

# Joint Base Elmendorf – Richardson Exceptional Family Member Program (EFMP)

## About EFMP

The Exceptional Family Member Program (EFMP) is a Department of Defense program offered by all branches of the military. It is a mandatory enrollment program for all active-duty Service members who have a family member with an exceptional medical or educational need.

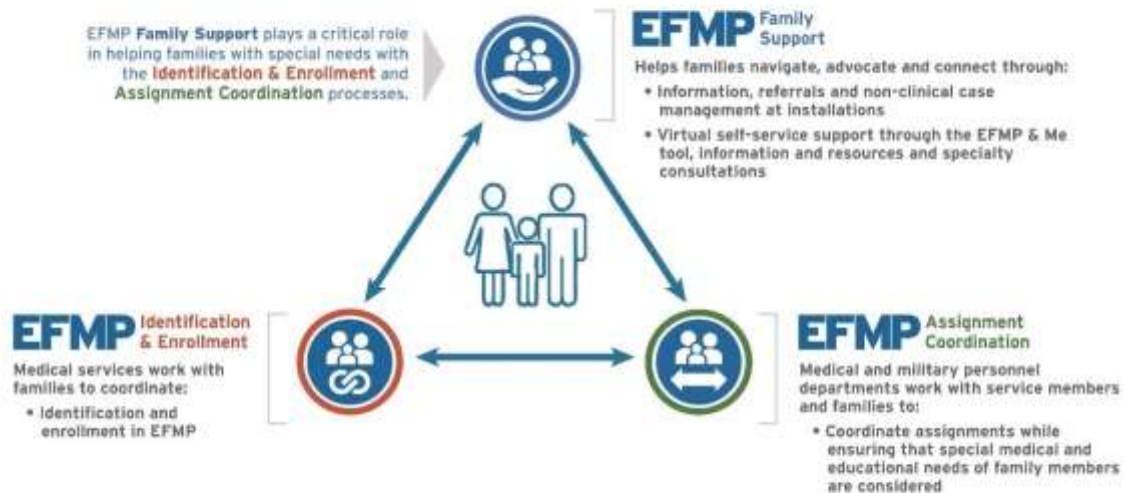
Learn more about EFMP at [Military One Source](#).

### 3 COMPONENTS of EFMP:

The program is comprised of three components:

- EFMP-Medical
- EFMP-Assignments
- EFMP-Family Support

All three components work toward a common goal of providing comprehensive and coordinated support to families.





# EFMP Identification & Enrollment

EFMP-Medical supports the EFMP through screening, enrollment and assignment coordination through, including the Family Member Travel Screening (FMTS).

## Air and Space Forces

The FMTS process has changed (effective 30 Aug 2021). For more information, visit:

DAF FamilyVector: <https://daffamilyvector.us.af.mil>

DAF EFMP Central Cell FB: <https://www.facebook.com/AirForceEFMP>

## Army

At the current time, the newly launched Army EFMP Medical site, Enterprise-EFMP <https://efmp.army.mil/EnterpriseEFMP>, **cannot support** FMTS for command sponsorship, IPCOT, FSTE or EFMP disenrollment for Army families assigned to JBER.

***Until this is corrected***, all Army Service members already stationed at JBER will continue to complete the EFMP medical process by first bringing their required paper documents to the JBER EFMP Medical office before attempting to use the new Enterprise EFMP website. Each family situation is unique and will be better addressed in-person at the EFMP Medical office as they will provide the most up-to-date documents and instructions.

## **JBER EFMP-MEDICAL OFFICE:**

5955 Zeamer Ave

Room 1G-107

JBER, AK 99506

Air and Space Forces organization email address: [usaf.jber.673-mdg.mbx.efmp@mail.mil](mailto:usaf.jber.673-mdg.mbx.efmp@mail.mil)

907-580-4609

## **Hours of Operation**

Mon-Fri: 8:00am-12:00pm, 1:00pm-3:00pm

Closed on Federal Holidays and the 3<sup>rd</sup> Thursday of each month for training.



# EFMP Assignment Coordination

EFMP-Assignment Coordination considers the medical and educational needs of a family when it has been determined that the required services are not available at the Airman's current or projected assignment location.

#### **Air and Space Forces EFMP-Assignments Office**

Military Personnel Flight  
8517 20<sup>th</sup> Street room 111  
JBER-Elmendorf, AK 99506  
Phone: (907) 552-8080

#### **Army Military Personnel Section Reassignments and Command Sponsorship**

600 Richardson Dr. Rms. A204 - A216  
JBER-Richardson, AK 99505



# EFMP Family Support

EFMP-Family Support is provided by the JBER Military & Family Readiness Center/Army Community Service. EFMP-Family Support Coordinators assist all DoD ID cardholders assigned to

the installation or located in the community. Our mission is to enhance the quality of life for EFMP families.

