

Exceptional News

Brought to you by your USAREC Exceptional Family Member Program

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Inside this issue:

Autism Facts 2

EFMP Overview 2

April is National Alcohol Awareness Month 3

Autism Facts Continued 4

Month of the Military Child Facts 5

EFMP: April Calendar 6

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April is Autism Awareness Month

The fourteenth annual World Autism Awareness Day is April 2, 2021.



Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world come together on April 2, Autism Awareness Day, to [Light It Up Blue](#) in recognition of people with autism and those who love and support them.

[Autism-friendly events](#) and educational activities take place all month, aiming to increase understanding and acceptance of people with autism, foster worldwide support and inspire a kinder, more inclusive world.

Join us for [World Autism Awareness Month](#) to help us spread kindness and autism awareness!

And Month of the Military Child



Visit us on Facebook!

https://www.facebook.com/usarecefmps/?ref=aymt_homepage_panel ;

Facts about Autism:

Autism spectrum disorders (ASDs) are a group of developmental disabilities that can cause significant social, communication and behavioral challenges. People with ASDs handle information in their brain differently than other people.

ASDs are "spectrum disorders." That means ASDs affect each person in different ways, and can range from very mild to severe. People with ASDs share some similar symptoms, such as problems with social interaction. But there are differences

in when the symptoms start, how severe they are, and the exact nature of the symptoms.

There are three different types of ASDs:

Autistic Disorder (also called "classic" autism) This is what most people think of when hearing the word "autism." People with autistic disorder usually have significant language delays, social and communication challenges, and unusual behaviors and interests. Many people with autistic disorder also have intel-

lectual disability.

Asperger Syndrome People with Asperger syndrome usually have some milder symptoms of autistic disorder. They might have social challenges and unusual behaviors and interests. However, they typically do not have problems with language or intellectual disability.



Did you Know...

Child development research shows that the rate of human learning and development is most rapid in the preschool years. If the most teachable moments or stages of greatest readiness are not taken advantage of, a child may have difficulty learning a particular skill at a later time.

Exceptional Family Member Program Overview:

How does a Soldier enroll in the program?

The Soldier contacts the nearest Army treatment facility (MTF) EFMP point of contact or the EFMP Systems Navigators and obtain the enrollment forms. Once the forms are completed, they are forwarded to the appropriate regional medical center for coding to initiate the assessment process. Your EFMP SN could assist in locating those specific

POCs. The regional medical command enrolls eligible Active Army Soldiers in EFMP. They also notify Army National Guard and Reserve personnel agencies of eligible AGR Soldiers. Soldiers are reasonable for keeping the medical and/or special education needs documentation current as EFM condition changes or at least every three years whichever comes first.

What are the benefits of

program enrollment?

Enrollment allows assignment managers at Army personnel agencies to consider the documented medical and special educational needs of the EFM in the assignment process. The Soldier is assigned to an area where the medical and education needs of their EFM can be met. This will depend on a valid personnel requirement for the Soldier's grade, specialty and eligibility for the tour. All

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April is National Alcohol Awareness Month

GUIDING A LIFETIME OF CONVERSATIONS #RESPONSIBILITY

APRIL IS ALCOHOL AWARENESS MONTH

Join us to ignite more than **2 million** conversations about alcohol #responsibility.

AGES 6-11

Mom, can I have some?

- ▶ No, alcohol is not good for your growing body;
- ▶ No, this is a drink for adults;
- ▶ No, your brain is still developing; or
- ▶ No, just like you can't have coffee.

AGES 10-13

Just Because You Drink Doesn't Mean You're Drunk, Right?

Right. Many factors affect whether you're drunk, including your gender, weight, how fast you're drinking, and whether you've had water and a meal with your drinks regardless of whether it's beer.

@B4Udrink

Learn the facts about how alcohol affects your BAC

B4U drink.org

These different amounts

Every April the [National Council for Alcoholism and Drug Dependence \(NCADD\)](#) sponsors Alcohol Awareness Month to increase awareness and understanding of the causes and treatment of the nation's #1 public health problem: alcoholism. The theme this year is "Changing Attitudes: It's not a 'rite of passage.'" The target audience: youth and their parents.

