

JUNE 2022

# MILITARY CAREGIVING NEWSLETTER

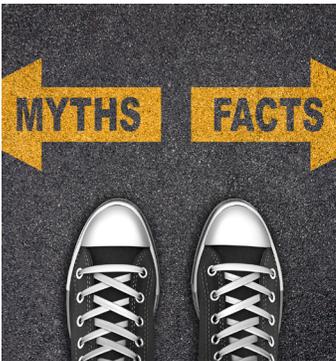


## Social Justice & Social Work (Panel Discussion)

June 15, 2022 | 11 A.M. ET

[RSVP Here!](#)

Join this discussion to learn how you can become a social justice advocate for your clients. As part of the 2022 Academy series, Family Well-Being: Navigating the Social Justice Landscape, this interactive discussion will address comments and questions around social justice issues brought to the session by participants. Panelists will also discuss how social injustice manifests itself as social services are delivered.



### [Myths & Facts: Individuals with Disabilities & Mental Health Concerns](#)

According to the Centers for Disease Control, in 2018, an estimated 17.4 million adults with disabilities experienced frequent mental distress. Frequent mental distress is also associated with poor health behaviors, increased use of health services, mental disorders, chronic disease, and limitations in daily life. Often, help-seeking behaviors, crisis prevention and likelihood of recovery can be adversely impacted by myths regarding mental health needs of individuals with disabilities. Let's examine and debunk some of these myths.



### [Caregiving for Individuals with Disabilities - Preventing Suicide](#)

When working or serving as caregivers for individuals with disabilities, there remains a paucity of information related to managing mental health and in particular preventing suicide. At risk for higher rates of suicide are individuals with intellectual and learning disabilities. Partly influencing suicidal tendencies is the social message that life with a form of disability must be miserable, therefore causing people with disabilities to internalize feelings that cause depression, anxiety and lead to social isolation.



### [ONLINE COURSES AVAILABLE! Family Well-Being: Navigating the Social Justice Landscape](#)

Military Family Readiness Academy series focuses on individuals' understanding of social justice and equity, including their own understanding of privilege and oppression. Courses equip family service providers with the skills to identify barriers that impact a family's health and well-being and identify opportunities for social justice advocacy in their work. The Academy series will support the well-being of diverse military families and it's service providers.

## UPCOMING EVENTS

[Social Justice & Military Families \(Panel Discussion\)](#)  
**JUNE 29 @ 11:00 AM ET**

[The Importance of Estate Planning for Military Families](#)  
**JULY 12 @ 11:00 AM ET**

[Social Security & Disability 101](#)  
**JULY 27 @ 11:00 AM ET**

[Incorporating Nutrition-Focused Physical Exams into Practice](#)  
**JULY 28 @ 11:00 AM ET**

[Thrift Savings Plan Updates for 2022](#)  
**AUGUST 16 @ 11:00 AM ET**

[Special Needs Trusts & ABLE Accounts](#)  
**AUGUST 24 @ 11:00 AM ET**

[Ensuring Smooth EI Transitions](#)  
**SEPT. 14 @ 11:00 AM ET**

  
**Readiness. Knowledge. Network.**  
Formerly Military Families Learning Network