EFMP Family Support Core Competency Training Curriculum
Release 1.1

The Exceptional Family Member Program, or EFMP, Family Support Core Competency Training Curriculum outlines recommended training courses for all EFMP Family Support staff to develop and enhance skills essential to executing EFMP Family Support responsibilities. Release 1.1 of the Curriculum includes updated and newly released courses to provide staff with the most recent and applicable resources. The trainings below are available through the Course Catalog on the MilLife Learning Site, or https://millifelearning.militaryonesource.mil/.

Register for an account on the MilLife Learning home page.

The Curriculum also includes new TRICARE Autism Care Demonstration, or ACD, Manual Change webinars, as well as a selection of OneOp webinars, including updated or newly released webinars. The entire selection of OneOp Caregiving Webinars is continuously growing and can be accessed on the OneOp website. We encourage you to keep visiting the site to check out newly released webinars.

For each course and webinar listed throughout each competency, there is a blank field to enter the date you complete each resource, as applicable. Use this file to track your progress and document the courses and webinars you complete!

The Office of Special Needs, or OSN, in collaboration with Service EFMP Family Support headquarters representatives, continues to develop and monitor courses for the Curriculum – stay tuned for additional future releases.

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EFMP Delivery Approach and Skills

EFMP Family Support Staff Training: EFMP Family Needs Assessment Training

MilLife Learning: EFMP Family Support Staff Training: EFMP Family Needs Assessment Training

This course covers how to complete the EFMP Family Needs Assessment, or FNA, which documents and tracks the needs and goals of families with special needs.

*Date Completed:*_____

EFMP Family Support Staff Training: Completing Quality Case Notes

MilLife Learning: EFMP Family Support Staff Training: Completing Quality Case Notes

This course covers how to track interactions and progress with families, focusing on the value of case notes, the components that should comprise each case note and the practices for completing quality case notes.

*Date Completed:*_____

EFMP Family Support Staff Training: Building Your EFMP Family Support Program

MilLife Learning: EFMP Family Support Staff Training: Building Your EFMP Family Support Program

This course covers how to build knowledge of the EFMP, identify gaps in the program, implement solutions while promoting the EFMP and provide continuous enhancements to stay connected with the ever-changing military community.

*Date Completed:*_____

MilFam 101 – 1.1 Social Service Delivery Model

MilLife Learning: MilFam 101 – 1.1 Social Service Delivery Model

This course explores key components of the integrated social services delivery the Military Family Readiness System provides and how service providers support it.

*Date Completed:*_____

MilFam 101 – 2.0 Introduction to Core Competencies

MilLife Learning: MilFam 101 – 2.0 Introduction to Core Competencies

Take this course to learn about the core competencies covered in the MilFam 101 Track 2 courses to help you determine your next steps to increase your knowledge and skills.

*Date Completed:*_____

MilFam 101 – 2.1 Communication

MilLife Learning: MilFam 101 – 2.1 Communication

This course provides basic elements of effective communication you can use in both personal and professional settings.

Date Completed: _____

Professional Boundaries in Action: Lessons from Practice

OneOp: Professional Boundaries in Action: Lessons from Practice
YouTube: Professional Boundaries in Action: Lessons from Practice
This webinar covers the Principles of Learning as a foundation for appreciating professional boundaries and helps identify ways the Principles of Adult Learning can support and guide professional boundaries.

*Date Completed:*_____

MilFam 101 – 2.2 Intake and Assessment

MilLife Learning: MilFam 101 – 2.2 Intake and Assessment
This interactive course will help you develop skills to establish boundaries and rapport, understand your client and use assessment strategies and tools.

*Date Completed:*_____

MilFam 101 – 2.4 Collaboration and Relationship Building

MilLife Learning: MilFam 101 – 2.4 Collaboration and Relationship Building
Help military families by learning how to develop your collaboration and relationship-building skills with this fun and interactive course.

*Date Completed:*_____

MilFam 101 – 2.5 Compassion Fatigue

MilLife Learning: MilFam 101 – 2.5 Compassion Fatigue
Discover the signs of compassion fatigue and learn how to prevent and address it.

