

# Family Transitions NEWSLETTER



## Family Well-Being: Navigating the Social Justice Landscape



Did you have an opportunity to participate in the OneOp 2022 Academy in June? If not, no worries! The two panel discussion recordings are available and the three FREE courses are still accessible. The Academy offers participants insight into myriad aspects of social justice such as examining history, community standards, prejudice and discrimination, institutional discrimination in organizations, and advocacy for fostering well-being for military

families. Each course and panel discussion offers an attendance certificate and/or continuing education credits from various credentialing agencies. [Enroll for the course and access the panel discussion here.](#)



### [Supporting the Well-Being of Diverse Military Families Through a Social Justice Landscape](#)

Did you know: 45% of service members believe their racial/ethnic identity has hurt their ability to get ahead at work? 56% have considered racial/ethnic discrimination in their decision-making process? and 53% have concerns about safety regarding base/installation preferences due to their or family member's racial/ethnic identity? To maintain military family well-being, we might consider identifying and assessing these impediments through a social justice lens.



### [3 Keys to Sustainable Change: The Path toward Social Justice and Supporting the Well-being of Diverse Families](#)

The path of change towards social justice and supporting the well-being of diverse families may, at times, be difficult for professionals who serve families. Research shows that using a social justice lens is critical for their well-being. Key principles from the Transtheoretical Model of Change can help professionals move through any resistance to change and make sustainable changes in working with families using a social justice lens.



### [Moving Toward Inclusive Practice with Dr. Anne Phibbs](#)

Moving Toward Inclusive Practice with Dr. Anne Phibbs is a limited podcast series that can help you on your journey toward a more inclusive, culturally-informed way of working. In these 5 lively and free-flowing conversations, Dr. Phibbs shares tips, ideas and resources to help you seek out diverse stories, practice humility, listen, ask questions and engage with others.

## UPCOMING EVENTS

July 12 at 11:00 a.m. EDT

### **[The Importance of Estate Planning for Military Families](https://oneop.org/event/118715/)**

<https://oneop.org/event/118715/>

July 27 at 11:00 a.m. EDT

### **[Social Security & Disability 101](https://oneop.org/event/118705/)**

<https://oneop.org/event/118705/>

August 16 at 11:00 a.m. EDT

### **[Thrift Savings Plan Updates for 2022](https://oneop.org/event/118719/)**

<https://oneop.org/event/118719/>

August 24 at 11:00 a.m. EDT

### **[Special Needs Trusts & ABLE Accounts](https://oneop.org/event/126279/)**

<https://oneop.org/event/126279/>

September 14 at 11:00 a.m. EDT

### **[Ensuring Smooth EI Transitions](https://oneop.org/event/118083/)**

<https://oneop.org/event/118083/>

September 29 at 11:00 a.m. EDT

### **[Understanding the Social and Structural Drivers of Food and Nutrition Insecurity](https://oneop.org/event/118697/)**

<https://oneop.org/event/118697/>



Contact Family Transitions

OneOpFamilyTransitions@gmail.com