


# OneOp Monthly Newsletter

JUNE 2023

## Upcoming Programming

 June 7, 2023

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

Join this panel discussion, among expert representatives from federal agencies, who will explain how military families can access benefits and programs aimed at alleviating food insecurity.

 June 28, 2023

### **Building Networks to Alleviate Food Insecurity**

Participate in this interactive workshop and create a "food security resource guide" to reduce food insecurity among military families in your community.

 July 6, 2023

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

Examine the importance of estate planning and the plans that involve 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, explaining how to qualify for a home loan, and understanding the VA home loan benefit.

 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.



NEW IN  
JUNE

OneOp is excited to announce the launch of a new multi-disciplinary course and our first issue of the *PowerUp* digital magazine!

## **Advancing Food Security for Military Families**

Enroll today in this self-paced course developed by national food security expert Dr. Angela Odoms-Young. [\*Advancing Food Security for Military Families\*](#) to expand your capacity to support food security among the military families you serve. In this course:

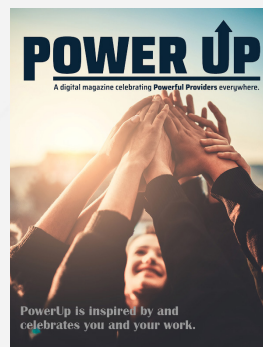
- Learn about existing initiatives that address food insecurity in military families.
- Examine the multilevel factors that contribute to food insecurity in the military population.
- Explore innovative approaches that will help you assist military families in accessing USDA food and nutrition assistance and education programs.



**ENROLL TODAY!**

## **PowerUp: A Digital Magazine**

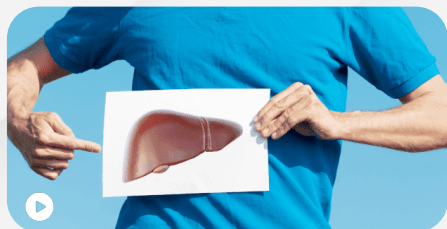
PowerUp is inspired and celebrates the work of Powerful Providers. In this inaugural issue, read about:



- Using the military family readiness system as a professional practice
- Cultivating a community for military families
- Lifting up military and civilian families through innovative programming
- Building and strengthening a supportive network

**READ THE MAGAZINE**

# On-Demand Programming



## **Strategies for Management of NAFLD (Non-Alcoholic Fatty Liver Disease)**

Learn about evidence-based strategies for managing NAFLD that registered dietitians and other healthcare professionals can share with their patients for better disease management.



## **Applying a Positive Youth Development Framework to Increase Resiliency and Thrive**

Explore how we can assess and rebuild programs with a youth development framework that builds resilience and reduces risk for military youth.



## **Care Considerations for the Transgender and Gender-Diverse Military Community**

Learn how to apply affirmative, evidence-based best practices for care delivery to transgender and gender-diverse adults in the military community.

## Focused Programming: Food Security



According to the [USDA](#), more than ten percent of U.S. households were food insecure in 2021, and the Department of Defense has reported that 24% of military families are food insecure. That's why OneOp has created [Food Security in Focus](#) - a collection of free programming that will equip professionals with tools and information about the prevalence of food insecurity, and connect them with resources to help families who are at risk. Find some of these resources below:



### **Resources for Food Insecure Military Families**

According to a recent synthesis of empirical studies, 1 in 7 military families experienced some level of food insecurity at some point. Service providers can help by providing resources to food-insecure military families.



### **The Impact of Food Insecurity on Mental Health**

The repercussions of food insecurity are more than just hunger. An often-overlooked factor of insufficient access to food is the detrimental impact on mental health. Adults with low food security are more likely to experience depression, anxiety, and heightened stress.



### **Waste Not, Want Not: Reducing Food Waste in Your Communities**

With rising food prices, many people are looking at how to stretch their food budgets. One place to start is by reducing the amount of food that is thrown out. This webinar focuses on home food waste and how it can be minimized. Discover the types of food most often wasted and how making some simple changes can help stretch your food resources and budget.



## **SEASON 4 | EPISODE 2**

### **Supporting Military Families with LGBTQ+ Youth with Cathy Marcello**

LGBTQ+ youth who have at least one parent in the military are associated with higher risk of mental health challenges. Under the age of 18, military-connected youth have 34% higher odds on anxiety, 14% higher odds of considering suicide, and 40% higher risk of attempting suicide. In this episode, co-hosts Jessica Beckendorf and Bob Bertsch talk with Cathy Marcello about the challenges faced by military families with LGBTQ+ youth and ways to support those families. Cathy leads the [MilPride](#) program for the [Modern Military Association of America](#), the nation's largest LGBTQ+ military and veteran non-profit..

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

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Readiness. Knowledge. Network.



 **Practicing Connection**