

## December 2022 | OneOp Family Development Monthly Newsletter

Greetings from OneOp Family Development,

With December, we mark the height of the holiday season! The holidays are often a time of great joy for children, family, friends, and the community. But for many, it is also a time of winter blues, difficulty with being physically separated from loved ones, or a time that highlights other life stressors, such as financial stress.



Read our OneOp blog post, [Ward off the Winter Blues](#)

***The winter blues happen, but do not let them keep you down!***

***There are numerous ways to practice self-care and use the colder months as an opportunity to enjoy different aspects of life.\****

Our OneOp programming focuses on these areas of need and extra support for clinicians and the families you work with all year long. With the final month of 2022, here is a brief look back on the topics and areas OneOp has provided adult learning for over 2022:

- [Child and youth sexual development](#)
- [Strengthening relationships and supporting military couples](#)
- [Building communication and connection](#)
- [Social justice and family well-being](#)

These are just a few spaces in which we have learned and provided education network-wide. As you reflect on your personal and professional journey this year, we thank you for joining in on our conversations, growth, and programming. We hope you find joy and a spirit of togetherness with loved ones, whether near or far, this holiday season!

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## Mark Your Calendar:

RSVP now and plan to attend our next live OneOp's December webinar:

**Wednesday, December 7, 11 AM - 12 PM ET**

### **Resilience in a Pandemic-Impacted Era**

Throughout the past few years, service professionals have been faced with many challenges but through resiliency and change, have continued to provide services to military families. This webinar discusses how to assess our progress during these trying times.

#### **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

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## Earn CE Credits from Past Webinars:

If you missed our most recent live webinars, you can watch the recording and earn Continuing Education hours. Click on the session title to visit the event page, see the on-demand video, and earn CE credits!

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

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## Using Family-Centered Strategies to Address Challenges

This webinar provides culturally sensitive, family-centered strategies for addressing challenges during virtual early intervention visits. **1.5 CE credits are available for this webinar.** CE opportunities are listed on the event page.

### **The Key to Success: Caregiver Engagement in Cases of PSB-CY**



Research demonstrates that youth with problematic sexual behavior (PSB) typically **do not** engage in further PSB, especially when involving the family/caregiver and with appropriate interventions. Caregivers know those they are caring for the best and closest. Thus, the active involvement of caregivers in prevention, intervention, and treatment is often the key to client success.

The second course in our PSB-CY: Clinical Assessment and Treatment Overview course series delves into the importance of the caregiver as a loving adult in children's lives, especially when conducting clinical assessment, response, and treatment to youth PSB.

**Enroll today** and begin the courses!

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

### **Suicide Prevention, Education and Working with Military Families**



Many of you have viewed our latest suicide prevention education and awareness webinars. These two sessions cover prevention efforts, the importance of language, and resources for those in critical need of mental health support. Below are some highlights of attendee input:

- *I am an MFLC and will use it almost daily in educating and supporting our service members.*
- *I teach a class on suicide assessment processes, and this information will be very helpful in informing that class.*
- *This is going to help me have more information to see links of behavior and educate teachers and my peers on warning signs for at-risk families and students.*

If you have not yet watched the webinars, they are posted for on demand viewing! CE credits are available.

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



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

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