### **Air and Space Forces [EFMP](#) – Family Support**

Bldg. 600 Richardson Drive  
Room A133  
JBER-R, AK 99505  
907-552-8840

### **Army EFMP- Family Support**

Bldg. 600 Richardson Drive  
Room A130  
JBER-R, AK 99505  
907-384-0225

### **Hours of Operation**

Mon-Fri: 7:30am-4:30pm

Closed on Federal Holidays, PACAF Family Days, and the 3<sup>rd</sup> Thursday of each month for training.

### **[Email](#)**

If you are an EFMP family member and would like your personal email added to the EFMP-Family Support distro list to receive program information and events, please send **ALL** the following information to our email our org box: 673FSS.FSG.JBER\_EFMP\_FS@us.af.mil:

- Your personal email address,
- The Service member's name
- Branch of service
- Spouses' name and email (if applicable)



Follow us at [JBER EFMP](#)



Give us feedback, leave us an [ICE Comment](#)



To sign-up for our upcoming Classes and Events register on [Tockify](#)

# EXCEPTIONAL FAMILY MEMBER PROGRAM

Ask your **EFMP Family Support Office** about the **DD Form 3054**  
**Exceptional Family Member Program (EFMP) Family Needs Assessment**

## WHAT IS THE DD FORM 3054?

A tool that guides the family needs assessment process by which the EFMP Family Support provider, in partnership with the family, assesses, documents and prioritizes the unique needs of the family.

The **DD Form 3054** supports consistent, enhanced and continuous EFMP Family Support and has three sections:

### ① FAMILY NEEDS ASSESSMENT

Organizes family information and contains open-ended questions to help the EFMP Family Support provider gain an understanding of a family's needs.

### ② FAMILY SERVICES PLAN

Outlines strengths-based and family-centered goals and strategies to help a family meet goals and objectives, as mandated by the NDAA 2010.

### ③ INTER-SERVICES TRANSFER SUMMARY

Documents current needs and goals to enhance a warm handoff with a gaining sister-service EFMP Family Support office to maintain continuity of services.

## WHEN SHOULD THE DD FORM 3054 BE COMPLETED AND WHO COMPLETES IT?



A family can request a DD Form 3054 when they want more than Information & Referral from EFMP Family Support.



The EFMP Family Support provider completes the DD Form 3054 through collaboration with families.



The DD Form 3054 is a living document and can be updated to reflect a family's changing needs.



**EFMP** Family Support



Visit your local installation **EFMP Family Support Office** to learn more about the **DD Form 3054**, and how it can help your family!



EFMP-Family Support coordinators use the FNA, also known as the [DD Form 3054](#), to identify and prioritize concerns for each enrolled family. The assessment identifies immediate and long-term needs, highlights strength-based and family-centered goals that focus on maximizing what the family is already doing well, and outlines strategies to help families meet their established objectives.

Topics addressed in these assessments include, but are not limited to: concerns about relocation; housing or finances; available local, state and/or federal support; educational concerns and transitions from the military.

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#### **EFMP RESPITE CARE:**

##### **Respite Care (Air and Space Forces only)**

Each branch of service has a different EFMP Respite Care program. The Air and Space Forces offer 40 hours a month of specialized in-home childcare for dependent children with a moderate to severe diagnosis, along with their siblings. Here is the process for enrolling in Respite:

- \*Must already be enrolled in EFMP and Q-coded. If not yet enrolled, contact EFMP-Medical at (907) 580-4609 to enroll.

**\*The [following must be completed](#) prior to enrolling in the Respite program.**

1. Have your child's medical provider fill out the [EFMP Respite Child Care Verification Statement](#).
  2. Fill out the [JBER Family Child Care Expanded Child Care Programs Registration Form](#)
  3. Email all completed forms to [connie.nicholson@us.af.mil](mailto:connie.nicholson@us.af.mil), where you will be enrolled in the Respite program and given a list of providers.
  3. Interview and select a provider.
  4. If you are assigned to an Air Force Base, contact the base's Family Child Care (FCC) office to schedule and track hours. For Joint Base Elmendorf-Richardson, call (907) 552-3995.
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#### **Tricare ECHO (Extended Care Health Option):**

ECHO is a supplemental benefit program that provides services and supplies beyond the basic TRICARE military health care program. ECHO is available to active duty family members (ADFM) who meet the qualifications of a specific physical, developmental and/or mental disability. The program provides beneficiaries with coordinated ECHO services and supplies to reduce the disabling effects of the qualifying condition or disorder. Below is a list of benefits that may be available under the ECHO program depending on the ECHO qualifying condition. This information can also be found on TRICARE's [ECHO Benefits](#) page. *To enroll in ECHO you MUST FIRST be enrolled with EFMP. After enrolled with EFMP reach out to your [TRICARE contractor](#). For Joint Base Elmendorf-Richardson, call (907) 580-4609 to get ECHO enrollment started.*

\*You must get pre-authorization from your regional [TRICARE contractor](#) for all ECHO services.

