



# USAREC



## Exceptional Family Member Program Newsletter

VOLUME 1, ISSUE 1

2ND QUARTER 2013

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## Welcome

Welcome to the first issue of USAREC EFMP Newsletter. Your newsletter will include resources and information for your family.

Each issue will contain the following articles:

**“We can help!”** – will contain information on how your EFMP SN can help you!

**“Did you know?”** - will contain

current news on a particular exceptional disorder, condition, special education information and more.

**“Kid’s Corner”**-will contain a short article and fun stuff just for kids!

**“Resources”**- will contain information on websites that can help you and your family.

If you have any suggestions for information you would like to know more about, please send an email to

[emily.g.hay2.ctr@mail.mil](mailto:emily.g.hay2.ctr@mail.mil). Any suggestion will be considered and implemented if possible.

*Newsletter*



## About Your EFMP System Navigators:

Both Dwight Wiggins and Emily Hay started as USAREC EFMP Systems Navigators in November 2012.

**Dwight Wiggins** is not a new face to USAREC. He was previously assigned as the Unit Services Coordinator. Dwight is a retired Soldier, with 23 years of experience as a ARMY licensed practical nurse.

**Emily Hay** has 7 years experience working with children and families with exceptional needs in the private sector. Emily has worked specifically with mental health, substance abuse, developmental delays, learning disabilities, medical conditions, more.

The USAREC EFMP SNs are your resource. They can:

- Provide referrals and resources
- Help you create goals
- Educate and Empower you
- Advocate for you and your family

Please do not hesitate to call or email your Systems Navigator at any time for assistance.



### EFMP SN POC INFO:

**1<sup>st</sup> Brigade, 2<sup>nd</sup> Brigade and MRB contact:**

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**Emily Hay**

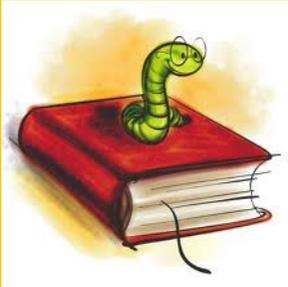
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### Moving Tips for Families:

- Maintain your routine as much as possible
- Involve your kids in pack, house hunting etc.
- Keep positive
- Involve your kids in activities to make new friends
- Help them keep in touch with old friends



***"Anyone can give up,  
it's the easiest thing  
in the world to do.  
But to hold it to-  
gether when everyone  
else would under-  
stand if you fell  
apart, that's true  
strength."  
- Christopher Reeves***

## We can help!

### Are you getting ready to PCS?

Are you worried about arranging providers and schooling for your Exceptional Family Member?

We can help! Please contact us once you get your move orders so that we can begin the process of finding providers that will meet your family's needs.

We can assist with medical, mental health, education, and more!

Contacting us prior to your move will allow for a smoother transition for you and your family.

If you've just moved, please contact us ASAP if you would like our assistance, so we can begin helping you and your family with your transition.



## Did you know?

### Does your child have an Individual Education Plan?

"Every child who receives special education services must have an IEP." An IEP is created to help set goals for your child and state what services the school district will provide. The child, parents, special education teachers, regular education teachers, school counselor, and other school staff may be present. An IEP must be created within 30 days after it is determined through testing and evaluation that the child meets the criteria. The IEP must be reviewed each year to decide if the goals are being accomplished and to see if revision is needed.

The IEP contains:

- a description of your child's current academic achievements and functional performance,
- goals for your child
- lists aids your child is entitled to receive
- details how much of the day your child will be educated separately
- lists what modifications, if any, your child will have during state and district wide assessments
- if your child receives modifications, it will list the details of the modifications to include when, how long, and what modifications

- details how the school will measure your child's progress towards their goals.

As a parent you have a right to participate actively in your child's plan. Often these plans are not easy to read for those outside of the education community. Do not be afraid to ask lots of questions. If you don't agree with the plan, let the school staff know ASAP. If your child already has an IEP but you aren't happy with the progress your child is making, it is your right to call a meeting to discuss possible changes in the IEP.

Article source:

<http://nichcy.org/schoolage/iep/overview>



## Kids Corner

### Random Acts of Kindness Week

The first week of February is Random Acts of Kindness week. Here are some ideas for you to participate:

- Clean up without being asked
- Give a compliment
- Hold the door open
- Draw a picture for someone

What ideas do you have? Did you know being kind can help *you* and the other person feel good? Start planning how you can be kind!

Visit the website for more information:

<http://www.randomactsofkindness.org/>

### Now that's funny...

Q. What do you get if cross a snowman and a shark?

A. Frost bite!

Q. What happened when the icicle landed on the snowman's head?

A. It knocked him out cold.

### Quote of the Quarter:

*"You're off to Great Places!  
Today is your day!  
Your mountain is waiting,  
So... get on your way!"*  
Dr. Seuss



## Resources

- Visit the **USAREC** website to obtain USAREC specific forms, housing information, family programs, financial assistance, and more. You can also find the USAREC Family Resource Guide here <http://www.usarec.army.mil/hq/HRD/SFA/index.shtml>
- Visit **Army OneSource** for your one stop shop for information on Army Programs to include Family Programs, Healthcare, Housing, Respite Care, Schooling and much more. <http://www.myarmyonesource.com/>
- Visit **Military OneSource** for articles on various topics such as Special Needs, Education, Morale, Transition, Parenting, Counseling, Crisis and Prevention, Family Life, Moving, and much more! <http://www.militaryonesource.mil/>
- Visit **Plan My Move** for information on planning tools, resources, employment, checklists and more. <http://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>
- Visit **Military Youth on the Move** for information and support specifically geared towards children and youth. <http://apps.militaryonesource.mil/MOS/f?p=MYOM:HOME2:0>

