



# EFMP Newsletter

## MCB Quantico

*The Exceptional Newsletter  
for Exceptional Families*

October-December 2009  
Vol. 1, No. 2

MCB Quantico Exceptional Family Member Program • 122 Neville Rd, Quantico, VA 22134 • 571-931-0524

### What is SNERT?

The Marine Corps Special Needs Evaluation Review Team (SNERT) is a team of qualified personnel whose goal is to make an assessment of the accommodations necessary for a special needs child(ren) to participate in Marine Corps Children, Youth, and Teen Programs (CYTP) and determine the most appropriate placement for the child. Installation SNERT teams report to the installation commander and shall include, but are not limited to, the following members: CYTP Administrator, EFMP Caseworker/Program Manager, medical personnel, parent(s) of child, child or youth, when appropriate, and other applicable CYTP or community agency personnel. Additional information about the Marine Corps SNERT can be found in Marine Corps Order P1710.30E, "Marine Corps Children, Youth and Teen Programs," 24 June 2004.

### Quantico Corner

#### SWIM PARTY

Over 31 people enjoyed cool water on a sweltering day in early August at the EFMP Swim Party. Kids splashed in the kiddie pool, slid down the frog's tongue slide, and adults braved the high dive. Hamburgers and hotdogs were a welcomed snack after lots of swimming! It was a great chance for EFMP staff to meet and talk with EFMP families in a relaxed setting. The families had a chance to speak and address a variety of questions to Christa Bastian, the Headquarters EFMP Advocate. It was a great event for all involved and EFMP wants to send out a big THANK YOU to all of the families that were able to attend!

#### TOWN HALL MEETING

On 26 August many families, Quantico agencies, DoDEA personnel, and related agencies gathered at The Clubs at Quantico for an informative evening of questions, answers, and discussion. Families enrolled in EFMP were able to ask questions and receive on-the-spot information from subject matter experts. Areas of concern included handicap accessible facilities on base; including an ADA approved playground, ways to disseminate information for children with newly diagnosed conditions or families that are new to Quantico, and ways that parents can be more involved in advisory committees on base. It was a great give and take session with parents being able to network with other parents and with the staff that works to support them and their children. EFMP staff would like to offer a big THANKS to all families that attended the Town Hall meeting, along with the personnel that offered their time to sit on the panel.

### Get Involved!

Would you like to share your talents with EFMP? We have volunteer opportunities in the following areas:

- Facilitate a support group
- Be a mentor to EFMP families new to the area or who are new to EFMP
- Become a member of the EFMP Military Committee for Persons with Disabilities.
- Write an article for the newsletter

If interested, please contact the EFMP office at 571-931-0524.

### FREE Generators

Did you know that you have access to generators in the event of a power outage on base. Generators will be made available to families who have medical equipment in their home which is vital to maintaining the safety and well being of someone in your family. Examples include: ventilators, suction devices, oxygen equipment, etc. The Base Fire Department maintains a list of families requiring a generator and will provide one when needed. To be added to this list or for further information, please contact the Naval Clinic EFMP Coordinator, Ms. Helen Williams @ 703-784-1734/1540 to coordinate the services.



### EFMP Support Group!

Meets Every 3rd Thursday of Each Month.

1800-1930 at the Religious and Family Services Annex,  
3019 Embry Loop. For more information, please call the  
EFMP office at 571-931-0524/0533.

### EFMP Staff

Thais Mata, *Caseworker*: 571-931-0529  
Stephanie Nichols, *Caseworker*: 571-931-0538  
Robin Stevenson-White, *Caseworker*: 571-931-0526  
Morris Mwongo, *Training Education/Outreach*: 571-931-0533  
Marcia McCalla-Roper, *Administrative Assistant*: 571-931-0524

## Adaptive Recreation

### Bowling

If you like to bowl or have never tried it, come out and join this four-week activity! This is a chance to meet new people, bowl, and get out of the house! Parent, guardian, or caregiver must attend and supervise their own child, group, or client. Teams will be created, so attendance is important. Each participant will bowl two games each week; two games of bowling and shoes are included in the fee. Ages 14-22. Tue, 13 Oct - 3 Nov, 1530-1630 at Liberty Lanes in Stafford. \$28 (\$38 non-res). Deadline: 6 Oct. Extra fee for food & drink.

### Aquatics

Adaptive Aquatics Classes for children with disabilities 4-12 years of age. Instructors provide individual attention to help your child adjust to the water and give personalized instruction based on your child's swimming ability. They also emphasize safety skills. Children should wear proper swim attire. Fall lesson sign ups begin at 0700 on Saturday, 24 Oct, Woodlands Pool. Or register online at [www.staffordparks.com](http://www.staffordparks.com). For more information call 540-658-4241.