#### **ECHO Benefits**

- medical and rehabilitative services not specifically covered under the basic TRICARE benefit

- [hippotherapy](#)
- incontinence supplies or diapers may be covered for beneficiaries age three and older who are incontinent as a result of spinal, neurologic and/or mobility issues
- training (for example, how to use assistive technology devices such as a specialized computer keyboard)
- vocational support such as classes that teach a beneficiary to become more independent with life skills
- family training to assist in the management of the beneficiary's qualifying condition – for example, training a family member to use the ECHO beneficiary's specialized equipment and alternative communication methods
- institutional care when the severity of the qualifying condition requires protective custody or training in a residential environment
- private transportation to and from an ECHO-authorized service for institutionalized ECHO beneficiaries – for example, mileage reimbursement to transport the institutionalized ECHO beneficiary to and from an ECHO-authorized service
- assistive services, such as those from a qualified interpreter or translator for beneficiaries who are deaf or mute – for example, readers for the blind and sign language interpreters to assist in receiving authorized ECHO services
- durable equipment that is essential to reducing functional loss resulting from a qualifying condition
- durable equipment adaptation and maintenance
- [ECHO respite care](#) – up to 16 hours of care per month

ECHO ELIGIBILITY ADFMs must be enrolled in TRICARE Prime, TRICARE Select, US Family Health Plan, TRICARE Overseas Program (TOP) Prime, or TOP Select. ECHO benefits are available to the following ADFMs with a qualifying condition: • TRICARE-eligible ADFMs, including family members of National Guard and Reserve members called or ordered to active duty for more than 30 days for a federal preplanned mission or in support of a contingency operation.

- Beneficiaries eligible for ECHO benefits have access to a maximum of 16 hours per month of respite care, which provides time off for primary caregivers who care for eligible beneficiaries at home. Retroactive to Aug. 9, 2021, TRICARE has removed the prerequisite for beneficiaries registered in ECHO to receive other authorized non-respite care during the same month. Previously, ECHO respite care was only allowed within the same month that another ECHO benefit was authorized and rendered.
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### **Secondary (non-primary) Dependents:**

- Parent, parent-in-law, step-parent, parent by adoption, or any person who stood 'in-loco parentis' (in the place of a parent) to you for at least five years prior to your emancipation.
- Unmarried children ages 21 and 22 who are enrolled in an accredited institution of higher education on a full-time basis.
- Ward of the court, unmarried, and placed in the permanent legal physical custody of the member, or if not permanent custody for a period of at least 12 consecutive months.
- Unmarried child over age 21 incapable of self-support because of mental or physical incapacity that occurred while the child was considered a dependent of yours as a member or retired member, or is considered the dependent of a deceased member (while under age 21 or under age 23 and a full-time student).

To qualify as a secondary dependent, the individual's income, not including your contribution, must be less than one-half of the actual living expenses. The law requires the individual to be 'in fact' dependent on you, the service member.

- Your local personnel or finance office can help get you answers to your secondary dependency questions.
- When you're ready to submit your initial application or redetermination package, make sure you send it to the correct DFAS office.
- Make sure you review instructions and required documents for Army, Navy, Air Force and Marine Corps secondary dependency applications.
- In loco parentis dependents are not entitled to a USIP card / Military ID card.

## **MILITARY RESOURCES:**

### **Military OneSource:**

[1-\(800\) 342-9647](tel:1-800-342-9647) | [Military Counseling Services Explained](#) | [Military OneSource](#)

Offers a wide range of individualized consultations, coaching, and non-medical counseling for many aspects of military life wherever you are, worldwide.

### **Military and Family Life Counselors (MFLC):**

(907) 384-1517 – Front Desk

Offers support for service members, families, and survivors with non-medical, face-to-face counseling both on and off-installation.

### **Emergency Financial Assistance Relief Societies:**

- Air Force: <https://afas.org>
  - [Special Needs \(EFMP\) Assistance](#) Grant amount: Up to \$3000 per special needs family member over a five-year period.
 

**General Guideline for Special Needs (EFMP) Assistance:**

    - Member must provide document from personnel record showing enrollment in EFMP/ "Q Code"
    - Invoice for need or enrollment form if for a special needs camp
    - Preferred approach is for member to consult AFAS before purchase/utilization, with payment to vendor(s)
    - No budget is required
    - Reimbursement for items will be considered when submitted with 30 days of purchase but not for items or activities purchased before start date of 5/6/2021
    - Five-year period will reset if additional assistance is requested after end date
    - A verified therapeutic necessity stated by a medical provider but not covered by an insurance provider, may need a provider prescription with explanation of therapeutic necessity
- Army: <https://www.armyemergencyrelief.org>
- Navy & Marine: <https://www.nmcrs.org>
- Federal Civilian: <https://feea.org>

### **Military/Veteran Crisis Line:**

Confidential 24/7.