HOW TO OBSERVE

- Be sure to use the hashtag #AlcoholAwarenessMonth on social media while sharing and increasing awareness. Plus, you might encourage loved ones you know to:
 - Practice limiting their consumption by keeping track of quantity consumed.
 - Encourage parents to discuss alcohol abuse with children, and talk to your own children too.
 - Healthcare workers can make concerted effort during the month of April to talk about options with their patients.

April is Alcohol Awareness Month

www.depaultreatmentcenters.org

For the Health of It:

Early Education on Alcoholism and Addiction

FACT: Alcohol is the country's most widely used legal drug, and most widely used substance among American Youth

Facts about Autism: *Continued from Page 2*



Pervasive Developmental Disorder – Not Otherwise Specified (PDD-NOS; also called "atypical autism"). People who meet some of the criteria for autistic disorder or Asperger syndrome, but not all, may be diagnosed with PDD-NOS. People with PDD-NOS usually have fewer and milder symptoms than those with autistic disorder. The symptoms might cause only social and communication challenges.

Signs and Symptoms

ASDs begin before the age of 3 and last throughout a person's life, although symptoms may improve over time. Some children with an ASD show hints of future problems within the first few months of life. In others, symptoms might not show up until 24 months or later. Some children with an ASD seem to develop normally until around 18 to 24 months of age and then they stop gaining new skills, or they lose the skills they once had.

A person with an ASD might:

- Not respond to their name by 12 months
- Not point at objects to show interest (point at an airplane flying over) by 14 months
- Not play "pretend" games (pretend to "feed" a doll) by 18 months
- Avoid eye contact and want to be alone
- Have trouble understanding other people's feelings or talking about their own feelings
- Have delayed speech and language skills
- Repeat words or phrases over and over (echolalia)
- Give unrelated answers to questions
- Get upset by minor changes
- Have obsessive interests
- Flap their hands, rock their body, or spin in circles
- Have unusual reactions to the way things sound, smell, taste, look, or feel



There are approximately **1.9 million military children**, ranging in ages from newborn to 18 years old, **1.3 million military children** are school-aged.

765,000 of our military children have Active duty parents, and approximately **225,000** have a parent who is currently deployed.

Deployment Blues

Over two million military children have experienced the deployment of a parent since 2001. The extended and repeated separations from their parent add stress to the lives of military children.

School-age Military Children

School-age military children may struggle with anxiety, worrying and crying when a parent is deployed. Although some military children live in military communities, nearly 80 percent of military children attend public schools in the United States.

Homecomings are Sweet

Military children of all ages suffer when a parent is deployed. Although homecomings are sweet, young military children may not remember their parent or may meet their parent for the first time as toddlers. Family reunification isn't always easy after deployment.

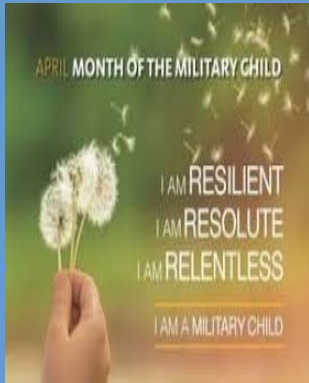
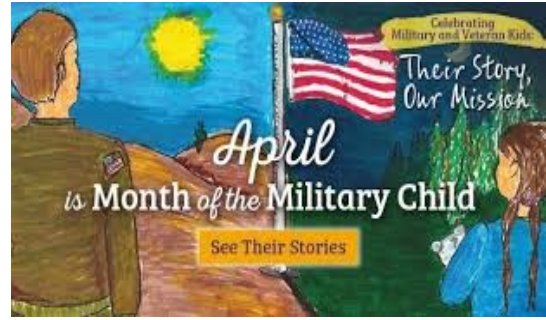


Military Children Face Uncertainty

Military children face daily stress and uncertainty including a parent's deployment, not knowing when or if the parent will return home, frequent moves and loss of friends. Military children may also have fewer family members nearby for support.



April



Sun Mon Tue Wed Thu Fri Sat

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Upcoming Free webinars on Military Families Learning Network:

* Strategies for Supporting Caregiver-Child Interactions That Enhance Development

Wed April 14th: 11:00 am-12:30 pm EDT

* Choosing What's Right: Using Ethics to Make Practical Decisions While Caring for Another

Wed April 28th: 11:00 am-12:00 pm EDT

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Alcohol Awareness Month
APRIL



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