



Fort Hood, Texas

February 2012



Exceptional Family Member Program

EFMP Newsletter

Upcoming Events

EFMP Support Group "Resource Connection"

2nd Wednesday of the month
1000-1100
Comprehensive Soldier Fitness
Center Training Facility
Bldg. 12012 on the corner of
31st St. and Battalion Ave.
1830-1930
Education Connection
2207 Florence Rd., Killeen

EFMP Orientation

2nd Tuesday of the month
1000-1130
Oveta Culp Hobby
Soldier & Family Readiness Center
Bldg. 18000 on Battalion Ave.

Heart of Texas Multiple Sclerosis Self Help Group

3rd Tuesday of the month
1800-2000
Robertson Ave. Baptist Church
305 E. Robertson Ave.
Copperas Cove, TX 76522

EFMP Sea Dragons

Fridays, 1800-2000
Abrams Gym, Bldg. 23001
62nd St., Ft. Hood, TX

EFMP Advisory Committee

6 February 2012
1000-1200
ACS Conference Room
Bldg. 121
761st Tank Battalion Ave.

EFMP Focus Group

28 February 2012
0900-1200
Lane Volunteer Center
Bldg. 16005
Corner of T.J. Mills Blvd.
and Old Ironsides Ave.

The Exceptional Family Member Program Goes Mobile

The Exceptional Family Program (EFMP) is launching mobile websites that will allow service members and Families to conveniently access essential EFMP information from most mobile devices. The EFMP Families can quickly and easily access important information about programs and services through their Smartphone, tablet, or any another mobile device with an Internet connection.

The websites are clear and easy to navigate. You do not have to waste time scrolling back and forth trying to read lines of text because everything is designed to fit right onto your screen. Users can click through the sites, download important forms, and access resources and information right from their phone. The mobile sites include a brief program overview and links to important enrollment forms and service-specific EFMP sites. On the Military One Source (MOS) site users can also access additional resources, such as the DoD Special Needs Toolbox, EFMP Podcast and the EFMP eNewsletter. The EFMP locator is another great feature of the MOS site, allowing users to search for EFMP support services in their area. Users plug in their zip code or installation name, to receive information about child care services, local hospitals or military treatment facilities, and much more.

Users can access the MOS EFMP mobile site by logging onto the following site: <http://www.militaryhomefront.dod.mil/mobile/efmp> or by scanning the quick response (QR) code shown below. Users can access the Fort Hood EFMP website by logging onto <http://hoodmwr.com/acs/efmp.html> or http://hoodmwr.com/acs/efmp_nav.html for EFMP Systems Navigation. The QR codes can be scanned by a user's mobile device as long as they have a camera and a QR code reader application, which can be easily downloaded for free for Smartphone platforms such as the iPhone or Android.

We are excited about the new and different ways service members and their Families can access and interact with the programs and services that are designed to serve them. This is a great new tool for our Families!

It's easy as 1,2,3!

1. Download the QR Code Reader App.
2. Aim at the QR Code.
3. Enjoy the information.



ACS EFMP Website



ACS EFMP Systems Navigation Website



Military OneSource EFMP Link

Exceptional Family Member Program

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Website: www.hoodmwr.com/acs/efmp.html

Future EFMP Workshops

“New Rules for Addressing Bullying in Texas Public Schools”/7 March/1730-1930/ACS Conference Room

“A STAAR is Born” 18 April /1730-1930/ACS Conference Room Bldg. 121

“Parent Education Advocacy Program” PEAP/27 March/0800-1400/Lane Volunteer Center Bldg. 16005

Bullying in Schools

School bullying is a type of bullying that occurs in connection with education, either inside or outside of school. Bullying can be physical, verbal, or emotional and is usually repeated over a period of time. Emerging research indicates that a child with a disability is more likely to be bullied than his typically developing peers.

In schools, bullying occurs in all areas. It occurs in any part in or around the school building. It happens most often in PE, recess, hallways, bathrooms, on school buses, at bus stops, classes that require group work and/or during after school activities. These are times when there is limited adult supervision.

Targets of bullying in school are often students who are considered strange or different by their peers. One student or a group can bully another student or a group of students. Other students may participate or watch, often out of fear of becoming the next victim.

There are several types of bullying. Physical bullying is any unwanted physical contact between the bully and the victim. This is one of the most easily identifiable forms of bullying.

Emotional bullying is any form of **bullying that causes damage to a victim's** psyche and/or emotional well-being. It can consist of spreading rumors or isolating other students from a group.

Verbal bullying is any slanderous statements or accusations that cause the victim undue emotional distress. Name calling or taunting others about their looks are common.

Cyber-bullying is any bullying done through the use of technology. This form of bullying can easily go undetected because of

lack of adult supervision. Since bullies can easily pretend to be someone else, it is the most anonymous form of bullying. Cyber bullying can include, email abuse, instant messaging, text messaging, websites and social networking sites.

Sexual bullying can be physical or non-**physical behavior, that is based on a person's** sexuality or gender. It is when sexuality or gender is used as a weapon by boys or girls towards other boys or girls. It can be carried out face-to-face or be a form of cyber bullying.

Helping children with special needs understand that not everyone sees the world the same way, can facilitate understanding and healthy interaction between all children. Developing specific social skills and an action plan to prevent bullying can decrease the odds that kids will be bullied, or that they themselves will become bullies in the face of social anxiety.

There are rules to protect students against bullying in schools. Please join us for one of our classes in order to learn about the newest rules that have been put into effect.

The EFMP will be hosting a “New Rules for Addressing Bullying in Texas Public Schools” workshop will be held next month on 7 March from 1730-1930 in the ACS Conference Room. Contact our office for more details.