Call [1-\(800\) 273-8255](tel:1-800-273-8255)

Text 838255

Chat: <https://www.veteranscrisisline.net/get-help/military-crisis-line>

### **Employee Assistance Program:**

For DoD civilian employees. Call [1-\(800\) 222-0364](tel:1-800-222-0364) ([1-\(888\) 262-7848](tel:1-888-262-7848) TTY), or visit EAP [www.FOH4You.com](http://www.FOH4You.com) or Worklife4you [www.worklife4you.com](http://www.worklife4you.com) (use code "USAF")



**National Resource Directory:**

<https://nrd.gov>

Connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them.

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**SUPPORT RESOURCES:**

**CDC:** "Managing Anxiety & Stress"

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**SAMHSA Disaster Distress Helpline:**

Call [\(800\) 985-5990](tel:8009855990) or text "TalkWithUs" to 66746

Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters: <https://www.samhsa.gov/find-help/disaster-distress-helpline/contact-us>

Coping tips for traumatic events/disasters: [www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips](http://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips)

**NAMI:**

Free Support 24/7. Text "NAMI" to 741741

Resource Library: <https://www.nami.org/Find-Support/NAMI-HelpLine/NAMI-Resource-Library>

COVID-19 Resources: <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

**Online support groups:**

<https://www.verywellmind.com/best-online-anxiety-support-groups-4692353>

**Alaska Suicide/Lifeline Hotlines:**

You do not need to be suicidal to call.

800-273-TALK (8255) or 988 (Dial or Text)

877-266-HELP (4357) (Alaska Careline)

866-903-3787 (National Mental Health Hotline)

Text HOME to 741741 (Crisis Text line)

NorthStar Behavioral Health System

Location: Anchorage, AK

Hours: 24 Hours / 7 Days

Phone Numbers: 907-258-7575; 1-800-478-7575

Notes: Serving Southcentral Alaska

Website <http://www.northstarbehavioral.com/>

South Central Counseling Center

Location: Anchorage, AK

Hours: 24 Hours / 7 Days

Phone Number: 907-563-3200

Life Quest Comprehensive Mental Health Services

Location: Wasilla, AK

Hours: 24 Hours / 7 Days

Phone Number: 907-376-2411

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## **EARLY INTERVENTION:**

### **Child Find:**

A legal requirement that schools must find all children who have disabilities and who may be entitled to special education services.

### **The Early Intervention Services Center, ASD Education Center**

5530 E. Northern Lights Blvd Anchorage, AK 99504  
(907)742-2657

<https://www.asdk12.org/preschool/earlyintervention>

EISC offers free developmental screenings for preschool aged children (3-5)

### **Alaska Department of Education & Early Development, Special Education (SPED)**

550 West 7<sup>th</sup> Avenue, Suite 810, Anchorage, Alaska 99501

Phone: (907) 465-2800

Fax: (907) 465-2806

Webmaster: [eed.webmaster@alaska.gov](mailto:eed.webmaster@alaska.gov)

[More contact information](#)

### **Alaska Infant & Learning Program**

Alaska's Early Intervention program (0-3)

550 West 7<sup>th</sup> Avenue, Suite 1220, Anchorage, AK 99501

1-877-HSS-FMLY (477-3659)

[Free Developmental Screening \(alaska.gov\)](#)

### **Programs For Infants & Children, Inc. (PIC)**

161 Klewin St Suite 103, Anchorage, AK 99508

Phone: (907) 561-8060

<https://www.picak.org/>

If your child lives in Anchorage and needs a developmental screening

### **Focus**

16635 Centerfield Dr. STE 103

Eagle River, AK 99577-7745

Phone: (907) 694-6002

<https://www.focusoutreach.org/>

If your child lives in Eagle River/Chugiak or on JBER and needs a developmental screening

### **JBER School Liaisons**

Bldg. 600 Richardson Dr. Room A-140,

Joint Base Elmendorf-Richardson, AK 99505

(907) 384-7500 (907) 384-1505

[JBER School Liaison Program | Facebook](#)

### **Parent Training Centers:**

Perform a variety of direct services for children and youth with disabilities, families, professionals, and other organizations that support them. To find a Parent Training Center in any

State: <http://www.parentcenterhub.org/find-your-center/>

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## **MILITARY LEGAL ASSISTANCE:**

**Joint Base Elmendorf-Richardson Legal Assistance:  
673 ABW/JA, Joint Base Elmendorf-Richardson Legal Office**

8517 20th St. Suite 330  
Joint Base Elmendorf-Richardson, AK 99506  
Phone:907-552-3048  
317-552-3048

<https://www.jber.jb.mil/Services-Resources/Legal/>

**673 ABW/JA, Joint Base Elmendorf-Richardson Legal Office**

600 Richardson Drive, Suite 306A  
Joint Base Elmendorf-Richardson, AK 99505  
Phone:907-384-0371  
317-384-0371

<https://www.jber.jb.mil/Services-Resources/Legal/>

**Air Force Legal Assistance:**

Servicemembers and dependents can receive assistance on a variety of topics to include, wills, advanced medical directives, powers of attorney, protections and responsibilities under the SCRA and USERRA, adoptions, child custody, domestic relations, financial responsibility, landlord/tenant, consumer law issues, taxes, guardianships, and more.

