



Exceptional Family Member Program

Fort Riley Kansas

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Deployment/Separations Anxieties

Separations can be a challenge on its own, but many families today face the uncertainties and struggles of having an Exceptional Family Member (EFM).

There are many things a family can do to ensure their dependent's special needs are met during deployments.

Families need a realistic and appropriate plan that describes how the EFM's needs are met.

Families need to be connected to community support services for medical, educational and social services related to the EFM's diagnosis (special education, mental health services and /or medical specialists, respite care services).

Arrangements need to be made to insure transportation is available for the EFM to access needed services and treatments.

The diagnosed condition, prognosis and care/treatment requirements must be clear to the sponsor and spouse.

A plan needs to be in place for required care to be obtained and any special arrangements needed (travel or insurance).

Suggestions:

► Funds need to be budgeted and available to meet out of pocket expenses related to EFM.

► Families and EFM's need to be aware of and participate in social support groups.

► A support system/plan needs to be in place for primary caregiver of the EFM. If the spouse is enrolled in EFMP, the family needs to identify a person who can assist in case of short-term emergency.

► Primary caregiver needs a working plan to

obtain breaks from care giving responsibility, i.e. Respite care

► Each family needs a Power of Attorney, Will, current DEER's and TRI-CARE enrollment; current ID cards.

► Families need telephone numbers for their Family Readiness Group, Staff Duty, Rear Detachment and any other emergency numbers.

► Ensure that your Family Care Plan is completed.

Being enrolled into the EFMP program does not exempt a soldier from deployments, field duties, and or specified training.

Family Networking

A list is being established for families to network with other families. Contact the EFMP office for further information by calling 239-9435.



Reminders & Upcoming Events

Tentatively working towards EFMP Summer Camp, June 2003/ Special Needs Rodeo, July 2003.

Attached is a calendar for the Fort Riley & Junction City:

"Our Country, Our Children, Protecting Them Both". Be sure to join us.

EASTER EGG HUNT

We will be having an Easter Egg Hunt on April 05, 1100 to 1200 at the Solider Family Support Center, Building 7264, Fort Riley Kansas 66442. RSVP by 31 March 2003 to EFMP Coordinator, 239-9435.

The First Step Towards A Miracle

Today my child pulled himself up to where he was standing tall. He was holding on for dear life, because he didn't want to fall. As he took that first amazing step, I watched with tear-filled eyes. The pride that I was feeling inside, I really could not disguise. First one step then another, he's nearly crossed the entire room. Finally there is a ray of hope that's pushing away the gloom. You see - my child is not an infant; in fact he's sixteen years old. But a mere month ago I received a call that had left me chilling cold. There had been an accident; he was driving on his way to school. A friend had seen him earlier - he'd been following every rule. A raccoon crossed in front of him; his car rolled as it veered off path.

He was trapped inside, the car was on fire; the odds? - You do the math. A stranger arrived on the scene and was able to get the fire out. He called me on a cell phone - a guardian angel there's no doubt. We didn't know if he'd live or not, his condition was very critical. We knew it was a time for lots of prayer - we couldn't be cynical. He is proof of what a mixture of medicine, prayer, and grit can do. They didn't think that he would be walking for at least another month or two. If it is within the realm of possibility, he seems to make it come true. He took the first step towards a miracle, and will get there before he's through!

Poem Written by his Mother, 2002

EFMP Support

Meets on the 1st Monday of every month. We will meet at the Soldier Family Support Center from 7:00 to 8:30 p.m. Call the EFMP Office at 239-9435 for more information.



Medical !! Medical!! Medical!! Medical!!

► Please keep all medical documentation current and EFMP enrollment forms need updated every 3 years. Contact the EFMP Special Needs Advisor at the hospital by calling 239-7198.

► **Need answers about your military health care benefits?** The fastest way is through THEMES, the **TRICARE Help E-Mail Service**. It can provide quick and accurate answers to TRICARE questions. Clinical questions should be referred to your primary care provider. THEMES can be accessed worldwide from any computer connected to the Internet. The address is TRICARE help@amedd.army.mil.

