



# Military Programs for Special Needs - Toolkit

This is an informational toolkit to provide you and your family with guidance on how to navigate the many programs available to Military Families with special educational or medical needs.

**Our toolkit will walk you through the following two topics:**

- Exceptional Family Member Program (EFMP)
- Extended Care Health Option (ECHO)



## What is the Exceptional Family Member Program (EFMP)?

EFMP is a Department of Defense Program. This program provides military families with special needs, support on coordinated community efforts, housing, educational, medical, and personal services.

If your spouse, child, or other dependent family member needs continued medical or educational services, the first step is to join EFMP. Enrolling is necessary to gain access to services, assistance and information on these offerings.

When enrolling into EFMP, you can request a review for eligibility for the TRICARE Extended Care Health Option (ECHO). This may provide supplemental medical support services for family members with complicated medical needs.

**The EFMP program incorporates the work of three parts. See the graphic below for greater detail.**



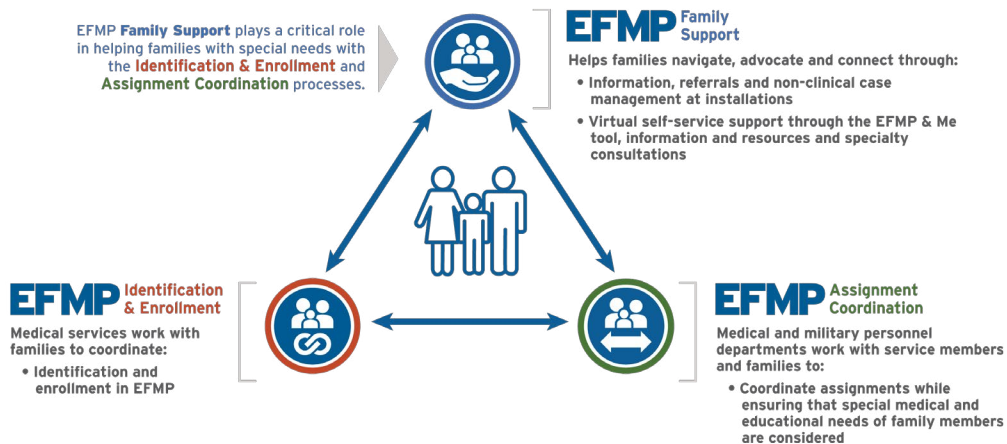
**Identification and Enrollment**



**Assignment Coordination**



**Family Support**



Source: Exceptional Family Member Program Guide | Military OneSource



To learn more about access to service-specific information, scan these QR codes here:



# What is the Extended Care Health Option (ECHO)?

ECHO offers financial assistance to beneficiaries of active-duty family members (ADFM) with special needs, sharing access to a wide range of services and supplies. You can register with case managers in each TRICARE region.



**To use ECHO, you must be enrolled in the Exceptional Family Member Program (EFMP) through the sponsor's branch of service.**

Enrollment into the EFMP program may be waived for a few select reasons:

- ✓ When the sponsor's branch of service does not have an EFMP
- ✓ When the beneficiary lives with the custodial parent who is not the active-duty sponsor

## Does Your Child Qualify for the Autism Care Demonstration (ACD)?

The TRICARE Comprehensive Autism Care Demonstration covers Applied Behavior Analysis (ABA) services. To qualify, your child must have been diagnosed with autism spectrum disorder (ASD) by an approved provider, and active-duty service members (ADSM) with a child diagnosed with ASD must first enroll in your service branch's Exceptional Family Member Program (EFMP). Your child must also enroll in the Extended Care Health Option (ECHO). USFHP care managers can provide additional information about EFMP and/or ECHO and can assist with navigating the application process.



For more information about qualification and getting started contact USFHP Care Management Department at 1-800-241-4848.

## Interested in Learning More?

If you want to speak to a USFHP Care Manager to learn more about these programs and resources:

## Eligibility for ECHO

Beneficiaries diagnosed with moderate or severe intellectual disability, serious physical disability, or an extraordinary physical or psychological condition can qualify for ECHO. These beneficiaries include the following:

- Active - duty family members
- Family members of activated National Guard / Reserve members
- Family members who are covered under the Transitional Assistance Management Program
- Children or spouses of former service members who are victims of abuse qualify for the Transition Compensation Program
- Family members of deceased active-duty sponsors while they are deemed "transitional survivors"
- Family members who qualify must be entered in DEERS to have access to ECHO

If you have any questions about eligibility, talk to a case manager or your regional contractor.

Source: <https://tricare.mil/ECHO/>

## Care Management Programs to Support Beneficiaries with Special Needs

USFHP offers a range of care management programs to assist our beneficiaries with diagnosed medical and/or mental health conditions, including any diagnosed special needs. Our nurse care managers and social workers who specialize in care coordination can assist with locating specialists, connecting to in network providers, and assist with creating a personalized care plan to meet the needs of your child or family member. Enrollment in care management is a free and voluntary plan benefit. Please call Member Services or visit our website [www.usfhp.net](http://www.usfhp.net) for additional information about our care management programs.



**Call (800) 241-4848**



**Visit our website at: [www.usfhp.net](http://www.usfhp.net)**