*Date Completed:*_____

How Providers Can Support Advocacy & Leadership in Parents of Children with Disabilities

OneOp: How Providers Can Support Advocacy & Leadership in Parents of Children with Disabilities
YouTube: How Providers Can Support Advocacy & Leadership in Parents of Children with Disabilities
This webinar teaches participants about the advocacy strategies parents use in successful advocacy efforts as well as how the parenting and advocacy journey shifts as children grow.

*Date Completed:*_____

Chronic Illness: Empowering Families in the Journey – Part 2

OneOp: Chronic Illness: Empowering Families in the Journey - Part 2
YouTube: Chronic Illness: Empowering Families in the Journey - Part 2
Part 2 of this two-part webinar explores ways to help military families harness resources, utilize resilience and provide support to promote effective management of chronic illness.

Date Completed: _____

Chronic Illness: Empowering Families in the Journey – Part 1

OneOp: Chronic Illness: Empowering Families in the Journey - Part 1

YouTube: Chronic Illness: Empowering Families in the Journey - Part 1

Part 1 of this two-part webinar covers the stressors associated with chronic illness and its impact on health and wellness of individuals and families, explores the ways families influence the health and well-being of each other and teaches effective strategies for interdisciplinary collaboration among service providers when working with families struggling with chronic illness.

*Date Completed:*_____

Helping Military Families Build Resilience Through Networks

OneOp: Helping Military Families Build Resilience Through Networks

YouTube: Helping Military Families Build Resilience Through Networks

This webinar focuses on using elements of the Working Out Loud process, positive psychology, behavioral science and more to build social support networks to improve resilience.

*Date Completed:*_____

Grow! Empowering Parents to THRIVE

OneOp: Grow! Empowering Parents to THRIVE

YouTube: Grow! Empowering Parents to THRIVE

This webinar focuses on how parents learn positive parenting techniques, stress management strategies and health promotion skills that can be used to help children be happy and healthy.

*Date Completed:*_____

How to Better Connect with and Influence Others

OneOp: How to Better Connect with and Influence Others

YouTube: How to Better Connect with and Influence Others

This webinar covers tips that will help you to increase your self-awareness, or emotional intelligence, and awareness of others, or social intelligence.

*Date Completed:*_____

A Holistic Approach to Supporting Military Families with Special Needs

OneOp: A Holistic Approach to Supporting Military Families with Special Needs

YouTube: A Holistic Approach to Supporting Military Families with Special Needs

This webinar explores how the EFMP at the local level and Military OneSource's call center, which are collectively available 24 hours a day, seven days a week, support military families using a holistic approach.

*Date Completed:*_____

Home Is Where Your Heart Is | Kids Serve Too!

OneOp: Home Is Where Your Heart Is | Kids Serve Too
YouTube: Home Is Where Your Heart Is | Kids Serve Too!
This webinar addresses potential child concerns and developmentally appropriate responses to relocation transitions, explores resources that caregivers can use when addressing these concerns and provides tips in navigating the resources related to this topic on the Sesame Street for Military Families website.

*Date Completed:*_____

Military Family Programs

MilFam 101 – 3.0 Introduction to Military Family Readiness Programs

MilLife Learning: MilFam 101 – 3.0 Introduction to Military Family Readiness Programs
Learn more about how the MilFam 101 Track 3 courses help develop an understanding of programs that contribute to the integrated support provided through the Military Family Readiness System.

*Date Completed:*_____

MilFam 101 – 3.2 Exceptional Family Member Program

MilLife Learning: MilFam 101 – 3.2 Exceptional Family Member Program
Learn about the Department of Defense commitment to providing consistent, high-quality support to military families with special needs.

*Date Completed:*_____

MilFam 101 – 3.3 Family Advocacy Program

MilLife Learning: MilFam 101 – 3.3 Family Advocacy Program
Learn about the Family Advocacy Program, an integral part of the Military Family Readiness System. Explore how we all play an important role in preventing violence and abuse.

