

Opportunities on the Horizon

OCT 21 [Surmounting Social Isolation & Loneliness: Mindfulness Medication](#)

11:00 am - 12:00 pm ET

OCT 28 [Disaster & Hazard Readiness: Impacts & Responses in Disaster and Hazard Readiness](#)

11:00 am - 12:30 pm ET

NOV 4 [Service Member to Veteran: Transitions & Transformations of Military Women](#)

11:00 am - 12:30 pm ET

NOV 18 [Disaster & Hazard Readiness: Planning for the Worst, Hoping for the Best](#)

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/

Preparing Military Families for Natural Disasters by Utilizing Resiliency Skills

by Jennifer Rea, PhD

**DISASTER AND HAZARD
READINESS
FOUNDATIONS**

The first hurricane I experienced was when my husband and I were stationed in Jacksonville, North Carolina. Growing up in the Midwest, hurricanes were not the natural disaster to worry about. Instead, we prepared for

tornadoes. Due to our unfamiliarity with hurricanes, my husband and I were nowhere near prepared for the upcoming destruction Hurricane Arthur was destined to bring. When Hurricane Arthur, a Category 2 hurricane, hit eastern North Carolina (July 3, 2014) our perspectives were completely shaken. We were blown away by the devastation the hurricane brought on. With winds peaking at 100 mph, damage from the hurricane was limited to scattered debris and flooded roads, and though 44,000 power outages were reported and widespread flooding occurred; fortunately, no deaths or serious injuries were reported. ... [follow the story](#)

People are Talking About

Featured Recorded Webinars

[Sesame Street and You: Caring for Each Other During COVID-19 and Other Emergencies](#)

[Disaster and Hazard Readiness 101](#)

[Warrior Wellness: Mental Health and Women in the U.S. Military](#)

Featured Blogs

[Talking to children about racism](#) by Katie Lingras

[Assisting Military Families as they Successfully Navigate the Military-to-Civilian Transition](#) by Jenny Rea

Featured Podcasts

[American Indian Veterans in Transition: Honoring Family, Land, Culture & People](#)

[Transition GPS: Helping to Make Military Members and Their Families' Lives Better](#)

[Helping Student Veterans and Family Members Achieve their Goals of Pursuing Higher Education](#)

[Dual-Military Couples and Women in the Military: Balancing Career & Family](#)

[A New Initiative: Families Tackling Tough Times Together](#)

[Today's Military Spouses: Persevering Amidst Challenges and Barriers to Thrive in Various Educational and Career Contexts](#)



Sign up for the MFLN Family Transitions Newsletter!

Military Family Readiness Academy focuses on Disaster and Hazard Readiness

by Sara Croymans

Readiness is essential not only for a robust military, but for the well-being of military families. The inaugural [Military Family Readiness Academy](#) series, focuses on Disaster and Hazard Readiness.

PART ONE of the Academy 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 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. If you missed the first session, [Disaster and Hazard Readiness 101](#) on September 16 you can view the recording of the webinar. On October 28 the session [Impacts and Responses in Disaster and Hazard Readiness](#) will take an in-depth look at disaster and hazard impacts and responses. The third session, [Planning of the Worst, Hoping for the Best](#), on November 18 will tie together all planning aspects involved in military family readiness from both family and service professional perspectives. RSVP for the two remaining sessions on the [series website](#).

DISASTER AND HAZARD READINESS IN ACTION

We Remember

OCT

- 10 World Mental Health Day
- 13 Navy Birthday
- 26 National Day of the Deployed

NOV

Military Appreciation Month

- 10 Marine Corps Birthday
- 11 Veterans Day

DEC

- 7 Pearl Harbor Day
- 13 National Guard Birthday
- 19 National Wreaths Across America

PART TWO of the Academy, scheduled for February and March 2021, will focus on implementing the unique skills and resources military family service providers need as they manage disasters and hazards within their professional fields. These sessions will prioritize on-the-ground strategies and actions from a variety of perspectives including nutrition & wellness, personal finance, early intervention, family development, and military caregiving. Watch for more details on these webinars in our 2021 Quarter 1 newsletter.

A Message From Our Team

The MFLN Family Transitions concentration area provides FREE online education and resources and FREE CE's for professionals working with military families to build resilience and navigate life cycle transitions.

Our goal is for military families to increase their self-reliance and navigate each transition more successfully than the last. The MFLN Family Transitions concentration area team encourages helping professionals to share, discuss, and collaborate on issues unique to the military family experience through blogs, podcasts, and other professional development opportunities.

We invite you to engage with us and your colleagues in conversations on life cycle issues such as marriage, having children, and retirement in the context of military family transition experiences ranging from frequent relocations, deployment, and reintegration.

Participants from the [Disaster and Hazard Readiness 101](#) webinar are saying...

"Great abundance of information. I enjoyed learning [that] we could participate in FEMA training, the many acronyms, the four stages of hazards (mitigation, preparedness, response and recovering), COAD, and VOAD."

"Wonderfully informative; I definitely know a lot more now concerning disasters and hazards and the resources available to me."

"Scott Cotton's case study was particularly helpful in providing insight to a "real life" experience."

"I found the webinar to be very helpful as it had great information as to the structure of disaster response (i.e., local, state and federal)."

