most

By Shari Lopatin, TriWest Healthcare Alliance

Did you know a child as young as one year old can show signs of autism, according to Autism Speaks?

“If your child does have autism, early intervention may be his or her best hope,” the organization says on its website.

If you are planning to have a baby, or are currently pregnant, getting to know the early warning signs of autism can be a huge advantage for you and your family. In fact, research suggests that if you already have one child with autism, your risk of having another child with autism increases by about 20 percent, says Daniel Openden, vice president and clinical services director of the Southwest Autism Research and Resource Center (SARRC).

What are the early warning signs?

The following is a list of early warning signs that should serve as “red flags” to get your child checked, from SARRC and Autism Speaks:

- No good eye contact with you: babies learn through engaging with others
- No large smiles or other happy expressions by six months
- No variety of sounds (i.e. “ba,” “ma,” “da”) starting around six months
- No interest in exploring the world around them
- No back-and-forth sharing of sounds and facial expressions by nine months.
- No babbling by 12 months
- No single words by 16 months
- No meaningful phrases (without imitating or repeating) by 24 months

“Thus far, research presented by experts at several autism conferences suggests that, while we typically cannot reliably diagnose autism until children are about 2 years old, the earliest signs of autism may begin to emerge between 6 and 12 months of age,”

Openden says.

My baby shows red flags. What should I do?

Talk to your pediatrician immediately. Together, you will determine the best steps to get your child evaluated for an autism spectrum disorder as quickly as possible.

The Centers for Disease Control and Prevention (CDC) say that early intervention methods can greatly improve a child’s development. Therefore, if you suspect anything, don’t wait—have your child evaluated and, if necessary, begin early intervention right away.

TRICARE Covers ABA Therapy

TRICARE, the military healthcare benefit, covers Applied Behavior Analysis (ABA) therapy for autistic children under its Autism Services Demonstration.

To be eligible for the demonstration, children must first be enrolled in TRICARE’s Extended Care Health Option—or ECHO. Then, they must have a diagnosis that falls along the autism spectrum, have an active duty sponsor, be living in the United States and be 18 months or older.

The Autism Demonstration covers all therapies that fall under the umbrella of “Educational Interventions for Autism Spectrum Disorders,” which includes ABA. The providers that implement these therapies must be TRICARE-authorized in order for the treatments to

be covered.

For more information on ECHO and the Autism Services Demonstration, visit www.tricare.mil/echo.

AUTISM Resources

SARRC: www.autismcenter.org

AUTISM SPEAKS:

www.autismspeaks.org

OPERATION AUTISM:

www.operationautismonline.org

TRICARE Resources

www.tricare.mil

TAMP

www.tricare.mil/tamp

ECHO

www.tricare.mil/echo

North Region

www.hnfs.net/bene/home

1.877.874.2273

South Region

www.humana-military.com/

1.800.444.5445

West Region

www.triwest.com/echo

UPCOMING EVENTS

Family Night Out

When: 1st Tuesday of the month
Where: Chick-fil-A; 2600 Decker Blvd.
Time: 5:00 pm
 Buy an adult meal get a 4 pack kid's meal FREE!
 Buy one Chicken Salad Sandwich get one FREE!

EdVenture Outing

When: 2nd Tuesday of the month
Where: 211 Gervais Street
Price: \$1.00 per person
 Open to everyone!
 Experience the joy of learning and discovery!

EFMP Bowling

When: Nov 15
Where: Century Lanes Bowling Center; 4464 Gregg Street
Time: 3:30 - 5:00 pm
 Must call EFMP office to RSVP. Must be enrolled in EFMP.

EFMP Teddy Mt. Outing

When: Thursday, December 1
Where: 1630 Village of Sandhill
Time: 4:30 pm

Create your own free stuffed animal. Accessories for stuffed animal not included.

New participants only.
 Must call EFMP to RSVP.
 Must be enrolled in EFMP.

EFMP Holiday Party

When: Tuesday, December 6
Where: Solomon Center
Time: 6:00 pm

Please bring your favorite dish to share!

Must call EFMP office to RSVP. Must be enrolled in EFMP.

EFMP enrollment is required for FREE admission to events. However, if sponsor is not enrolled in EFMP families may still participate, but fee may apply.

ARMY COMMUNITY SERVICES



Exceptional Family Member Program

Strom Thurmond Blvd.
 Bldg. 5450, Room 120

Phone: 803-751-5256

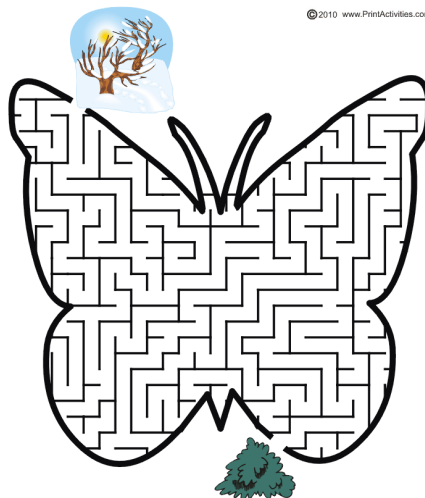
Fax: 803-751-5528

E-mail:

usarmy.jackson.93-sig-bde.mbx.jackson-ac@mail.mil

KID'S CORNER

Find your way through the butterfly maze.



Kid's Sudoku

www.printactivities.com

5	6		2		3
1		3		4	
	3		1		2
6		2		5	
	4		5		1
3		1		2	

We're on the web!

<http://fortjacksonmwr.com/acs/>