[Website: https://aflegalassistance.law.af.mil/lass/lass.html](https://aflegalassistance.law.af.mil/lass/lass.html)

**Legal office locator:** <https://legalassistance.law.af.mil/>

**Military Pro Bono Project:** Families may be referred to this program through their local legal assistance office.

<https://www.militaryprobono.org>

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**LAW CENTERS:**

**Alaska Legal Services Corporation, Anchorage Office**

1016 West Sixth Avenue, Suite 200, Anchorage, AK 99501  
(888) 478-2572

[www.alsc-law.org](http://www.alsc-law.org)

ALSC assists clients who are facing critical civil legal issues ranging from consumer law, family law, housing problems, public benefits, healthcare, Alaska Native law, and other areas specific to veterans or the elderly.

**Northern Justice Project, LLC**

406 G street Suite 207, Anchorage, Alaska 99501  
(907) 308-3395

<https://www.njp-law.com>

The Northern Justice Project, LLC is a private civil rights and special education firm that focuses on representing Alaskans in complex lawsuits against the State and Federal Governments and large corporations.

**Special Needs Alliance**

Empowering people with disabilities and their families to lead lives of dignity and purpose through expert legal planning and advocacy.

<http://www.specialneedsalliance.org>

**Disability Law Center for Alaska:**

3330 Arctic Blvd Ste 103 Anchorage, AK 99503-4580

(907) 565-1002  
[akpa@dlcak.org](mailto:akpa@dlcak.org)  
[www.dlcak.org](http://www.dlcak.org)

The Disability Law Center of Alaska is an independent non-profit law firm providing legal advocacy for people with disabilities anywhere in Alaska.

To find the Disability Law Center in any State, you can go to: <http://www.ndrn.org/en/ndrn-member-agencies.html>

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## **FEDERAL & STATE RESOURCES:**

### **Alaska Autism Resource Center**

3501 Denali Street suite 101, Anchorage, AK 99503  
1-866-301-7372  
[www.alaskaarc.org](http://www.alaskaarc.org)

Provides autism training, autism information and resources, and consultation throughout the state of Alaska.

### **Governor's Council on Disabilities and Special Education**

3601 C street suite 740, Anchorage, AK 99503  
(907) 269-8990  
1-888-269-8990  
<https://health.alaska.gov/gcdse/Pages/default.aspx>

Create change that improves the independence, productivity, and inclusion of people with disabilities in their communities.

### **Assistive Technology of Alaska (ATLA)**

1500 W 33rd Ave Ste 120, Anchorage, AK 99503  
(907) 563-2599  
1-800-723-2852 (ATLA)  
<http://atlaak.org/>  
Alaska's comprehensive assistive technology (AT) resource center.

### **Alaska Center for Resource Families**

840 K St Ste 101, Anchorage, AK 99501  
(907) 279-1799  
1-800-478-7307  
<https://www.acrf.org>  
Training and support for foster and adoptive families.

### **Special Education Service Agency**

3501 Denali St Ste 101, Anchorage, AK 99503  
(907) 334-1300  
<https://sesa.org>  
Supports students with low-incidence disabilities throughout Alaska.

### **Stone Soup Group**

307 E Northern Lights Blvd #100 Anchorage, AK 99503  
(907) 561-3701 ·  
[www.stonesoupgroup.org](http://www.stonesoupgroup.org)  
Provides information, support, training, and resources to assist families caring for children with special needs.

**The ARC**

2211 Arca Dr, Anchorage, AK 99508  
(907) 277-6677

<http://thearc.org>

Promotes and protects the human rights of people with intellectual & developmental disabilities, as well as providing them with resources and support.

**Department of Labor & Workforce Development  
Division of Vocational Rehabilitation**

4600 DeBarr Rd suite 300, Anchorage, AK 99508  
(907) 269-2060  
1-800-478-2815

<https://labor.alaska.gov/dvr/>

Also known as "VR," is a Department of Labor program that helps people who have disabilities to find and keep a job.

**The Aging and Disability Resource Center (ADRC)**

825 L St Ste 200, Anchorage, AK 99501  
(907) 343-7770

[www.muni.org/adrc](http://www.muni.org/adrc)

The place to start to find out about the variety of programs that are available to assist you in the community.

