

OneOp Monthly Newsletter

APRIL 2023

Upcoming Programming

 April 5, 2023

Unpacking Infant and Early Childhood Mental Health (IECMH)

This webinar will define IECMH and its importance for healthy socio-emotional development. The discussion includes how to recognize symptoms of unhealthy IECMH and practical approaches that professionals can use to improve it.

 April 11, 2023

Helping Clients Inflation-Proof Their Budget

Inflation impacts the purchasing power of service members and their families. This upcoming webinar overviews inflation and the ways inflation may upset a household budget.

 April 19, 2023

Vitamin D in Health and Performance: Evidence, Strategies, and Misinformation

Vitamin D status can affect a service member's body composition, strength, and power, which all impact performance. Join this webinar to explore research on Vitamin D's health and performance benefits and discuss strategies for appropriately assessing Vitamin D status.

 April 26, 2023

Medicaid, Food Security, & the Social Determinants of Health and Well-being

Military family readiness promotes health and well-being in various ways. Among these are helping to connect service members and families to needed resources and support at the community, state, and national levels. Join this webinar to explore the connection between Medicaid, food security, and the well-being of your clients.

 May 3, 2023

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

This presentation highlights evidenced based strategies for managing NAFLD that registered dietitians and other healthcare professionals can share with their patients for better disease management.



Collaborative Connections: Working Together for Military-Student Success

Being a military child comes with obstacles that civilian kids will never face. Frequent permanent change of station (PCS) results in military children moving every 2-3 years on average. This can result in military children having difficulties feeling settled, making friends, and having a healthy mental well-being. As 44% of military-connected students plan on serving themselves, supporting these children is vital to the DoD. What can we do to serve these military-connected students better?

The answer is committed professionals equipped with the knowledge to better understand the unique circumstances related to military services. This upcoming webinar series equips professionals working with military-connected students ages 5-22 and their families to successfully collaborate with one another, engage with families, and leverage military and civilian community resources to support each family and their individual needs. This four-part webinar series strives to educate professionals with the skills needed to improve military-connected students' well-being. Learn more today and see how you can make a difference in a military-connected student's life.

On-Demand Programming



[Increasing Children's Fruit & Vegetable Exposure: Tools for Practitioners](#)

Explore steps service providers can implement to improve children's health and developmental outcomes in low-income families.



[Social Security Benefits in 2023](#)

Discover important information about the basics of the SSDI and SSI programs and the application process.



[Benefits of Plants for Chronic Kidney Disease](#)

Learn about the benefits of plant-based diets and get actionable advice for implementing diet changes for patients with non-dialysis-dependent CKD.

[Focused Programming: Month of the Military Child](#)



Military service is an honorable profession but often can put a strain on the members of the service member's family. Frequent moves, deployment, and multiple school transitions can put military children under an immense stress. It is no wonder that many military children suffer from low mental well-being. But **providers can help**. As the Month of the Military Child begins, use these OneOp resources to serve the military children in your community.



[Children's Books Help Prepare Military Children for PCS](#)

Moving to a different home, community, and school as a result of a permanent change of station (PCS) can be a new, sometimes scary, experience for military children. Families can use children's literature to introduce the transition of moving and help children think about ways to manage their feelings and navigate the challenges that come with moving.



[Military Children's Family Relationships](#)

The well-being of military children depends heavily on the quality of their relationships with their parents and siblings. This on-demand webinar focuses on the role of military service in shaping children's family relationships, how those relationships connect to their well-being and adjustment, and how practitioners can use this evidence to support military families.



[Understanding Children's Sexual Knowledge & Behavior from a Developmental Perspective](#)

Children's sexual development begins before birth and continues throughout childhood. This on-demand webinar covers typical social, emotional, cognitive, and moral development in preschool (age 5 and under) and school-age (age 6-12) children and how development across these domains informs expected sexual knowledge and behavior.



[Seeing Yourself In Networks Supporting Military Families](#)

Each of us is part of multiple networks. There are networks in our workplace, both formal and informal. There are networks in our neighborhoods and communities. But we rarely think about the networks we are in and our role in them. One tool for visualizing a network is a social network analysis map. These maps show the individuals in a network, which other individuals they are connected to, and the strength of those connections. Seeing how many people are in the network, how many connections exist between people, and the varying strength of those connections seems to change their perspective and spark ideas for how to improve the network.

However, some networks, like the Military Family Readiness System (MFRS), are too large and complex to map. **So, how can we see ourselves as part of the MFRS, see the connections in the system, and spark ideas on how to improve the system?** Read more from this Practicing Connection blog post to discover how today!

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

