

# NETWORK NEWS

## UPCOMING EVENTS:

- NOV. 27** | Raising Financially Responsible Children  
11:00 am - 12:30 pm ET
- NOV. 28** | Detour Ahead: Person-Centered Contingency Planning  
11:00 am - 12:00 pm ET
- NOV. 29** | Building Child Language, Social Interactions, and Preliteracy Skills  
11:00 am - 12:30 pm ET
- DEC. 05** | A Holistic Approach to Supporting Military Families with Special Needs  
11:00 am - 12:00 pm ET
- DEC. 18** | 2018 Personal Finance Year in Review  
11:00 am - 12:30 pm ET

## From Understanding to Action

Over the last several weeks, we've been working on our cultural competence. Through the 2018 Military Families Learning Network Virtual Conference and the accompanying Storytelling for Cultural Competence experience, we have begun to better understand our own cultural stories, gained insights into the stories of others, and become more aware of our privilege. All of that, however, is just a small step in a cultural competence journey. To make it a bigger step, to make it transformational, we need to move from understanding to action.

We created the Advocacy Action Plan to help us make that move. We wanted to help ourselves and others by providing a framework for developing an action plan and by supporting cultural competence journeys through validation, co-learning and peer support.

When we started work on the plan, we struggled to find other action plans or lists of competencies that we could relate to as individuals. All of the advocacy plans we found were for organizations and most of the competency lists we found were written from an organizational perspective. We wanted a plan that we could make a personal connection with, one that could reflect our personal experience and be adjusted to our own pace. We couldn't find one, so we set out to create it.

We are not experts in cultural competence.

As two white people from the upper Midwest, we do not intend to lead people along this path. Hopefully we can help people along their way by sharing what we have learned about positive psychology and behavior change, telling the story of our own journeys, and practicing vulnerability.

Shay Huff says "Vulnerability is contagious." We hope that's true because we believe sharing our stories can change the way we think and act, and by changing the way we think and act, we can deliver more effective support and care to those we serve.

We'd like to invite you to check out the Advocacy Action Plan as a way to move from understanding to action and continue your cultural competence journey. Like any journey, this one will likely be filled with stops and starts, frustrations and revelations, pain and progress. Please take it at your own pace, forgive your mistakes, and keep moving forward.

Written by:  
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[Read the full article on our website!](#)

[Advocacy Action Plan](#)



We invite you to catch up with our archived 2018 virtual conference, **Cultural Competency, Awareness, Action, and Advocacy**. Simply click on a session below or visit the conference homepage. Continuing Education (CE) credits are still available!

**Keynote: Fundamentals of Diversity and Inclusion**  
**Cultural Competency and Authentic Dialogue**  
**Dis/ability, Race, and Equity**

**Sexual Orientation and Gender Expression within Families**  
**Health Disparities at the Intersection of Race, Ethnicity, and Disabilities**  
**Capnote: Reflecting, Learning and Advocating**

# [ NEWSBITES ]



## **Grief is a Common Emotion for Military Caregivers**

Caregivers experience grief from the losses experienced when their service member or veteran has a chronic illness or severe injury. Many military families refer to the acceptance of their losses as their 'new normal'...[read more](#).

## **Unemployment Benefits for Military Spouses after a PCS**

When PCS orders come in, a lot of changes are on the way. Some may be exciting—but often, the transitions can be difficult. For military spouses, one of the hardest changes to handle can occur when it becomes necessary to quit a job...[read more](#).

## **Did you Say Something, Honey? A Look at Distracted Parenting**

Worthen (2012) indicates that there is a possible connection between device (such as mobile phone) distraction and child injuries...It is possible to find a happy medium between the use of technology and non-distracted parenting... [learn more](#).

## **Struggling to Fit Exercise Into Your Daily Routine?**

Whether at work or at home, adding physical activity in small, consistent increments may serve as a great entry point for adding physical activity into your daily routine. The Mayo Clinic offers great tips to increase exercise during the work day...[read more](#).

## **Anchored | Episode 14**

### **Double Duties: Exploring Single Parenthood in the Military**

In this episode, we talk with people who are intimately familiar with the perspective of single parenting in the military. Our guests discuss their personal experiences as single parents and active duty military personnel. Throughout the episode, we capture each of their journeys throughout parenthood and service, the challenges they've faced, and how they found the strength to overcome those challenges. Each story is different, but common themes emerge that demonstrate not only the struggles of their double-duties but also the rewards.

[Listen to this podcast.](#)

## **Show Up Inspired!**



## **Health is Wealth: Addressing Disparities in Health Outcomes**

Explore health disparities, examine key factors involved in perpetuating disparities, and examine what each of us can do as individuals, policy makers and providers to help improve health equity in this new podcast.

[Listen to this podcast.](#)

## **Money Moment Podcast Series:**

- [Buying in Bulk](#)
- [Needs vs. Wants](#)
- [Cybershopping Saving Strategies](#)