**Social Security Administration**

222 W 8<sup>th</sup> Ave room A11, Anchorage, Alaska 99513  
1-800-772-1213

<http://www.ssa.gov>

Independent agency of the U.S. federal government that administers Social Security, a social insurance program consisting of retirement, disability, and survivor benefits.

**Alaska Medicaid**

3901 Old Seward Highway, Anchorage, AK 99503

Phone: 800-478-7778

Fax: 888-269-6520

[www.medicaid.gov](http://www.medicaid.gov)

A federal and state program that helps with medical costs for some people with limited income and resources.

- Alaska Medicaid - [TEFRA \(Tax Equity and Fiscal Responsibility Act\)](#) TEFRA allows financial qualification based on the child's assets only, provided the child meets all program medical and diagnostic requirements.

**Looking for a provider:**

Local ABA (Applied behavior analysis), Occupational Therapy, Physical Therapy, Speech Therapy, etc.

[Provider Directory \(tricare-west.com\)](#)

[Find a Provider – Stone Soup Group](#)

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**OTHER RESOURCES:**

**EFMP & Me:**

Here to help you effectively navigate through the Department of Defense's network of services and support for families with special needs: <https://efmpandme.militaryonesource.mil/>

**Military Families Learning Network:**

Online professional development: <https://militaryfamilieslearningnetwork.org/military-caregiving/>

**Wrightslaw Special Education Law & Advocacy:**

This website is designed to meet the needs of parents, educators, healthcare providers and advocates: <https://www.wrightslaw.com/info/dod.index.htm>

**Sesame Street for Military Families:**

This website assists military families and their young children cope with the challenges of deployment and build resilience in times of separation and change: <https://sesamestreetformilitaryfamilies.org/>

**Hope Connections:**

Helps people with cancer and their loved ones deal with the emotional and physical impact of cancer through participation in professionally facilitated programs of emotional support, education, wellness, and hope: <https://hopeconnectionsforcancer.org/>

**Operation Autism:**

A Resource Guide for Military Families: <https://operationautism.org/healthcare/efmp/>

**Alaska Special Education Parent's Guide:**

<https://education.alaska.gov/tls/SPED/docs/ParentResourceGuide%20ADA.pdf>

**Section 504:**

[Section 504 - Education and Early Development \(alaska.gov\)](#)

**Individualized Education Programs (IEPs):**

[Participation Guidelines December 2017 \(alaska.gov\)](#)

**Alaskan Special Education Parent Handbook - Stone Soup Group**

<https://www.stonesoupgroup.org/wp-content/uploads/Alaskan-Special-Education-Parent-Handbook.pdf>

**Special Education Law**

<http://www.dlcak.org/files/pdf/Publications/SpEdLaw.pdf>

**Individualized Education Programs (IEPs) | Council for Exceptional ...**

[https://alaska.exceptionalchildren.org/topics/individualized-education-programs-ieps?facets\\_query=&page=5](https://alaska.exceptionalchildren.org/topics/individualized-education-programs-ieps?facets_query=&page=5)

**STEP Center Process Overview**

<https://www.asdk12.org/Page/13807>

**Participation Guidelines for Inclusion of Alaska Students in State ...**

<https://aws.state.ak.us/OnlinePublicNotices/Notices/Attachment.aspx?id=125514>

**Alaska Parent Guide**

<https://www.cadeworks.org/file/13279/download?token=gPy4rVnz>

**Alaska Special Education Parent Guide - PREPPREP**



<https://prepparents.org/resources/for-parents/special-education-parent-guides/alaska-special-education-parent-guide/>

### **Alaska Special Education Handbook**

[https://education.alaska.gov/Media/Default/static/covid/AK\\_SPED\\_Handbook.pdf](https://education.alaska.gov/Media/Default/static/covid/AK_SPED_Handbook.pdf)

### **Alaska Child Passenger Safety Coalition**

[Alaska Car Seat/Child Passenger Safety \(carseatsak.org\)](http://carseatsak.org)

### **Alaska Statutes**

[Alaska Laws](#) | [Alaska Statutes](#) | [Alaska Codes](#)

### **The Alaska Landlord & Tenant Act**

[The Alaska Landlord & Tenant Act: what it means to you](#)

This publication summarizes landlord and tenant rights and obligations under Alaska law. In accordance with Alaska Statute (AS) 44.23.020(b)(8) it has been approved by the Alaska Department of Law.

### **Scofflaw**

[scofflaw.muni.org](http://scofflaw.muni.org)

The Scofflaw Ordinance as passed in 2008 (AO 2007-161) and amended in 2023 (AO 2023-67 (S-1)), allows for the seizure and impoundment of any vehicle driven by a person with more than \$2,500 in outstanding delinquent traffic citations over the past 5 years. The names of these individuals are published on the Scofflaw List, and through impound, the vehicles that were being driven have been removed from the streets through the support and assistance of the Anchorage Police Department. The purpose of abatement is to remove motor vehicles operated by repeat traffic offenders who have not been subject to the deterrent and rehabilitative effects of sentencing, and who therefore pose a heightened danger to the public.