Mon & Wed, 26 Oct - 18 Nov \$45

Tue & Thu, 27 Oct - 19 Nov \$45

### Therapeutic Riding Program

**Golden Dreams Riding Center** - Golden Dreams Therapeutic Riding Center is a non-profit 501(c)(3) public charity dedicated to enriching the lives of children and adults with disabilities in Loudoun and surrounding counties in Virginia. Individuals with almost any cognitive, physical, and/or emotional disability can benefit from therapeutic riding through safe, supervised interaction with equines. These activities are tailored to the individual's specific needs to create the most beneficial program possible. Equestrian exercises have been shown to improve balance, coordination and communication, emotional strength, physical strength, posture and stamina. Additionally, the activities offered are fun and rewarding to the participants. Riding lessons are taught by NARHA Certified riding instructors assisted by up to three trained volunteers per rider. In addition to the riding lessons, Golden Dreams offers special needs programs for regional schools and awareness programs for schools and the community at large. They also participate annually in the Loudoun County Farm Tour. For more information, please call Sue Bell at 540-687-5800 or visit the website [www.goldendreamsriding.com/wp](http://www.goldendreamsriding.com/wp). Also, inquire about "costs" associated with the program.

**Hazelwild Farm Education Center** - Hazelwild Farm's Therapeutic Riding Program offers specialized horseback riding lessons for all ages of riders with a wide range of physical, cognitive and emotional disabilities. The lessons serve therapeutic purposes by increasing stability, flexibility, strength, motor skills, cognitive ability and confidence for the riders, along with providing many other physical and emotional benefits. We currently have riders with a large range of disabilities and challenges, including but not limited to: varying degrees of Autism, Asberger's, Cerebral Palsy, Down's Syndrome, developmental delays, mental retardation, Fragile X Syndrome, and visual impairments. Our riders range in age from 3 years old to 60 years old. Hazelwild Farm Educational Center 5325 Harrison Road, Fredericksburg, VA 22407. Contact Kristie Torline at 540-220-6654/540-891-7101 for more information <http://hazelwildfarm.com/equinetherapy.html>.

## Need to Talk to Someone?

Military and Family Life Consultants (MFLC) provides solution-oriented consultations to individuals, couples, families, and groups. The Military and Family Life Consultant (MFLC) Program is designed to provide support and assistance to active duty Marines, National Guard & Reserves, military family members, and civilian personnel. Military and Family Life Consultants can help people who are having trouble coping with concerns and issues of daily life.

**Some examples of issues include:** adjustment/transition, stress, marital/couples, anxiety/sadness, deployment issues, communication, aggression, work, parenting special needs issues, grief/loss.

**MFLC solutions included:** Flexible appointment times, flexible meeting locations, confidential, no records kept. Located in Little Hall. Please call 703-784-4220 or 703-432-1905 for more information or to schedule an appointment.

## PCS'ing Soon?

EFMP understands the demands and challenges of relocating to a new duty station and would like to assist with this process. To ensure a smooth transition, please contact your Case Worker to complete an EFMP PCS Needs Assessment. This assessment has been designed to evaluate your needs and address specific concerns. Upon completion, your Case Worker will forward this evaluation to your new installation, allowing them ample time to gather resources prior to your arrival. It is also important when you arrive at your new installation you check in with the installation medical facility for additional services. Again, with your timely cooperation, your detachment from MCB Quantico can be a smooth one.

## Upcoming Events

### Financial Planning for Special Needs Families

Wednesday, 4 November, 1100-1200, EFMP House  
Given by Mr. Louis Bromley, Personal Finance Program Manager, Marine and Family Services

### "Creating Your Child's IEP Notebook" Workshop

Tuesday, 29 October, 1000-1200, Chapel Annex  
Hands on workshop for EFMP parents to organize and record all of their child's special needs for school/medical information.  
Workshop given by an EFMP Caseworker.

### Parent Educational Advocacy Training Center (PEATC)

Providing parent training information for families of children with disabilities, sponsored by EFMP & Quantico School Liaison.  
All workshops held at the Chapel Annex, 1300-1500.

Thursday, 15 October - Friendship Building Strategies

Thursday, 19 November - How to Talk So Schools Will Listen

Thursday, 14 January 2010 - Positive Behavioral Interventions

### 15th Annual Circle of Support

Saturday, 7 November, 8030-1530,  
Hylton High School, Woodbridge, VA  
Conference for families of children with special needs and the professionals who work with them. Registration & fee required.

### Special Needs Trust Seminar

Monday, 16 November, 1300-1500, Chapel Annex  
Given by Dan Goodwin, the Washington Group.

For more information, call 571-931-0524.