

# OneOp Monthly Newsletter

JULY 2023

## Upcoming Programming

 July 6, 2023

### **The How and Why of Estate Planning**

Examine the importance of estate planning when caring for or providing services for individuals with special needs.

 July 11, 2023

### **Military Home Buying Basics and VA Loans**

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

 July 12, 2023


### **Improving Military Student Outcomes Through Effective Professional Collaboration**

Learn how to create trusting professional partnerships so that students and families have successful school experiences.

 July 13, 2023


### **SNAP and SNAP-Ed: Supporting Food and Nutrition Security in Your Community**

Understand how you can collaborate with your state and local SNAP-Ed programs to provide the best care possible to your clients and connect them to resources that can help.

 July 18, 2023

### **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.

 July 25, 2023

### **Enhancing Food Security for Military Families with Cooperative Extension**

Explore programs and resources on food, food security, and community nutrition.

 July 26, 2023

### **Promoting Youth Mental Well-Being by Building Social Emotional Learning Skills**

Gain practical strategies and resources to support youth dealing with stress, loss, and trauma.



## **Six Steps for Effective Allyship to the LGBTQ+ Community**

Allies are essential to advancing the rights and needs of the LGBTQ+ community. However, being an effective ally is much more than good intentions; it involves personal ownership to engage in self-reflection and lifelong learning. The following “Six Steps for Effective Allyship” provides tips and suggestions for demonstrating an active commitment to advancing the rights and needs of the LGBTQ+ community.

- 1. Do the necessary personal work** - Participate in professional development training and interact with diverse groups while avoiding making assumptions about other people.
- 2. Get comfortable with being uncomfortable** - Acknowledge the limitation of your knowledge by listening to guidance from the LGBTQ+ community and learn from your mistakes.
- 3. Create safe and inclusive spaces** - Find opportunities to create inclusive environments by using gender-neutral language and displaying visual safety symbols.
- 4. Elevate the voice of the community** - Speak up but not over the voice of the LGBTQ+ community and find tangible ways to speak through actions.
- 5. Find teachable moments** - Find teachable moments by speaking up when insensitive language occurs and help others begin their journey towards effective allyship.
- 6. Move beyond the label** - Consider ways to get involved throughout the year and be an ally beyond June.

Read the *Six Steps for Effective Allyship to the LGBTQ+ Community* for a more in-depth look at being an effective ally.

# On-Demand Programming



## Fundamentals of Mutual Funds

Gain skills to address mutual fund fees, taxes, performance, and special considerations essential to make informed investing decisions.



## Providing Affirmative Care to the LGBTQ+ Military Community

Discover practical skills for integrating LGBTQ+ affirmative care principles into clinical practice for the military-connected community.



## Supportive Programs and Benefits to Expand Food Security for Military Families

Learn about benefits and programs aimed at alleviating food insecurity for military families from expert representatives from federal agencies in this on-demand panel discussion.

# Focused Programming: Disability



In America, 1 in 4 people are disabled. Within this population, many are also a part of the military community. As service providers, it is essential that you are prepared for the various needs of this community in order to help your clients navigate the various disability governmental programs, understand their mental health concerns, and address other needs that arise. Explore some of the many OneOp resources available to support you in working with this important population.

## Social Security and Disability 101

Supplemental Security Income (SSI) provides critical financial help to aged, blind, and disabled people who have limited income and resources. Social Security Disability Insurance (SSDI) pays disability benefits to you and certain family members who meet the definition under Social Security. Learn about the basics of the SSI and SSDI programs and the application process in this on-demand webinar.

## Ensuring Smooth EI Transitions

In this on-demand webinar, gain tips that early intervention service coordinators and service providers can use to facilitate smooth transitions for families when moving from early intervention to the special education system and when relocating from early intervention programs.

## Myths and Facts: Individuals with Disabilities and Mental Health Concerns

In 2018, an estimated 17.4 million adults with disabilities experienced frequent mental distress. Poor health behaviors, increased use of health services, mental disorders, and chronic disease are all side effects of experiencing frequent mental distress. Yet, help-seeking behaviors can be adversely impacted by the myths regarding the mental health needs of individuals with disabilities. Examine and debunk some of the myths in this blog post.






## SEASON 4 | EPISODE 5

### Making Intentional and Deeper Connections

In this episode, co-hosts Jessica Beckendorf and Bob Bertsch talk about making intentional and deeper connections – one of the eight ways of cultivating community resilience that were identified in their “Connecting Communities in Asset-based Community Recovery” project. Check out three of the ways they outline below:

#### Three Practices to Support Intentional and Deeper Connections

-  Take stock of your social support network
-  Take stock of the people whose resilience you contribute to
-  Take a look at those lists and identify any gaps in your resilience needs

We invite you to join the OneOp mailing list to stay updated!

**SUBSCRIBE!**

 **OneOp**  
Readiness. Knowledge. Network.



 **Practicing Connection**