

Greetings from OneOp Family Development,

A growing focus on mental health has certainly been at the forefront of health and wellness efforts. As the stigma of seeking professional support has decreased over the last three years, the work of counselors, social workers, marriage and family therapists, and all service providers has become even more sought-after.

As the demand for your services increases, making your own mental health and wellness a priority is even more important than before to avoid [burn-out](#) and other manifestations of stress.



**Self-care is essential in anchoring ourselves, regulating our emotions, and balancing the varying stressors of personal and professional life.\***

This **Mental Health Awareness Month**, we celebrate your efforts as both a [provider](#) and a person working on your own wellness. To show up and offer support for those around you, focusing on your own well-being and mental health is key!

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### **May Opportunities from our OneOp Teams:**

Visit each event page to see **Continuing Education (CE) options** available and **RSVP to attend!** RSVP near the top, right-hand corner of each page. Those that can't attend the live webinars can watch an archived recording and get CE credits from the session replay!

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THURSDAY, MAY 12 | 11 AM - 12 PM ET

**[The Relationship Changes of Military Couples During Reintegration](#)**



This presentation will explore how military couples are impacted during the reintegration period. Recommendations for prevention and intervention services designed to help military couples negotiate relationship changes across the post-deployment transition will also be discussed.

This webinar is the final session in the **[A Close Look at Relationships: Supporting Military Couples](#)** series hosted by our Family Transitions team.

RSVP TO ATTEND

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WEDNESDAY, MAY 18 | 11 AM - 12 PM ET

**[Nutrition in Individuals with Autism Spectrum Disorder](#)**

This webinar provides an overview of current research evidence on nutritional issues with autism spectrum disorder (ASD). The discussion includes research regarding multiple risk factors for those with ASD as well as applications and strategies to assist when working with individuals with ASD.

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TUESDAY, MAY 24 | 11 AM - 12:30 PM ET

**[Culturally Sustaining Coaching Approaches](#)**

This session introduces six early intervention adult learning principles to support caregiver learning during visits with families. The connection between culturally sustaining practices and coaching practices that support learning for caregivers and children during family routines and activities is discussed. Strategies for implementing these principles and practices during virtual visits are also highlighted.



**GOING VIRTUAL**

This webinar is the second session in the **[Going Virtual](#)** series hosted by our FD Early Intervention team.

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WEDNESDAY, MAY 25 | 11 AM - 12:30 PM ET

**[TRICARE 101 Health Plans & Special Programs](#)**

It's important for military families to understand who qualifies for TRICARE programs and the benefits to which they are entitled. This webinar is designed to help providers better support families as they navigate the TRICARE system. Learn about these TRICARE programs: TRICARE for Life (TFL), Extended Care Health Option (ECHO), Autism Care Demonstration (ACD).

## Stay Tuned...

### A Path to Family Well-being...



Join us on **June 1st** to kick off this year's [#MFRAcademy](#). This [Family Well-being: Navigating the Social Justice Landscape](#) Academy series will equip you with skills to strengthen social justice advocacy in your work.

Mark your calendar for the MFRA and [RSVP](#) for the panels today!

### SBCY Series Special Announcements to Come!



We have some exciting projects coming up in our [Sexual Behavior in Children and Youth](#) series. The SBCY Series addresses developmentally appropriate sexual behavior in children, as well as explores cautionary and problematic sexual behavior (PSB) children may display. Stay tuned for upcoming series programming!

Please forward this newsletter or our other learning opportunities to anyone within your communities or networks that may be interested in our resources.

We hope you carve out some time this May to focus on things that strengthen your own mental health and wellness!

Sincerely,

**Kalin Goble**, M.S. (*she/her*)

OneOp Family Development



**Questions?** Email us at [OneOpfamilydevelopment@gmail.com](mailto:OneOpfamilydevelopment@gmail.com)

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