

OneOp Monthly Newsletter

SEPTEMBER 2023

Upcoming Programming

 **September 7, 2023**

Navigating Early Parenthood and Military Life

Gain strategies for supporting military families facing challenges in relation to family functioning, new parent well-being, and maternal mental health.

 **September 13, 2023**

Conflict Happens: Anticipating and Overcoming Challenges

Learn how to anticipate conflict, manage stress, and repair relationships when conflict occurs in professional relationships.

 **September 21, 2023**

Managing Bumps in the IECMH Road

Discover effective strategies for addressing family stress, the impact of cultural differences on stress management, and what to do if you suspect maltreatment.

 **September 26, 2023**

Helping Military Families Understand the True Cost of Convenience

Help service members understand the cost of convenience and explore strategies to stop spending leaks.

 **September 27, 2023**

Learning to Balance Your Mental Health to Better Serve Others

Explore and reflect on what it can look like for mental health professionals to take care of themselves while working with service members and military families.

 **September 28, 2023**

Perinatal Mood and Anxiety Disorders and Military Life

Learn ways to reduce the stigma associated with maternal and paternal mental health and promote a supportive culture in the military community.



The Cooperative Extension System: A Force Multiplier for Military Readiness

Through the land-grant university system, military family service providers can be supported by the research-driven Cooperative Extension System to boost the work they do to support family well-being.

In this course:

- Gain awareness of Extension's long-standing commitment to families, including military-connected families.
- Learn about Extension programming that focuses on services and resources for active-duty military families and others in the military community.
- Understand how to leverage Cooperative Extension as part of the Military Family Readiness System to support military family well-being and readiness.

ENROLL TODAY

On-Demand Programming



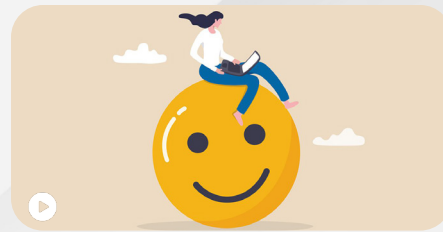
Building Networks to Alleviate Food Insecurity

Reduce food insecurity among military families in your community by creating a "food security resource guide."



Improving Military Student Outcomes Through Effective Professional Collaboration

Create trusting professional partnerships so that students have successful school experiences.



Boost Positivity and Productivity in the Workplace with "Happy Hacks"

Boost positivity and productivity in the workplace through science-backed "happy hacks."

Focused Programming: **Suicide Prevention**



Almost 50,000 Americans died by suicide in 2022, making suicide one of the leading causes of death in the United States. Of these deaths, 652 deaths were within the military community. Suicide is preventable — equip yourself with the knowledge to care for the unique risks and stressors of the military community with these OneOp resources.

Suicide Prevention and Intimate Partner Violence

Risk factors for suicide and intimate partner violence (IPV) are similar. Understanding how these factors impact the military community from a suicide response and IPV perspective is important to supporting families and couples. Gain an overview of the intersection of suicide and IPV risk factors and discover prevention strategies for advocates and clinicians serving the military community.

Suicide Prevention and Working with Military Families

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

Uplifting the Mental Health of LGBTQ+ Military Youth

An estimated 5% of the 1.76 million youth in military families identify as part of the LGBTQ+ community. Surveyed LGBTQ youth with a parent currently serving in the military who experienced high levels of family support reported lower mental health challenges and suicide risk. Learn more about how to help the mental health of LGBTQ+ military youth.



SEASON 4 | EPISODE 7

Adapt, Flex, and Be Resilient

"As we work toward recovery for ourselves and our community, we're not just talking about being flexible or adapting, but also sitting with things and dealing with our emotions."

In this episode, co-hosts Jessica Beckendorf and Bob Bertsch talk about how to adapt, flex and be resilient in your work – one of the eight ways of cultivating community resilience that we identified in their "[Connecting Communities in Asset-based Community Recovery](#)" project.

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

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 Practicing
Connection