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### **FOOD RESOURCES:**

#### **Alaska Foodbank of Alaska**

<https://foodbankofalaska.org/help/>

Food Bank of Alaska is dedicated to eliminating hunger in Alaska by obtaining and providing food to partner agencies feeding hungry people and through anti-hunger leadership. We believe that no one deserves to be hungry.

#### **Alaska Food Policy Council**

<https://www.akfoodpolicycouncil.org/local-food-directories>

The Alaska Food Policy Council works to strengthen Alaska's food systems to spur local economic development, increase food security, and improve nutrition and health.

#### **Revive Alaska**

<https://www.revivealaska.org/revive-alaska-pantry>

The New home for RACS Food Pantry. Hot Meal Cafe. Life Center (Career, Job, Family, Counseling, and Adult Education). Child-in-Transition, Homeless Prevention, Health, Social Justice, Senior, and VA Services.

#### **Lutheran Social Services of Alaska**

<https://www.lssalaska.org/programs>

Lutheran Social Services of Alaska is a non-profit social service agency providing aid to low-income individuals and families throughout Alaska. LSSA does not discriminate on the basis of race/ethnicity, color, national origin, sex, disability, sexual orientation, veteran status, or age.

### **Supplemental Nutrition Assistance Program (SNAP)**

<https://health.alaska.gov/dpa/Pages/SNAP/default.aspx>

The Alaska Supplemental Nutrition Assistance Program provides food benefits to low-income households.

### **Fellowship In Serving Humanity (F.I.S.H.)**

<https://www.fishcharity.org/>

Call F.I.S.H. at (907) 277-0818 for food delivery service if you are in a situation where you are in danger of running out of food and you do not have the money to purchase groceries.

### **Children's Lunch**

<https://beanscafe.org/the-childrens-lunchbox/>

Families who are making difficult decisions between paying bills and purchasing groceries, families awaiting SNAP benefits, families who are uncertain of where their next meal will come from.

### **Women, Infants and Children Program**

<https://health.alaska.gov/dpa/Pages/nutri/wic/default.aspx>

WIC is a public health program providing nutrition and breastfeeding education, counseling, support, nutritious foods and referrals to needed services.

### **Catholic Social Services**

[Catholic Social Services - Alaska \(cssalaska.org\)](http://CatholicSocialServices-Alaska.cssalaska.org)

Serving Anchorage's most vulnerable by providing the help and support they need most.

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## **UTILITY RESOURCES:**

### **The Heating Assistance Program**

[Heating Assistance Program \(alaska.gov\)](http://HeatingAssistanceProgram.alaska.gov)

Commonly known as "HAP" will make a one-time payment to your utility provider to help pay an existing account or help with a deposit required to establish service in a subsidized rental building in which heat is included in the rent but the tenant pays for their own electric or gas for cooking.

### **RurAL Cap Weatherization**

[Weatherization | RurAL CAP](http://Weatherization|RurALCAP)

RurAL CAP provides weatherization services to homes in northern and western Alaska, Juneau, and Anchorage. This service increases safety and energy efficiency through home improvements and client education at no charge to the participant.

### **Water Assistance Program Application**

[Services Application \(alaska.gov\)](http://ServicesApplication.alaska.gov)

Temporary, one-year program to help pay for home water cost, through federal legislation and ARPA funds.

### **Department of Health and Social Services**

[Division of Public Assistance \(alaska.gov\)](http://DivisionofPublicAssistance.alaska.gov)

DHSS has several other programs to help Alaskans with utility bills, which you can access on its website here. You can scroll down the list of programs and click on links to read up on which may be appropriate for your needs. The programs cover a wide range of situations, including help for mothers with young children and food assistance.

### **Affordable Connectivity Program**

[ACPinfo@fcc.gov](mailto:ACPinfo@fcc.gov)

<https://www.fcc.gov/acp>

Helps ensure that households can afford the broadband they need for work, school, healthcare and more. Provides a discount toward internet service for eligible households and households on qualifying Tribal lands. Eligible households may also receive a one-time discount to purchase a laptop, desktop computer, or tablet from participating providers. Program is limited to one monthly service discount and one device discount per household.

### **Blood N Fire Ministry of Alaska**

[bnfalaska@mtaonline.net](mailto:bnfalaska@mtaonline.net)

[www.bloodnfireak.org](http://www.bloodnfireak.org)

Provides very limited emergency utility and rent assistance for individuals and families. Utility is for only past due bills and shut off notices.

### **Catholic Social Services**

[aberg@cssalaska.org](mailto:aberg@cssalaska.org)

<https://www.cssalaska.org/our-programs/3rd-avenue-resource-center/3rd-avenue-resource-navigation-center-provider-schedule/>

The program provides financial assistance for overdue rent or utilities to renters in need.

