

OneOp Monthly Newsletter

AUGUST 2023

Upcoming Programming

 August 9, 2023

[Boost Positivity and Productivity in the Workplace with “Happy Hacks”](#)

Become better after experiencing the bitter through science-backed “happy hacks” to boost positivity and productivity in the workplace.

 August 10, 2023

[What Can Families \(And Other Adults\) Do to Maximise Youth Well-Being](#)

Discover what adults inside and outside adolescents’ families can do to protect and promote their well-being, especially during transitions.

 August 17, 2023

[Respectful, Evidence-Based Care for Children with Elevated BMI](#)

Gain guidance for addressing social determinants of health including food insecurity as well as nutrition counseling concepts and practical guidance for care.

 August 30, 2023

[Reconnecting with Nature: Health and Well-Being for Military Communities](#)

Learn practical information on how military family practitioners can aid their clients in accessing and experiencing the personal and community resilience enhancing attributes of an ecological prescription – EcoRx.

 September 7, 2023

[Navigating Early Parenthood and Military Life](#)

Discover strategies for supporting military families facing challenges in family functioning, new parent well-being, and maternal mental health.

 September 13, 2023

[Conflict Happens: Anticipating and Overcoming Challenges](#)

Discuss how to anticipate conflict, manage, and repair relationships when conflict occurs.

[Hawaii’s Food Security Collaboration for Military Families](#)

Did you know that at any given time, the island of Oahu, Hawaii has less than a week of food supply on it? When service members are assigned to Hawaii, they experience a big shift in food prices on both the macro level and the individual family level. As Arletta Eldridge Thompson outlined, There are two Hawaiis. There’s tourism Hawaii but then there’s the reality of living in Hawaii, which is the other Hawaii - the Hawaii service members will experience. In the most recent Practicing Connection podcast episode, discover the amazing work that the Food Security Hawaii Working Group is doing to address food security issues within the military community and learn what steps you can take in your local community.



[LISTEN HERE](#)

[Prioritizing Dignity and Respect](#)

Back in 2012, a staff member from HealthPartners, one of the founding organizations of Minnesota’s SuperShelf program, was helping a member from her church move out of her apartment when she noticed Esther had an abundance of pancake mix and syrup in her cupboard. It turned out every time she visited the food shelf, a box of pancake mix and a bottle of syrup were pre-packed in the box she picked up. Esther wasn’t eating all the pancake mix and syrup they were giving her. The HealthPartners employee traced it back to the food shelf, thinking there had to be a better way.

The better way was a new program - SuperShelf. Like a grocery store, people using the SuperShelf can walk in and choose the groceries they need and want. It also provides a cooking and baking section, something that almost 90% of food shelves do not have. With SuperShelf’s approach, people can have access to healthier food options and learn how to prepare nutritious meals for themselves and their families. The impact of these changes on the people they serve—the customers—is incredible. Read on to discover more about the SuperShelf program and hear directly from those it has impacted.



[READ MORE](#)

On-Demand Programming



Identifying Key Collaborators for School Services for Military-Connected Students

Discover the differing levels of engagement key collaborators take in students' day-to-day experience and overall educational careers.



Military Home Buying Basics and VA Loans

Sharpen your military home buying basics including evaluating the household budget, reviewing a credit report, explaining how to qualify for a home loan, and understanding the VA home loan benefit.



Making the Journey Towards Healthy Attachment

Learn about how attachment relationships are formed, how to promote a healthy attachment, and how to rebuild and assist families who experience separation.

Focused Programming: Resilience



To work with military families, service providers need to be resilient. With the chaotic nature of military life, service providers can provide a steady place for military families to rely on to get high-quality care. Discover ways to build your workplace resilience and the resiliency of your clients through these OneOp resources.



Applying a Positive Youth Development Framework to Increase Resiliency and Thrive

Disruptions like the pandemic create a new, different landscape for youth development. This webinar addresses how military youth are faring in this changing landscape and how to assess and rebuild programs with a youth development framework that builds resilience and reduces the risk of military youth.



Outdoor Recreation for Military Family Resiliency and Well-Being

Outdoor Rx is an effort to take the benefits of time spent outdoors out of the abstract "nice to do" category and into the medical practice, via a "prescription" for individuals to get outside. Read more to learn how the Veteran Affairs Whole Health Initiative is addressing all aspects affecting one's well-being.



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 high-quality services to military families. This webinar discusses how to assess our progress during these trying times by considering mental health challenges and strategies to use to remain resilient.



Finding Hope and Confidence by Practicing Connection

Have you ever felt your work was like pushing a boulder up a hill each day only to watch it roll back down again? In this post, you'll learn how to break free from the struggle by embracing the power of collaboration and networks. When we connect with each other, we find hope, confidence, and a sense of belonging. When we connect with each other, we can make a difference.

READ MORE

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