*Date Completed:*_____

MilFam 101 – 3.4 Financial Readiness

MilLife Learning: MilFam 101 – 3.4 Financial Readiness
Financial readiness is a critical component of military readiness. Explore financial readiness tools and services such as the financial action plan, mandatory education touch points, education and counseling and consumer protection and advocacy.

*Date Completed:*_____

MilFam 101 – 3.5 Supporting Military and Family Transitions

MilLife Learning: MilFam 101 – 3.5 Supporting Military and Family Transitions

Explore programs and services that support three major military and family transitions — relocation, transitioning from military service to civilian life and the phases of deployment.

*Date Completed:*_____

MilFam 101 – 3.7 Non-medical Counseling

MilLife Learning: MilFam 101 – 3.7 Non-medical Counseling

Discover how non-medical counseling services address personal and family issues so they do not detract from military mission readiness.

*Date Completed:*_____

MilFam 101 – 3.9 Information and Referral

MilLife Learning: MilFam 101 – 3.9 Information and Referral

Learn how information and referral connects people to resources and services both on and off installation.

*Date Completed:*_____

Community Outreach & Partnerships

EFMP Brief for Leaders

This brief provides EFMP Family Support staff with a resource to inform and educate their installation leadership about the EFMP, while providing consistent messaging to leadership across the Services. Contact your Service EFMP Headquarters Leadership for the most recent Brief for Leaders.

Date Completed: _____

Community Capacity Building – 00 – 03 – Fundamentals

MilLife Learning: Community Capacity Building – 00 – 03 – Fundamentals

This course focuses on creating and building a positive change in your community.

*Date Completed:*_____

Community Capacity Building – 04 – 09 – Advanced

MilLife Learning: Community Capacity Building – 04 – 09 – Advanced

This module focuses on how to implement the community capacity building approach from start to finish, using community assessment and the right tools to help you make a lasting difference within your community.

*Date Completed:*_____

MilFam 101 – 2.6 Facilitation & Briefing Skills

MilLife Learning: MilFam 101 – 2.6 Facilitation & Briefing Skills

If you want to learn about techniques you can use to engage more deeply with your audience, this course is for you.

*Date Completed:*_____

Operating in an Inclusive Culture

MilLife Learning: Operating in an Inclusive Culture

In this course, you will learn how to deliver Morale, Welfare and Recreation, or MWR, in an inclusive culture and make MWR programs that respect and support each other.

*Date Completed:*_____

Many Needs, One Source: Navigating Military OneSource for Caregiver Support

OneOp: Many Needs, One Source: Navigating Military OneSource for Caregiver Support

YouTube: Many Needs, One Source: Navigating Military OneSource for Caregiver Support

This webinar discusses how the military community can access Military OneSource's high-tech and high-touch support that addresses a wide range of needs.

*Date Completed:*_____

Staying Strong by Seeking Help: Barriers and Facilitators to Mental Health Treatment-Seeking

OneOp: Staying Strong by Seeking Help: Barriers and Facilitators to Mental Health Treatment-Seeking

YouTube: Staying Strong by Seeking Help: Barriers and Facilitators to Mental Health Treatment-Seeking

This webinar addresses the determinants of mental health treatment-seeking among military personnel and interventions to increase the percentage of military personnel seeking treatment.

*Date Completed:*_____

Sesame Street Overview on Military Resources | Kids Serve Too!

OneOp: Sesame Street Overview on Military Resources | Kids Serve Too!

YouTube: Sesame Street Overview on Military Resources | Kids Serve Too!

This webinar explores the Sesame Street for Military Families website and highlights resources available for training, outreach efforts, family conversations and community events.

*Date Completed:*_____

Financial, Legal, and Medical Issues

Medicaid: Taking Stock of an Essential Program in Uncertain Times

OneOp: Medicaid: Taking Stock of an Essential Program in Uncertain Times

YouTube: Medicaid: Taking Stock of an Essential Program in Uncertain Times

This webinar provides an overview of developments that are or might be underway in the Medicaid program.

Date Completed: _____

Estate Planning for Families with Special Needs

OneOp: Estate Planning for Families with Special Needs
YouTube: Estate Planning for Families with Special Needs
This webinar explores the importance of estate planning considerations across the life cycle for families with special needs, discusses documents such as powers of attorney and trusts, including a revocable living trust and a special needs trust, and looks at considerations for needs-based public benefits such as Supplemental Security Income, or SSI, or Medicaid.

