

Opportunities on the Horizon

JUL 21 | Consumer Financial Protection Bureau Resources for Personal Finance Managers Working with Service Members
11:00 am - 12:30 pm ET

JUL 22 | The Spouse Education & Career Opportunities Program Overview
11:00 am - 12:00 pm ET

AUG 18 | Communication: Seek First to Understand, Then Be Understood
11:00 am - 12:30 pm ET

If you're working from home as a result of COVID-19 and wish to access professional development, we encourage you to check out our recorded webinars and earn Continuing Education Credits by searching: militaryfamilieslearningnetwork.org/family-transitions/webinars/

Five Take-Aways from Warrior Wellness: Mental Health and Women in the US Military

by Karen Shirer, PhD



"Women play a growing pivotal role in military operations, and their experiences often differ from their male counterparts. A recent webinar, [Warrior Wellness: Mental Health and Women in the U.S. Military](#) by the Military Families Learning Network, Family Transitions, looked at how mental health concerns manifest differently for women, especially women in the military.

Mary Mattson, LICSW, helped viewers to understand the mental health concerns for women in the military as well as warning signs and symptoms, resources, and guidance on helping women service members seek help. Ms. Mattson has served as the Director of Psychological Health at the 133rd Airlift Wing, Minnesota Air National Guard, in Saint Paul, Minnesota for the past 8 years. She also serves as the Wing's coordinator for the Suicide Prevention Program. She noted that the topic of mental health and women in the military was very broad, ... [follow the story](#)

People are Talking About

Featured Recorded Webinars:

[Warrior Wellness: Mental Health and Women in the U.S. Military; 6/30/20](#)

[Women in the Military: Special Contributions and Unique Challenges; 3/26/20](#)

Featured Blogs:

[Supporting the Unique Mental Health Needs of Military Women](#) by Jennifer Rea

[Five Take-Aways from Warrior Wellness: Mental Health and Women in the US Military](#) by Karen Shirer

[Supporting Women Who Serve](#) by Karen Shirer



In this podcast series, Jessica Beckendorf and Bob Bertsch host the exploration of personal and collective practices that empower us to work together to help each other, our families and our communities improve our resilience and readiness in a rapidly changing world.

[Subscribe!](#)



Sign up for the MFLN Family Transitions Newsletter!



MILITARY FAMILY READINESS

ACADEMY

Coming Soon: The Military Family Readiness Academy

The Military Family Readiness Academy is a new virtual learning opportunity for professionals helping military families navigate the unique context of military life. The Academy is an annual live programming series with special learning and engagement opportunities suitable for individuals, groups and organizations. With a new series added each year, the Academy takes a multidisciplinary approach to a complex issue faced by military family service providers in their work.

The inaugural Academy series, Disaster and Hazard Readiness Foundations, focuses on the unique needs of military families in the context of disaster and hazard readiness. Join facilitator Dr. Angie Lindsey for three dynamic sessions throughout the fall to engage military family service providers and Cooperative Extension educators in foundational conversations that support readiness throughout the four stages of disaster and hazard management.

[Subscribe](#) for exclusive content and updates about the Fall 2020 series!

Feel free to follow us on Twitter and use [#MFRAcademy](#)

We Remember

JULY

4 Independence Day

AUG

4 Coast Guard Birthday
7 Purple Heart Day

29 Marine Forces Reserve Birthday

SEPT

National Preparedness Month
11 Patriot Day
18 Air Force Birthday
18 POW/MIA Recognition Day
27 Gold Star Mother's and Father's Day



[Collaboration: Breaking Down Silos and Building Networks to Support Military Families with Jennifer Rea](#)

[Helping Military Families Become More Resilient Through Various Transitions with Jennifer Rea](#)

[Access additional podcasts ...](#)

A Message From Our Team



Ms. Vickie LaFollette began her professional career with the Army in 1989, working with Family Programs at the Installation, Regional, Headquarters and Army Staff levels prior to moving to the Office of Secretary of Defense (OSD), Office of Family Readiness Policy in 2014. Since arriving at OSD, she has worked on various projects within the family program portfolio. Ms. LaFollette served as the Military Families Learning Network Department of Defense (DoD) Project Lead, and MFLN Family Transitions (FT) teammate as our DoD Subject Matter Expert (SME) until her retirement this June. With her guidance, FT was launched as a concentration area in 2015 to provide professional development with military family service professionals. On behalf of the FT team, we say "THANK YOU" to Vickie for her dedication, support and wisdom she shared with us. We have been honored to work with Vickie.

Participants from the **Warrior Wellness: Mental Health and Women in the U.S. Military** webinar are saying...

"I work with transitioning Sailors and since women are a small part of our classes they don't speak up as much, need to pursue more one on one interaction to make sure their concerns are addressed."

"I work with female soldiers in the Army. This webinar will help me to be more sensitive and responsive to their needs."

"Good presentation on women in the military and mental health. I plan to review the first video in the series next. "

