

November 2022 | OneOp Family Development Monthly Newsletter

Greetings from OneOp Family Development,

November is National Gratitude Month. As the holiday season officially kicks off this month, we encourage you to incorporate some form of gratitude practice into your daily routines.



Read our latest blog post, [*Practicing Gratitude and Building Better Thoughts*](#)

***Wear gratitude like a cloak, and it will feed every corner of your
life. – Rumi***

Practicing gratitude can also bolster other areas of protection and resilience.
It can:

- Improve one's general mood and outlook
- Help to frame past, present, and future experiences in a more hopeful, optimistic light
- Build mindfulness and bolster your protective skills and positive coping strategies (which can be used in times of stress, anxiety, and other negative emotions/experiences)
- And strengthen relationships...

This November, our OneOp Family Development team sends gratitude for our community of clinicians and service providers, and our continued thanks to the military service members and families you serve.

Mark Your Calendar for Upcoming Webinars:

RSVP now and mark your schedule for this month's webinars:

Wednesday, November 16, 11 AM - 12:30 PM ET

Using Family-Centered Strategies to Address Challenges

This webinar provides culturally sensitive, family-centered strategies for addressing challenges during virtual early intervention visits.

CE Opportunities:

- From the **Early Intervention Training Program (EITP)** at the University of Illinois
- For early care and education professionals in Illinois from **Gateways to Opportunity**
- For Certified Family Life Educators from the **National Council on Family Relations;**
- For providers in Michigan from the **State Continuing Education Clock Hours (SCECHs)**
- **Certificates of Attendance** will also be available for additional professional development tracking.

RSVP TO ATTEND

Wednesday, November 30, 11 AM - 12 PM ET

The Caregiver Conflict: Tips for Providers Working with Families

Learn why caregivers feel stressed, confused, angry, and overwhelmed by understanding how “who you are as a caregiver” is changing and why it creates stress.

CE Opportunities:

- For Social Work, Licensed Professional Counselors, and Licensed Marriage and Family Therapists from the **UT Steve Hicks School of Social Work**;
- For Case Managers from the **Commission for Case Manager Certification**;
- For Certified Family Life Educators from the **National Council on Family Relations**;
- For Board Certified Patient Advocates from the **Patient Advocate Certification Board**.
- **Certificates of Attendance** will also be available for additional professional development tracking.

RSVP TO ATTEND

Earn CE Credits from Past Programming

If you missed our most recent live webinars, you can now watch the archived recording and earn Continuing Education credit hours!

Suicide Prevention and Intimate Partner Violence

This webinar covers the intersection of suicide and IPV risk factors and provides prevention strategies for advocates and clinicians serving the military community.

1.5 CE credits available for this webinar. CE opportunities are listed on the event page.

Problematic Sexual Behavior of Children and Youth (PSB-CY): Clinical Assessment and Treatment Overview Course series

This 4 course series provides evidence-based best practices for clinically assessing, responding to, and treating youth between the ages of 9 and 14 with problematic sexual behaviors (PSB).

Continuing education (CE) credits and certificates are available for participants.

Each course is projected to take the learner at least 90 minutes to complete.

Please plan additional time for Course 1, as it is the longest in the series.

1.5 CE credit hours are available for each of the 4 course in the series.

ENROLL TO TAKE THE COURSES

Webinar Series Spotlight I A Close Look at Relationships



Strong military couple relationships require an investment of time and effort and are vital in maintaining mission and family readiness. For clinicians seeking programming on supporting military couples and spouses, our OneOp Family Transitions team offers the [A Close Look at Relationships: Supporting Military](#)

Resource Spotlight I Sesame Street for Military Families



Sesame Street for Military Families has added new resources to their [Grief topic page](#) for talking to military children about death by suicide. These materials include a documentary video, articles, and printable pages focusing on support for parents, caregivers **and** providers when helping children understand and cope with the grief of losing a loved one.

Couples webinar series. This series shares research on the impact of military life on families, and provides tools and resources.

Visit the [series homepage](#) to learn more about the five webinars available in this series!

These resources were created collaboratively with the Tragedy Assistance Program for Survivors ([TAPS](#)) team and with support from the Military Health System (MHS).

Please forward this newsletter to anyone within your team, community or network that may be interested in our resources.

Sincerely,

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

OneOp Family Development



Questions? Email us at OneOpfamilydevelopment@gmail.com

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