

OneOp Monthly Newsletter

OCTOBER 2023

Upcoming Programming

 October 5, 2023

Disordered Eating and Body Image Disturbance in the Military

Identify signs and symptoms of disordered eating and body image disturbance and discover tools to support service members experiencing these struggles.

 October 12, 2023

Understanding Childhood Traumatic Loss Through the Lens of Multidimensional Grief Theory

Understand the manifestations of trauma and grief in children and how their intersection can impact learning and behavior.

 October 17, 2023

Ethical Compass: Guiding Military Families with Integrity

Explore ethics, including the military standards of ethics, and ethical guidelines from AFCPE and FinCert.

 October 19, 2023

Addressing Maladaptive Grief Reactions Among Youth

Gain trauma- and grief-informed assessment tools that can support grieving youth, especially those exposed to the death of a loved one by suicide.

 October 25, 2023

The Importance of Nutrition in Breast Cancer Survivorship

Discover strategies to help providers working with families manage the current evidence on nutrition recommendations for breast cancer survivors.

 October 26, 2023

Military Teens' Experiences and Food Security

Examine emergent data around military teens' experiences and the impacts of food security on their lives.



Field Guide to Family Advocacy: Knowledge, Resources, and Supports for Military Families of Children with Disabilities

We're excited to announce the relaunch of our four-part asynchronous and interactive course that focuses on the rights of young children with disabilities in military families. Course modules cover eligibility for special education programs and services for children with disabilities available within military systems, and strategies to support military families as they navigate these systems in military contexts.

In this course:

- Explore the Disability Rights of Young Children in Military Families
- Examine the Eligibility, Individualized Education Programs & Individualized Family Service Plans
- Dive into Programs, Services, and Resources for Children with Disabilities in Military Families
- Gain Advocacy Strategies to Support Military Families Navigating Disability Services

ENROLL TODAY

On-Demand Programming



Promoting Youth Mental Well-Being by Building Social Emotional Learning Skills

Learn practical strategies and resources to support youth dealing with stress, loss, and trauma.



Respectful, Evidence-Based Care for Children with Elevated BMI

Gain guidance for addressing social determinants of health, including food insecurity, as well as nutrition counseling concepts and practical guidance for care.



Navigating Early Parenthood and Military Life

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

Focused Programming: Military Transitions



Over 400,000 service members experience a permanent change of station each year, and over half of the 1.3 million active-duty members are deployed. This transition is just one of the many possible changes that impact military service members and their families regularly. Service providers play an essential part in ensuring military families are supported through various military transitions. Explore some of our resources for understanding and supporting families through different transitions:

Supporting Military Fathers Through the Deployment Cycle

Active-duty military parents are frequently away from their families throughout their military careers. After each separation, they are faced with readjusting back to work and family life. Various parenting and family challenges may arise during the deployment cycle, distinct from the experiences of their civilian counterparts.

Strategies to Enhance Positive School Outcomes for Military-Connected Students in Transitions

School-to-school transitions are a normal part of any child's educational experience. However, these transitions can be tough when the student's family relocates due to a permanent change of station. Gain strategies that will help military-connected students feel comfortable and be successful through school transitions.

Spouse Employment and Family Financial Readiness

Frequent moves and deployments can create unique challenges for a military spouse's career progression and income, impacting the family's financial resilience. In this interactive webinar, discover available options and best practices for engaging military families on financial services.



SEASON 4 | EPISODE 8

Starting a Food Pantry for Military Families with Monica Bassett

On the latest "Practicing Connection" podcast episode, Monica Bassett, military spouse and founder and CEO of Stronghold Food Pantry on Fort Leavenworth, Kansas, talks about her work helping military families experiencing food insecurity. Through her personal experience with food insecurity as a child and by connecting with military families facing the same struggles, she's made it her mission to ease the burden of food insecurity and shine a light on the undernourishment of families.

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

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 **Practicing Connection**