*Date Completed:*_____

Medicaid & Medicare: Important Resources in a Time of National Health Crisis

OneOp: Medicaid & Medicare: Important Resources in a Time of National Health Crisis
YouTube: Medicaid & Medicare: Important Resources in a Time of National Health Crisis
This webinar provides updates on how Medicaid and Medicare programs can help to meet the needs of military families, especially in uncertain times.

*Date Completed:*_____

Back to Basics: Medicare

OneOp: Back to Basics: Medicare
YouTube: Back to Basics: Medicare
This webinar provides a broad overview of the Medicare program's Parts A and B as well as introduces the CMS, or Centers for Medicare and Medicaid Services, National Training Program as a resource for further training and information.

*Date Completed:*_____

Medicare 2017 & What it Means for You

OneOp: Medicare 2017 & What it Means for You
YouTube: Medicare 2017 & What it Means for You
This webinar provides a broad overview of the Medicare program's coordination of benefits with other programs such as Medicaid, Social Security Disability Insurance, TRICARE for Life and Veterans Affairs, or VA, Benefits, among others.

*Date Completed:*_____

Financial Planning for Military Caregivers

OneOp: Financial Planning for Military Caregivers
YouTube: Financial Planning for Military Caregivers
This webinar covers practical resources to help caregivers better manage finances, ensuring families and service members live more comfortably while planning for the future.

*Date Completed:*_____

Family Finances Series: Financial Planning for Life Events

OneOp: Family Finances Series: Financial Planning for Life Events
YouTube: Family Finances Series: Financial Planning for Life Events
This webinar discusses preparing for unexpected circumstances such as divorce, untimely death, health crises, marriage, remarriage, widowhood, home-buying and retirement, that take a toll on finances.

*Date Completed:*_____

TRICARE ECHO: Special Care for People with Special Needs

OneOp TRICARE ECHO: Special Care for People with Special Needs
YouTube: TRICARE ECHO: Special Care for People with Special Needs
This webinar provides practical information on who is eligible for TRICARE Extended Care Health Option, or ECHO, how to register for ECHO, and additional services that are available.

*Date Completed:*_____

TRICARE Benefits In 2020 & Beyond

OneOp: TRICARE Benefits In 2020 & Beyond
YouTube: TRICARE Benefits In 2020 & Beyond
This webinar reviews important information about TRICARE for 2019, including enrollment requirements, current and upcoming changes to the benefit, and changes to the military health system.

*Date Completed:*_____

TRICARE ACD Manual Change: Autism Services Navigator, Comprehensive Care Plan, Beneficiary Eligibility, Parent / Family Support

Audio Recording: Autism Services Navigator, Comprehensive Care Plan, Beneficiary Eligibility, Parent / Family Support
Presentation Materials: Autism Services Navigator, Comprehensive Care Plan, Beneficiary Eligibility, Parent / Family Support
This webinar provides an overview of the revisions made to the Autism Services Navigator, Comprehensive Care Plan, Beneficiary Eligibility, Parent / Family Support sections of the TRICARE Operations Manual, Chapter 18, Section 4.

*Date Completed:*_____

TRICARE ACD Manual Change: Applied Behavior Analysis Policy

Audio Recording: Applied Behavior Analysis Policy
Presentation Materials: Applied Behavior Analysis Policy
This webinar reviews the updates and revisions made to the Applied Behavior Analysis Policy section in the TRICARE Operations Manual, Chapter 18, Section 4.

*Date Completed:*_____

TRICARE ACD Manual Change: Overview of Manual Changes and Future Webinars

Audio Recording: ACD Overview of Manual Changes and Future Webinars

Presentation Materials: ACD Overview of Manual Changes and Future Webinars

This webinar provides an overview of the revisions made to the TRICARE Operations Manual, Chapter 18, Section 4.

