

# OneOp Monthly Newsletter

MAY 2023

## Upcoming Programming

 **May 3, 2023**

### **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.

 **May 4, 2023**

### **Providing Affirmative Care to the LGBTQ+ Community**

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

 **May 10, 2023**


### **The Importance of Nutrition in Cancer Care**

This webinar focuses on nutrition care for people on active cancer treatment, information on common side effects, and strategies to assist caregivers in their role of providing nutrition during cancer treatment.

 **May 11, 2023**


### **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.

 **May 23, 2023**

### **Preparing Adults to Be the People Military-Connected Youth Deserve in Their Lives**

Discover how adult relationships play a critical role in young people's lives, both to support healthy development and to help young people recover from complex lives.

 **May 24, 2023**

### **Supporting Nutrition Security for Military Families Through a Multilayered Approach**

Join this interactive workshop to discover strategies to improve nutrition security for military families.

 **May 31, 2023**

### **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 resiliency and reduces risk for military youth.

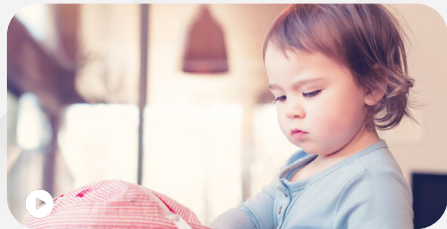


## **Military Youth: Protecting and Promoting Resilience and Well-Being**

Military-connected youth face many life transitions. From frequent moves, deployments, and changes in the family, military youth live a special life. New places, experiencing different cultures, and unique lifestyles play a significant role in the life and development of military children and adolescents. Still, military life often takes a toll on families and especially the mental well-being of adolescents.

Explore this webinar series as we bring together prominent family and youth development experts to share insights on protecting and promoting military-connected youth's resilience and mental well-being. Discover evidence-informed strategies to promote resiliency and thriving in youth, further your understanding of the value of social-emotional learning, and identify specific ways adults can support youth well-being.

# On-Demand Programming



## Unpacking Infant and Early Childhood Mental Health

Discover how to recognize symptoms of unhealthy IECMH and practical approaches that professionals can use to improve it.



## Helping Clients Inflation-Proof Their Budget

Learn about inflation and the ways inflation may upset a household budget.



## Medicaid, Food Security, and the Social Determinants of Health and Well-Being

Explore the connection between Medicaid, food security, and the well-being of your clients.

## Focused Programming: **Mental Health**



Did you know one in five US adults lives with a mental illness? Mental health and well-being are vital for military service members and their families, which is why it is a priority for the Department of Defense. It is also imperative that service members and their families have access to high-quality mental health information and resources. Check out these resources from OneOp to explore ways to provide your clients with support in their mental health journey.



### Suicide Prevention and Intimate Partner Violence

Understanding how suicide and intimate partner violence (IPV) impact the military community is important to supporting families and couples. Check out this on-demand webinar for an overview of the intersection of suicide and IPV risk factors and discover prevention strategies for advocates and clinicians serving the military community.



### The Military Teen Experience 2022: "Military Teens Need Well-Being Support"

Most military teens are doing well with military moves, school transitions, deployments, and adolescence. However, many still struggle with mental well-being. A survey found only 9% of military teens reported high mental well-being, while 28% scored low on mental well-being. Discover how you can better serve military teens in this quick read.



### Resilience in a Pandemic-Impacted Era

Service professionals have faced many challenges lately but have continued to provide high-quality services to military families through resiliency and change. This on-demand webinar discusses how to assess our progress during these trying times by considering the mental health challenges when delivering services and how to develop strategies to remain resilient.



## SEASON 4 | EPISODE 3

### Grounding Yourself in Your Strengths and Values

*"Showing people some grace was something that participants observed a lot during the crisis, and it was something that they wanted to take with them into the future."*

In this episode, co-hosts Jessica Beckendorf and Bob Bertsch talk grounding yourself in your strengths and values – one of the eight ways of cultivating community resilience that they identified in their "Connecting Communities in Asset-based Community Recovery" project. Listen in to learn more about how to use your strengths and assets to create more resilient communities.

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

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 **Practicing Connection**