

OneOp Monthly Newsletter

FEBRUARY 2023

Upcoming Programming

 February 1, 2023

COURSE: Military Culture: A Guide for Extension Professionals

This course provides an overview of military culture and the unique needs of military families to help Extension professionals better engage with this community.

 February 1, 2023

Relative Energy Deficiency in Sports: Evaluating the Impact on Health and Performance

Learn how RED-S impacts health and sports performance and highlights practical recommendations.

 February 21, 2023

2023 Tax Updates: What Service Providers Need to Know

Explore popular tax strategies and discuss the inflation bump to the 2023 tax figures, including the standard deduction, tax brackets, and other relevant accounts.

 February 22, 2023

Reducing Food Waste in Your Communities

Discover the types of food most often wasted, and how making simple changes in how we shop for, cook, and store food can help stretch your food resources and budget.

 March 1, 2023

Increasing Children's Fruit and Vegetable Exposure: Tools for Practitioners

This discussion provides steps providers can implement to improve health and developmental outcomes for children in low-income families.



Series Announcement:

We're excited to announce the 2023 Military Family Readiness Academy series, *Military Families and Food Security: A Call to Action*.

OneOp's 2023 Academy series will mobilize family service professionals at federal, state, and local levels to focus on expanding food security for our military family population.

Nearly 24% of our nation's active-duty service members and their families are food insecure. Within this population, spouse unemployment, frequency of moves, and enlisted service member pay grade and rank impact food security. According to the USDA and the Department of Defense (DoD), food insecurity is a risk to military readiness, and DoD further recognizes food insecurity as a national security risk. Additionally, food insecurity among military families decreases military retention and increases healthcare costs. Food insecurity disproportionately impacts racial/ethnic minority populations, lower-income populations, and rural and remote populations. A rise in economic insecurity throughout the Covid-19 pandemic has also contributed to increased food insecurity in vulnerable populations.

Learn more about the **2023 Academy series and join the mailing list** to stay updated!

On-Demand Programming



Suicide Prevention and Working with Military Families

Become more informed on current military suicide data, including trends and common risk factors. This webinar explores culturally competent best practices and provides resources for professionals working with service members and military families.



The Caregiver Conflict: Tips for Providers Working with Families

Becoming a caregiver often forces individuals to become an advocate, nurse, and protector, which can impact their role as a spouse, partner, friend, or parent. As you work with caregivers, explore how they feel about this new identity.



Understanding the Social and Structural Drivers of Food and Nutrition Insecurity

This discussion highlights the social and structural determinants of food and nutrition insecurity. It examines strategies and approaches for improving food access and equity in military families as well as all families.

Focused Programming: Relationships



Our relationships with others often shape and inform our lives. Check out these resources from OneOp that explore how service providers can help their clients navigate the various relationships in their lives.



The Relationship Changes of Military Couples during Reintegration

After their return home from deployment, military couples experience various changes in their relationship. This webinar explores the findings of an 8-month longitudinal study of 555 military couples during the reintegration period.



Celebrating Successful Paths of Parenthood

As a provider, your connection with your clients and greater communities is important in supporting healthy, engaged parents and caregivers. Explore resources to bolster your conversations and support those navigating the ever-shifting journey of parenthood.



Relationship Education: An Important Tool for Strengthening Military Families

What is relationship education? Dr. John Gottman and other researchers have shown that there are distinct patterns of interaction and communication that form the basis of healthy couples' relationships.



SEASON 1 | EPISODE 4

Replay of Working Out Loud

Originally released on October 3, 2020, this replay episode covers one of the core frameworks of how we approach Practicing Connection. We hope you get inspired to try some of the practices in your own work.

In this episode, Jessica and Bob explore John Stepper's Working Out Loud framework in the context of building relationships for resilience. Jessica and Bob discuss five elements of Working Out Loud: purposeful discovery, relationships, generosity, visible work, and a growth mindset.

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

SUBSCRIBE!



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 Practicing
Connection