*Date Completed:*_____

TRICARE ACD Manual Change: Other Important Changes

Audio Recording: Other Important Changes

Presentation Materials: Other Important Changes

This webinar reviews additional changes and revisions to the TRICARE Operations Manual, including utilization management, program integrity, additional contractor responsibilities, and implementation timeline.

*Date Completed:*_____

Mental Health in TRICARE: Recent Enhancements to a Great Benefit

OneOp: Mental Health in TRICARE: Recent Enhancements to a Great Benefit

YouTube: Mental Health in TRICARE: Recent Enhancements to a Great Benefit

This webinar reviews TRICARE mental health care benefits, including what is covered, requirements for referrals, recent improvements, substance abuse treatment, telemental health and the Autism Care Demonstration.

*Date Completed:*_____

EFMP – eLearning – Government Assistance Program

MilLife Learning: EFMP – eLearning – Government Assistance Program

This course reviews four federal programs available to assist families who have family members with special needs. [1]

*Date Completed:*_____

Social, Health and Life Cycle Transitions

Detour Ahead: Planning for Contingencies on Your Caregiving Journey

OneOp: Detour Ahead: Planning for Contingencies on Your Caregiving Journey

YouTube: Detour Ahead: Planning for Contingencies on Your Caregiving Journey

This webinar explores some common issues in caregiving and provides some tips for when these detours occur, as well as some critical thinking and decision-making skills that can help caregivers take apart and analyze unanticipated detours.

Date Completed: _____

[1] EFMP – eLearning courses are targeted towards military families with special needs, however, the content is also helpful for service providers.

EFMP – eLearning – Childhood Development Milestones and Identifying Delays

MilLife Learning: EFMP – eLearning Childhood Development Milestones and Identifying Delays

This course outlines early childhood milestones and helps parents identify delays their child may experience. [2]

*Date Completed:*_____

Successful Transition for Students with Special Needs: What resources are available to you?

OneOp: Successful Transition for Students with Special Needs: What resources are available to you?

YouTube: Successful Transition for Students with Special Needs: What resources are available to you?

This webinar covers the available resources to ensure students' successful post-secondary transitions.

*Date Completed:*_____

Successful Transition for Students with Special Needs: Advocating for Universal Design for Learning in Classrooms

OneOp: Successful Transition for Students with Special Needs: Advocating for Universal Design for Learning in Classrooms

YouTube: Successful Transition for Students with Special Needs: Advocating for Universal Design for Learning in Classrooms

This webinar trains listeners to inform teachers about instruction using universal design for learning, or UDL, and advocate for their use in classroom instruction on an ongoing basis.

*Date Completed:*_____

Physical Activity Across the Lifespan for Individuals with Disabilities

OneOp: Physical Activity Across the Lifespan for Individuals with Disabilities

YouTube: Physical Activity Across the Lifespan for Individuals with Disabilities

This webinar presents the importance and benefits of physical activity for individuals with disabilities, including how to define developmentally appropriate physical activity for different age groups as well as the legal rights to access and programming.

*Date Completed:*_____

Detour Ahead: Person-Centered Contingency Planning

OneOp: Detour Ahead: Person-Centered Contingency Planning

YouTube: Detour Ahead: Person-Centered Contingency Planning

This webinar discusses how to formulate a "person-centered" contingency plan by introducing "person-centered" planning and identifying specific strategies that will help develop a "person-centered" contingency plan.

Date Completed: _____

[2] EFMP – eLearning courses are targeted towards military families with special needs, however, the content is also helpful for service providers.

Up and Away: Building Child Language, Social Interactions, and Preliteracy Skills in Early Childhood Settings

OneOp: Up and Away: Building Child Language, Social Interactions, and Preliteracy Skills in Early Childhood Settings
YouTube: Up and Away: Building Child Language, Social Interactions, and Preliteracy Skills in Early Childhood Settings
This webinar focuses on strategies to help children use more complex sentences and vocabulary with their caregivers and peers.

*Date Completed:*_____

From Communication to Conversations: Expanding Language Development in the Early Childhood Years

OneOp: From Communication to Conversations: Expanding Language Development in the Early Childhood Years
YouTube: From Communication to Conversations: Expanding Language Development in the Early Childhood Years
This webinar discusses decontextualized language, early developing morphemes, timelines for phonological processes and preliteracy achievements during the preschool years as well as when to worry that a child's speech and language doesn't seem to be progressing as expected.

