



Upcoming Series | Thrive Initiative



Photo: Clearinghouse for Military Family Readiness at Penn State (thrive.psu.edu)

MFLN's Family Development & Early Intervention teams have come together to host an upcoming series on **Thrive!** This series will consist of webinars and Anchored podcast episodes that are all about the **Thrive Initiative**, a continuum of parenting programs for parents of children from birth to 18 years of age. The Thrive Initiative was born out of a partnership between The **Clearinghouse for Military Family Readiness at Penn State** and the **Department of Defense's Office of Military Community and Family Policy**.

The first two webinars in the series will take place on **October 29, 2019** and **November 19, 2019** starting at 11AM EST. Each webinar will explore aspects of the four programs that make up the Thrive Initiative.

Anchored. Episode 18 | An Overview of the Thrive Initiative



As we prepare to kick off this series, don't miss our Anchored Podcast episode on Thrive! In this episode, Clearinghouse for Military Family Readiness representatives Terri Rudy and Ryan

Chesnut join us to explore the parenting programs that are available within the Thrive Initiative!

**This podcast episode offers 1.0 CE Credit from the UT Austin Steve Hicks School of Social Work*

WEBINAR SERIES
@ n
thrive

Positive Parenting Practices • Parent & Child Stress Management • Physical Health Promotion

Click here to visit the series homepage!

militaryfamilieslearningnetwork.org/thrive

Upcoming Webinars!

OCT 29
11 AM EST
Supporting Families During the Early Childhood Years: An Overview of the Take Root and Sprout Parenting Programs

RSVP at: militaryfamilieslearningnetwork.org/event/34465

NOV 13
11 AM EST
What Helping Professionals Need to Know About Kincare

RSVP at: militaryfamilieslearningnetwork.org/event/34459

NOV 14
11 AM EST
Engaged & Extraordinary: Supporting Young Children with Autism and Other Developmental Disabilities | Kids Serve Too!

RSVP at: militaryfamilieslearningnetwork.org/event/22070

NOV 19
11 AM EST
Supporting Families During the Elementary School Years: An Overview of the Grow Parenting Programs

RSVP at: militaryfamilieslearningnetwork.org/event/34469

NOV 21
11 AM EST
From Hysteria to Hope: Bringing Reason to Problematic Sexual Behavior in Children and Youth

RSVP at: militaryfamilieslearningnetwork.org/event/52244

FREE CE Credits Available!

UT Austin Steve Hicks School of Social Work
For Social Workers, Licensed Professional Counselors, and Licensed Marriage and Family Therapists

Commission for Case Manager Certification (CCMC)
For Board Certified Case Managers

Certificates of Completion also available!

Visit the webinar event pages for more info about continuing education opportunities!

Get connected!



Suicide Prevention & Wellness Resources

September is Suicide Prevention Month and our MFLN Family Development team wanted to share resources to promote suicide prevention and wellness for military families.

The Operation Reach Out App

This app was created by Military Community Awareness, Inc. (MCA) and is designed to assist those who are at-risk for suicide directly, and also assists those concerned about others who may be at risk. Available for Android and iPhone users.

Find more information at:

Amca.com/suicide_prevention_app

The Suicide Prevention Lifeline

Provides 24/7, free and confidential support for people in distress. Call 1-800-273-TALK (8255) to contact the Lifeline.

Visit the website at:

suicidepreventionlifeline.org

The Military Crisis Line

The Military Crisis Line also includes free, confidential text-messaging services and online chat that are available 24/7. Call 1-800-273-8255 and press 1 or text the number 838255 to speak with a qualified responder from the VA.

Find more information at:

veteranscrisisline.net/get-help/military-crisis-line

The Defense Suicide Prevention Office

This website provides a holistic approach to suicide prevention, intervention, and post-tension using a range of medical and non-medical resources.

Find more information at: dsp.o.mil

Psychology Today

A search service which assists with finding therapists in your local network that accept TRICARE.