### **Daybreak**

[contact@daybreakmhsc.com](mailto:contact@daybreakmhsc.com)

[www.daybreakmhsc.com](http://www.daybreakmhsc.com)

Daybreak's BHAP program provides rental and utility assistance for arrearages as funds are available for situations related to evictions or shut off notices. Also assists with 1st-month rent for move-in.

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## **CHILDCARE RESOURCES:**

### **Family Childcare – (2 Wks – 12 Yrs)**

[Family Child Care | JB Elmendorf Richardson \(jberlife.com\)](http://jberlife.com)

If you need quality childcare the Family Childcare Program could be for you! FCC has licensed FCC Providers in JBER housing areas. Any adult offering more than 10 hours per week of childcare in base housing MUST be certified by FCC, according to their lease contract. FCC homes offer an inviting setting, with a family atmosphere, where your child can participate in quality developmental activities and be properly supervised by a trained professional.

Bldg.5091 10th. St. Joint Base Elmendorf-Richardson, AK 99506  
907-552-3995

### **Child Development Centers (CDCs) - (6 Wks – 5 Yrs)**

[jberlife.com/child-development-centers/](http://jberlife.com/child-development-centers/)

The CDCs are nationally accredited and staffed by well-trained professionals you can trust to care for your little one's ages six weeks to five years. Our centers are truly developmental, with programs to enhance social skills, encourage children to think and reason, promote language and literacy, build physical development and skills, and much more.

907-552-8304, 907-552-2697, 907-552-5113, 907-552-6403, 907-384-1510, 907-384-0686

### **Respite Care**

<https://www.facebook.com/profile/100069125743327/search/?q=RESPITE%20CARE>

Designed to assist **Air and Space Force** families with short-term specialized childcare to reduce the stressors associated with caring for a child with exceptional needs. Respite Care can be used for date night, going to the store, or hospital appointments to name a few. Respite care cannot be used for work. The program provides 40 hours of care each month for EFMP children and siblings up to

13 years old. Respite care may be available to EFMP young adults ages 19-23 on a case -by-case basis. For more information call 907-552-8840.

### **Extended Care Health Option (ECHO) – Respite Care**

<https://tricare.mil/respite>

Beneficiaries eligible for ECHO also have access to respite care coverage. ECHO respite care allows for a maximum of 16 hours of care per month and services must be provided exclusively to the ECHO beneficiary. The primary care giver or another adult does not have to be present when the clinician provides the ECHO respite service for the care to be covered. For ECHO respite, there is no prerequisite for the beneficiary registered in ECHO to receive other non-respite care services during same month. **Army, Air and Space Force can receive ECHO Respite Care** through Tricare ECHO which provides 16 hours of care each month for EFMP children and their siblings. Army, Air and Space Force please call Tricare ECHO at 1-866-212-0442 for more information.

### **ALASKA FAMILY SERVICES INC.**

[akafs.org](http://akafs.org)

Serving families and providers within the Municipality of Anchorage to include: Anchorage, Bird Creek, Chugiak, Eagle River, Girdwood, JBER

2525 Gambell St. Suite 220

Anchorage, AK 99503

Phone: 907-644-5000

Fax: 907-644-5020

Email: [ccaanc@akafs.org](mailto:ccaanc@akafs.org)

### ***Thread Alaska***

[Thread Home - Thread \(threadalaska.org\)](http://Thread Home - Thread (threadalaska.org))

For more than three decades, **thread** has been working to advance child development and early childhood education outcomes in Alaska.

ANCHORAGE

111 W. 16th Avenue, Suite 205

Anchorage, AK 99501

Phone 907-265-3100

Toll Free Phone 800-278-3723

Fax 907-265-3195

Toll Free Fax 855-265-3195

[info@threadalaska.org](mailto:info@threadalaska.org)

### **Alaska Inclusive Child Care Program (Alaska IN!)**

[Public Assistance Alaska Inclusive Childcare Program \(Alaska IN!\)](#)

*Supplemental funding for special needs childcare*

Some children need additional assistance in order to be included in childcare. The Alaska Inclusive Childcare Program (Alaska IN!) is administered by the Childcare Program Office to give extra support to families with children who have special needs in accessing inclusive care and offer supplemental funding to providers for training, needed accommodations, and support to help them meet the child's individual needs. The purpose of Alaska IN! is to enhance the skills of the childcare provider, promote inclusive childcare practices in childcare settings, and ensure families participating in the Childcare Assistance Program, including children with special needs, have access to childcare. This also helps ensure children with special needs have a stable and consistent childcare provider who can meet their individual needs.

### **Family and Childcare Provider State Resource List**

[Family and Child Care Provider State Resource List \(alaska.gov\)](#)

### **External Links Disclaimer**

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