

VIRTUAL LEARNING EVENT Session #1
MILITARY CAREGIVING
Military Families Learning Network

VLE Session #1: **RETHINKING!**
Creating New Strategies
to Build Trust & Credibility

<https://learn.extension.org/events/2187>

U.S. DEPARTMENT OF DEFENSE
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This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Readiness Policy, U.S. Department of Defense under Award Numbers 2012-48755-20306 and 2014-48770-22587.

MILITARY FAMILIES
LEARNING NETWORK

Research and evidence-based
professional development through
engaged online communities.

www.eXtension.org/militaryfamilies

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MILITARY FAMILIES
LEARNING NETWORK

LinkedIn

Military Families Learning Network

Group Profile

Private group. To request membership, click Join and your request will be reviewed by the group manager.

The MFLN LinkedIn Group is a forum for Military Family Service Providers to share professional experiences, discuss issues, and make connections. The MFLN focuses on family development, personal finance, military caregiving, community capacity, nutrition and wellness, transitions, and network literacy.

<https://www.linkedin.com/groups/Military-Families-Learning-Network-8409844>

We're Social!



MILITARY CAREGIVING
Military Families Learning Network

Providing educational tools and caregiving tips for military professionals and family caregivers.

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2015 Military Caregiving VLE

“Reimagining your skills as a Helping Professional: Working with Military Family Caregivers”

- Theme: Reenergizing and rejuvenating personal and professional growth with colleagues in caring disciplines.
- Three-Part Session with topics surrounding **building trust and credibility, cultural competency, and compassion fatigue.**



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VLE Session #1 Resources



<https://learn.extension.org/events/2187>



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Who's Joining Us Today?

*Type your response in chat pod.

- Civilian
- Military Branch & Program
- Community-based
- University/Extension



Empowering the Helping Professional: Accessing and Applying Expertise


Rethinking! Creating New Strategies to Build Trust and Credibility

Presenter



Alicia Cassels
Assistant Professor & Curriculum Specialist
4-H Youth Development Programs
West Virginia University

Panel Moderator



L. Christopher Plein, Ph.D.
Professor of Public Administration
Eberly Family Professor for Outstanding Public Service
West Virginia University

Training Overview

This training will examine strategies for helping professionals in promoting collaborative work with military families including:

- The role of the service provider in helping families manage expectations while accessing necessary services.
- Strategies for connecting families with services and accessing additional expertise to address identified family needs.
- Panel discussion regarding best practices with EFMP, Wounded Warrior and Family Service Provider Staff.

What is your role?

Who are the helping professionals?

- EFMP Family Support Staff
- Medical Treatment Facility Staff
- Non-Clinical Counseling Staff

What about others?

Who are the other helping professionals?

- Those who play an active role?
- Those who play a support role?

Realities

What are some of the realities we face as helping professionals?

- Responsiveness to those we serve
- Prioritizing our "workload"
- Coordination with others in providing assistance
- Work-life balance

Participant Sharing

Please share one of your effective strategies for connecting families w/ resources.


How can we help families access broader resources?

- Maintain and distribute accurate and up to date information regarding programs and services.
- Maintain communication with key agencies that address the needs of your installation population.
- Know how to find answers to family questions about programs and services.
- Maintain ongoing communication with families regarding needs and goals.

**Activity:
Panel
Presenters**

Jane Barnard
Director, SFAC
Fort Gordon, GA

Elizabeth Wright
Program Manager, EFMP
MCRD San Diego, CA



Discussion

How do you manage time in order to work with families but also to take a more strategic approach toward programming, learning about new trends, and resources?

In short, how do you keep your head above water?

Discussion

What are your experiences working with colleagues in teams, either formally or informally, to work with families to address needs?

What strategies work for overcoming challenges?

Discussion

How do you deal with families that may resist your advice and help, or don't follow through?

Is it me, is it the family?


Discussion

What advice would you give to someone starting an assignment or position in family support?

Key Takeaways

- Helping professionals have complex responsibilities that require flexibility and adaptability to meet changing circumstances and needs
- Knowledge of available resources and services is a key component to effectiveness.
- There are complex networks of helping professionals and their organizations. Knowing the lay of the land is important.
- Peer to peer learning, both formally and informally, can help us learn about best practices and give us insight on how to avoid pitfalls.

Key Resources



- DMDC Online Data Center:
https://www.dmdc.osd.mil/appi/dwp/dwp_reports.jsp
- Hidden Heroes: America's Military Caregivers:
http://www.rand.org/pubs/research_reports/RR499.html
- Journal of Rural Social Sciences Vol. 26, N. 3, Special Veterans Issues:
<http://www.ag.auburn.edu/auxiliary/srsa/pages/TOCs/JRSS%20vol26-3.htm>
- Survey of Exceptional Family Member Program Family Support Providers October 2013:
<http://www.militaryonesource.mil/12038/MOS/EFMP/EFMP-MedicaidReport.pdf>
- **Reflect! Keep Calm and Carry On** (Mindfulness Audiocast Exercise):
<http://blogs.extension.org/militaryfamilies/military-caregiving/audiocasts-and-podcasts/>

Contact Information

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Reflect! Keep Calm & Carry On
(Mindfulness Audiocast Exercise)

Discover and observe your reactions to life's stressors and choose how to respond. Learn to balance work and life with this three-part mindfulness audiocast series.

Audiocast #1: It Begins with the Breath



Link to Download: <http://blogs.extension.org/militaryfamilies/military-caregiving/audiocasts-and-podcasts/>



Evaluation & Continuing Education Credits/Certificates

The MFLNMC Concentration Area offers 1.5 credit hour(s) from the National Association of Social Workers (NASW) / certificates of completion for today's webinar.

To receive CE credits or certificate of completion, please complete the evaluation and post-test found at:

https://vte.co1.qualtrics.com/SE/?SID=SV_6x0W7D2cDVFwtbn

*Must pass post-test with an 80% or higher to receive CE credit.





VIRTUAL LEARNING EVENT Session #2
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Session #2: Relating! Caring and Culture

Time: 11:00 a.m. – 12:30 p.m. EDT

Date: Wednesday, November 4, 2015

Location: <https://learn.extension.org/events/2189>

For more information on MFLN Military Caregiving go to:
<https://blogs.extension.org/militaryfamilies/military-caregiving/>



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