



MCB Hawaii EFMP The Exceptional 'Ohana May 2025

Respite Care Overview

EFMP initiated the Respite Care Reimbursement Program in 2008 to support the impact of a high operational tempo and the impact to families who support a family member with exceptional needs. Recent changes to the program in October 2024 has made this service available to more families!

The intent of the program is to reduce stress on sponsor families by providing temporary rest periods for primary caregivers of individuals with special needs.

The program provides reimbursement for care expenses so that caregivers can take time for themselves and go on date night, have lunch with a friend, get a haircut, take a nap, go to the gym, etc.

Contact us at 808-496-0290 to find out if you're eligible!

Contact Us:

Main: 808-496-0290

Fax: 808-496-1650

Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii

Simple Self-Care Practices for a Healthy Mind, Body and Soul

PCS moves (and military life, in general) can bring a lot of stress and anxiety. Here are some things to remember: Self-Care isn't a one-time deal. It's the constant repetition of many tiny habits, which together, soothes you to make sure you're at your optimum—emotionally, physically, and mentally.

The best way to do this is to implement tiny self-care habits every day; to regularly include a little bit of love and attention for your own body, mind, and soul.

The following ideas are tiny self-care activities you can fit into a short amount of time, usually with little cost.

Tiny Self-Care Ideas for the Mind

1. **Go cloud -watching—** Lay on your back, relax, and watch the sky.
2. **Choose happiness—** Do one thing today because it makes you happy.
3. **Punctuate your day with a mini-meditation—** Focus one minute of awareness on your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.

Tiny Self-Care Ideas for the Body

1. **Get down and boogie—** Put on your favorite upbeat record and shake it!
2. **Stretch out the kinks—** It only takes a few minutes for a full-body stretch.
3. **Have a good laugh—** Read or watch something funny.

Tiny Self-Care Ideas for the Soul

1. **Write out your thoughts—** Journal about dreams, goals, and positive things in your life.
2. **Do a "beauty scavenger hunt"—** Find five unexpectedly beautiful things on your way to work, on a walk, or in your home.

Incorporating a few of these tiny self-care ideas in you day will help you to be more positive, and deal with stress & anxiety better.

For more self-Care activities check out the original article at: <https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

May is Mental Health Month

Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness.

Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders to live full and productive lives.

Mental Health Month gives all of us a valuable opportunity to celebrate the tremendous strides this Nation has made in promoting mental health and increasing the public's knowledge that effective services and support are available.

Is Poor Mental Health the same thing as having a Mental health Condition?

NO! We all have tough days and weeks and struggling with your mental health doesn't automatically mean you have a mental health condition. To be diagnosed, the changes in your thinking and emotions must be seriously hurting your ability to do the things you want to do, and sticking around longer than they should (weeks or months, depending on the condition). You can have times of poor mental health without having a diagnosable condition, just like you can be generally physically unhealthy without having a particular illness.

Getting Mental Health Care Through TRICARE

Emergency Mental Health Care

What is a mental health emergency?

You have an emergency if the patient:

- ◇ Is at immediate risk of serious harm to self or others as a result of mental disorder
- ◇ Needs immediate continuous skilled observation at an acute level of care (based on a psychiatric evaluation)

When you have a mental health emergency:

- ◇ Call 911 or go to the nearest emergency room. The hospital department that provides emergency services to patients who need immediate medical attention.

You don't need pre-authorization

- ◇ If admitted, call your regional contractor within 24 hours or the next business day
- ◇ Admissions must be reported within 72 hours

Non-Emergency Mental Health Care

You don't need to get a referral or pre-authorization for any outpatient mental health (except psychoanalysis) and substance use disorder (SUD) care. This includes services like therapy and counseling. If you choose a provider outside the network, you may pay higher costs.

For psychoanalysis or care from an institutional provider outside of a military hospital or clinic, you must get a referral for non-emergency mental health and SUD care.

Need help close to home?

Contact these resource providers aboard MCBH for more information on the services they provide.

F.O.C.U.S—Families Overcoming Under Stress. Provides resilience training and practical skills to help families with common challenges related to military life. Services are confidential and not part of your medical record. Email: cmccclure@focusproject.org or call 808-496-7774 or 901-206-3648 (service are provided virtually through telehealth)

MCCS Behavioral Health Community Counseling Program. Licensed and experienced counselors that are there to help with your emotional well being, relationships, family life and military readiness. Services are confidential and are not kept permanently or as part of your medical record.

Visit the C.A.A.R.E Center (BLDG 216) or call 808-496-7780/8803

Training & Events

For event registration, call us at 808-496-0290.

You can also email us at mcbh.efmp@usmc.mil or contact your case worker.

Please register at least 1 day prior to the event.

DATE	TIME	TOPIC	LOCATION
May 8	10:00 AM	RESPIRE CARE— Understand respite care eligibility and know requirements for reimbursement.	RSVP to get the link. Virtual on Teams
May 14	8:30 AM	SUCCESSFUL PSC TRANSITIONS— Partnering with IRRS	BUILDING 579
May 21	10:00 AM	Sensory-friendly Storytime with the Base Library— This Storytime incorporates more songs and movement for the active child.	BUILDING 219, Library Classroom 106 (next to the EFMP office)
May 22	10:30 AM	EARLY INTERVENTION OVERVIEW Learn about developmental milestones, and focusing on children's speech, with NPSP and Easter Seals	Please RSVP by May 20th BUILDING 219, Library Classroom 106 (next to the EFMP office)
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic Kaneohe Bay

'Imí ola
Seek your best life

When we practice 'Imi ola as a personal value, we create and fulfill our own destiny. 'Imi ola is to seek the highest form of our well-being. This is not selfish, but **expressive**: To 'Imi ola is to define and celebrate your gifts as you breathe best working form into your actions, growing into the person you're meant to be — the person you can most generously share with others through your Aloha