► Reimbursement for Medical Travel Costs

Contact the Airevac Clerk, 239-7740, Irwin Army Community Hospital. Families need authorized referral from a referring health care provider. Reimbursement is usually over 100 miles. Families need all receipts.

Educational!! Educational!! Educational!!

No Child Left Behind: A New Law For All Students

The No Child Left Behind (NCLB) Act was signed into law on January 8, 2002. This law changes the role of the federal government in kindergarten through 12th grade educational program.

The four key principles of the Act are:

1) Accountability.

Each school is now held accountable for the quality of education they provide for their students. Schools must measure levels of performance/improvement for all groups of students through annual assessments beginning in 3rd grade, through grade 8, and at least once in high school. States must establish a definition of adequate yearly progress (AYP) for the schools in their state. If a school doesn't make adequate progress for a period of two years, they will be identified as "a school in need of improvement." When a school is at "needs improvement" status, the district must reserve 20% of its federal funds to be used for supplemental services and school improvement activities.

2) Flexibility and local control.

Local school districts have flexibility to reallocate federal resources to meet the needs that are most important to their success.

3) Parental choice.

NCLB views parents as equal partners in the educational process and expands options for parents who want their children to attend a good school and receive a quality education.

4) Research-based practice.

There is a widely recognized need for more research about education. An aggressive research agenda is being promoted for literacy, reading instruction, math and effective teaching, among other topics.

Transportation Support

Operation Wheels is free transportation for those who live in Junction City and on Fort Riley. Persons who do not have access to a vehicle or who do not drive are provided transportation to on-post facilities. Call 24 hours in advance to make an appointment.

Armed Services YMCA
785-762-4780



Great Resources:

Parenting Classes:

Junction City: Love & Logic Parenting Class

USD 475 school district will offer Love & Logic Parenting Class. The starting date will be 31 March through 05 May 2003, meeting every Monday. Call and reserve at 238-6184.

Manhattan: Common Sense Parenting

Kansas Children Service League will offer Common Sense Parenting. The starting date will be 04 March through 08 April. Call and reserve at 539-6571. Summer classes may be offered.

Counseling:

The Family Center, College of Human Ecology Kansas State University, Campus Creek Road, Manhattan, Kansas. Call at 785-532-6984 and/or 785-532-6523 between the hours of 8:00 am to 5:00 pm.

The Family Center provides an interdisciplinary focus with faculty participation from departments within the college. College students under faculty supervision offer services involving: marriage and family therapy, and family life education.

Family, Fun and Facts Kansas School for the Deaf,

450 E. Park Street, Olathe, Kansas 66061, March 28-29 2003. Call 913.791.0511. or www.ksdeaf.org This weekend event is for families of children who are deaf or hard-of-hearing and professionals in the field.

Featured books:

Straight Talk About Reading: How Parents Can Make a Difference During the Early Years by Susan Hall, Louisa Moats and Reid Lyon.

Love & Logic Solutions For Kids with Special Needs by Dave Funk

Dave gives a clear picture of special needs kids for who they are, not for who we are afraid they might be.

Order: 1-800-33-4065 www.loveandlogic.com

Teaching the Tiger: Educating Students With Attention Deficit Disorders, Tourette Syndrome or Obsessive Compulsive Disorder by Marilyn P Dornbush and Sheryl Pruitt.

Dysgraphia: Why Johnny Can't Write- A Handbook for Parents and Teachers by Diane Walton Cavey

Dyslexia: Theory and Practice of Remedial Instruction by Diana Brewster Clark and Hohanna Kellogg Uhry.

You, Your Child, and 'Special' Education: A Guide to Making the System Work by Barbara Coyne Culter.

Great website on best-seller books:
www.wrightslaw.com/bkstore/bks_educate.htm

