

Resources and Services

Tricare: 1-800-444-5445
Tricare Extended Health Care
Option (ECHO):
www.tricare.mil/echo/

EFMP-M (Medical) websites:
www.afspecialneeds.af.mil
www.facebook.com/AFMSAirForce
[ExceptionalFamilyMemberProgram
Medical](http://www.afspecialneeds.af.mil/ExceptionalFamilyMemberProgramMedical)

Military OneSource:
<http://www.militaryonesource.mil/>

Programs

- *Give Parents A Break
- *EFMP Library
- *Respite Care (Child Care)
- *School Liaison

For more information on these and other programs contact the EFMP Coordinator at 405-739-2747



Tinker AFB EFMP Contacts

**72d Force Support Squadron
Airman & Family Readiness Center
Building 6001
(405) 739-2747
Mon-Fri: 7:30AM-4:30PM
After Hours by Appointment
Closed Holidays & AFMC Family Days**

**72d Medical Group
Building 1094
(405) 582-6025
Mon-Fri 7AM-4PM
Closed Holidays & AFMC Family Days**



Exceptional Family Member Program

Support Group



What is EFMP?

EFMP (Exceptional Family Member Program) is a mandatory enrollment program for Airmen with a special needs family member. EFMP functions under the provisions of the Air Force Instruction 40.301.

***EFMP provides medical, educational, housing, community support and personal services to EFMP families.**

***Ensures Airmen are assigned to locations where medical and special education needs can be met.**

An Exceptional Family Member is an Airman's immediate family member, child or adult, with any physical, emotional, developmental or intellectual disability that requires special treatment, therapy, education, training or counseling.



EFMP Support Group Information

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| 1 | We care about exceptional families and quality of life. |
| 2 | We listen, we care, we understand. |
| 3 | We are here to help you identify the services available to you. |
| 4 | We will connect you to resources and help you navigate the system. |
| 5 | We know the system. We can help. |

Meetings are an informal opportunity for anyone with a special needs family member to come out and share their challenges and successes with other families.

Meetings provide:

- *Information about support services on and off base.**
- *Networking and information sharing.**
- *Moral support from group members.**
- *Mutual problem solving.**
- *Guest speakers.**
- *Connections with other EFMP families.**

Join us every third Thursday at the Balfour Beatty Community Center from 5:30pm-7pm!

5601 Twining Drive, TAFB, OK. 73145

Support on Facebook



Can't make it to a meeting? No problem! Join us on Facebook!

"Tinker Special Needs Support Group"

<https://www.facebook.com/groups/159561017457947/>

In the Facebook group, members are encouraged to share their experiences, resources and stories. Members are also encouraged to post questions and give feedback to others who have posted questions.

When you visit the group, be sure to check out the "Group Files." Many members have added community resources, tips and other helpful information.

The Facebook "Tinker Special Needs Support Group" is a group that was created by parents for parents. The group has no official status or government affiliations.