*Date Completed:*_____

The Power of Family Mealtimes: Strategies to Promote Health and Wellbeing

OneOp: The Power of Family Mealtimes: Strategies to Promote Health and Wellbeing
YouTube: The Power of Family Mealtimes: Strategies to Promote Health and Wellbeing
This webinar focuses on the benefits of family mealtimes, how they affect health and well-being and tips on how to create a positive family mealtime experience even during the busiest times.

*Date Completed:*_____

Yuck! I Don't Eat That! Nutrition & Selective Eating In Young Children With Autism

OneOp: Yuck! I Don't Eat That! Nutrition & Selective Eating In Young Children With Autism
YouTube: Yuck! I Don't Eat That! Nutrition & Selective Eating In Young Children With Autism
This webinar addresses common concerns of families surrounding dietary preferences and limitations often seen in young children with autism and will provide strategies for ensuring quality nutrition in young children with autism and related disorders.

*Date Completed:*_____

EFMP – eLearning – Moving with An Individualized Education Program

MilLife Learning: EFMP – eLearning – Moving with An Individualized Education Program

This course reviews how to help children with Individualized Education Programs get comparable services wherever they go. [3]

*Date Completed:*_____

What Do We Know: Autism Screening, Diagnosis, & Supporting Young Children & Families

OneOp: What Do We Know: Autism Screening, Diagnosis, & Supporting Young Children & Families
YouTube: What Do We Know: Autism Screening, Diagnosis, & Supporting Young Children & Families This webinar covers the prevalence of autism in the United States and common red flags and discusses the screening and diagnosis process of young children with autism and strategies for partnering with and supporting families through this process.

*Date Completed:*_____

PCS Series: Research and Tools for Supporting Military Transitions

OneOp: PCS Series: Research and Tools for Supporting Military Transitions
YouTube: PCS Series: Research and Tools for Supporting Military Transitions
This webinar examines the 2018 RAND Report, "Enhancing Family Stability During a Permanent Change of Station," and focuses on the tools available to military service providers through Military OneSource, such as Plan my Move, and other Military OneSource moving resources that can support families throughout a Permanent Change of Station, or PCS.

Date Completed: _____

EFMP – eLearning – Adults with Special Needs

MilLife Learning: EFMP – eLearning – Adults with Special Needs

This course reviews available services and resources for adults with special needs, including housing and transportation options, effective advocacy, considerations for living independently, opportunities for community involvement, advanced education and employment options, and available family support services for you and your family.

*Date Completed:*_____

Special Education

EFMP – eLearning – Individualized Education Program

MilLife Learning: EFMP – eLearning – Individualized Education Program

This course reviews what qualifies a child for an Individualized Education Program and the process for developing one.

*Date Completed:*_____

[3] EFMP – eLearning courses are targeted towards military families with special needs, however, the content is also helpful for service providers.

EFMP – eLearning – Post Secondary Transition

MilLife Learning: EFMP – eLearning – Post Secondary Transition

This course reviews post-secondary transition services and resources and how they can help children thrive. [4]

*Date Completed:*_____

EFMP – eLearning – Special Education Process

MilLife Learning: EFMP – eLearning – Special Education Process

This course reviews the options available to families if they are concerned that their child is not learning at the same pace or in the same way as his or her peers.

*Date Completed:*_____

EFMP – eLearning – The Dispute Process

MilLife Learning: MilLife Learning: EFMP – eLearning – The Dispute Process

This course reviews the resources available for parents or guardians of a child with special needs in the dispute process with a school that is not meeting your child's needs.

*Date Completed:*_____

EFMP – eLearning – Early Intervention Services

MilLife Learning: EFMP – eLearning – Early Intervention Services

This course reviews the services available for children with under the age of 3 who have special needs or developmental delay.

*Date Completed:*_____

[4] EFMP – eLearning courses are targeted towards military families with special needs, however, the content is also helpful for service providers.