Visit the website at:

psychologytoday.com/us/therapists/tricare

We at MFLN Family Development urge everyone who needs help to seek assistance and we hope these resources will be beneficial in finding the support needed. And please make sure to pass on the resources shared above to anyone who may benefit from them.

Click here to read the full blog post.

militaryfamilieslearningnetwork.org/2019/09/30/suicide-prevention-wellness-resources

MilitaryFamily.com

Provides support and guidance to active-duty and retired military members and to military families.

Visit the website at: militaryfamily.com

Military Community Awareness

Provides resources for all stages of military families, including the Operation Reach Out App for suicide prevention.

Visit the website at: Amca.com

Struggle Well Podcast Series

Josh Goldberg, Executive Director of the Boulder Crest Institute for Posttraumatic Growth, and guests focus on and discuss personal struggles with suicide and post traumatic growth.

Listen to the series at:

stitcher.com/podcast/kristin-walker/struggle-well

Anchored. Episode 16 | Walking the PATHH: Exploring the Journey of Posttraumatic Growth

MFLN Podcast Episode

Listen to the episode here:

militaryfamilieslearningnetwork.org/podcast/episode-16-walking-the-path-exploring-the-journey-of-posttraumatic-growth

“Shifting the Stigma: Mental Health & the Military”

MFLN Blog Post

Read the blog here:

militaryfamilieslearningnetwork.org/2013/09/10/shifting-the-stigma-mental-health-the-military

“Traumatic Brain Injury and Suicide”

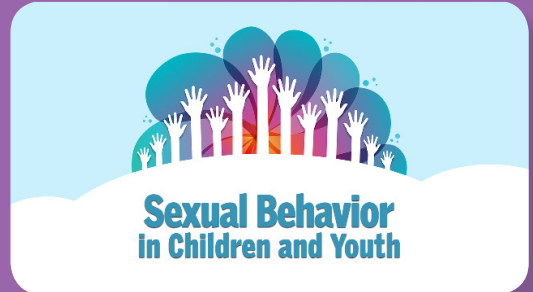
MFLN Blog Post

Read the blog here:

militaryfamilieslearningnetwork.org/2014/04/02/traumatic-brain-injury-and-suicide

NOV 21
11 AM EST

From Hysteria to Hope: Bringing Reason to Problematic Sexual Behavior in Children and Youth



In this webinar, **Dr. Elizabeth Letourneau** will inform participants of how **child sexual abuse (CSA) can be framed as a preventable public health problem**. She will describe the importance of understanding the developmental differences between older and younger children. Attendees will learn the significance of perspective-taking and responding to younger children with empathy, how to distinguish healthy vs. unhealthy relationships, explore why child sexual abuse happens and ways to prevent it as well as actionable steps in preventing problematic sexual behavior in younger children and youth.

Click here to RSVP today!

militaryfamilieslearningnetwork.org/event/52244

Also available in the #SBCYSeries...

Anchored. Podcast Episode 17 | A Discussion with Dr. Gregory Leskin about Problematic Sexualized Behaviors in Children and Youth

Dr. Gregory Leskin, Director of Military & Veteran Families, National Child Traumatic Stress Network, joins us to discuss helpful information for both mental health service professionals, educators & parents/caregivers.

Listen now on iTunes or at militaryfamilieslearningnetwork.org/series/mfln-family-development-anchored/

Sexualized Behaviors in Children & Youth | Webinar

In this webinar Dr. Shelly Martin, a child abuse pediatrician and US Air Force Colonel, reviews and explores normal, concerning and problematic sexualized behaviors that children may display. Additionally, various factors associated with children's sexualized behaviors are identified to assist clinicians in understanding appropriate assessment and disclosure processes involved when problematic symptoms are present.

Watch the webinar recording now at militaryfamilieslearningnetwork.org/event/29419/

CE Credits are still available for all programming in this series!