



EFMP DEPLOYMENT RESOURCES

EFMP

*Information
Case management
Advocacy
Referral
Exceptional -
support*

MCCS welcomes people of all abilities. If you have any questions or would like assistance, please contact EFMP.

DSN: 253-5601
Cell: 0827-79-5601
Office located at Bldg.
636 Child Development
Center
Email: ombi-
waefmp@usmc-
mccs.org
Mccsiwakuni.com

EFMP and family separation

Deployment related family separations are tough for most military families, regardless if it is your family's first or tenth. If you are caring for a family member with special needs, you'll be carrying an especially heavy work load, not to mention the emotional burden of having your service member gone, even if it's just for a month or two.

Like most military families, family or other significant supports, are usually not in easy reach to provide that support when you may need it most. Rather than depend on friends, and installation services for help and support, too often, those at home silently carry the burden. This happens for many reasons. It could be due to beliefs about how others will perceive us, concern about Command involvement, or not wanting to burden your loved one on deployment, or family or friends, with your worries or troubles.

The reality is that problems just don't go away! Typically, they become bigger, overwhelming and may result in a crisis or emergency situation.

Sometimes it is helpful to have a safe, non-judgmental, and confidential place, to talk about your concerns.

MCAS Iwakuni has a range of professional services that are designed to provide support to you and your family, for FREE!

EFMP family support

Family support means different things to different families. The ultimate goal is for Marine Corps' families to be empowered by having knowledge, skills and information, to make the best decisions for their family. EFMP can assist you and your family with information, case management, advocacy, referral and support.

EFMP Services are tailored to the unique needs of the family and include, but are not limited to, the following:

- ◆ Assisting families with the development of their family deployment/contingency support plan.
- ◆ Information and referral to military and community services.
- ◆ Non-clinical case management to help families navigate systems and identify resources. This does not involve co-ordination and follow up of medical treatment.
- ◆ Education and outreach.
- ◆ Provision of information regarding installation services.
- ◆ Referral to installation services
- ◆ Providing opportunities for families to connect with each other around a common need or concern.
- ◆ Connecting families with the EFMP office at the next duty location to assist with identifying appropriate programs and services.

Online resources:

Military Home front: www.militaryhomefront.dod.mil

The central, trusted, up-to-date source for Service members and families to obtain information about all Quality of Life programs and services. Whether you live the military lifestyle or support those who do, you'll find what you need.

Military One Source: www.militaryonesource.com

Designed to help you deal with life's issues. Our consultants are available 24 hours a day, 7 days a week, 365 days a year. You can call in and speak to a master's level consultant or you can go online to access information or email a consultant. 1-800-342-9647