

OneOp Monthly Newsletter

NOVEMBER 2023

Upcoming Programming

 November 1, 2023

Reduce Your Risk of Cognitive Decline as You Age

Discuss cognitive decline in the context of lifestyle choices and habits that may help to reduce the risk for a diagnosis later in life.

 November 2, 2023

Weaving Community Safety Nets for Youth

Gain skills on how to sustain a safety net of connection in our communities to support military children and adolescents who may be at risk for suicide.

 November 7, 2023

Diabetes Management for Patients Experiencing Food Insecurity

Discover practical ways to apply the ADA 2023 Standards of Care in Diabetes and review strategies to reduce food insecurity for patients with diabetes.

 November 15, 2023

Collaborating During Changes and Transitions with Military Students

Uncover strategies to assist with school-based transitions and how collaboration is critical throughout the transition for decreased service disruption.

 November 16, 2023

Afraid to Ask: Talking with Children about Suicide

Explore developmental considerations in how to ask children about suicidal thoughts, how to be prepared for a yes answer, and what role 988 can play.

 December 7, 2023

Supporting Military Teens: Community Healthy Living and Food Security Programs

Join us to learn more about programs and initiatives bridging the gap between resources and teens needing food security resources.



Food Security in Focus

Among our nation's active-duty service members and their families, an estimated 24 percent are food insecure. Within the military population, we see a confluence of factors impacting food security, such as spouse unemployment, frequency of moves, and enlisted service member pay grade and rank. Service providers have the ability to help. Join OneOp as we mobilize family service professionals to work together at federal, state, and local levels with *Food Security in Focus* — a collection of both on-demand and live programming focused on expanding food security for the military family.

Recent On-Demand Programming

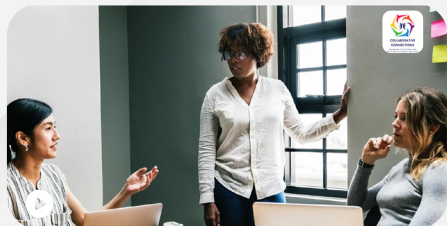
- [Respectful, Evidence-Based Care for Children with Elevated BMI](#)
- [Military Teen Experiences and Food Security](#)

Upcoming Programming

- [Diabetes Management for Patients Experiencing Food Insecurity](#)
- [Supporting Military Teens: Community Healthy Living and Food Security Programs](#)

Access the full list of programming:

On-Demand Programming



Conflict Happens: Anticipating and Overcoming Challenges

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



Helping Military Families Understand the True Cost of Convenience

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



Disordered Eating and Body Image Disturbance in the Military

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

Focused Programming: **Military Family Appreciation**



Every November, the Department of Defense celebrates military families and transitioning veterans during National Veterans and Military Families Month. This month celebrates the nearly 5.2 million service members and their families and the sacrifices they make every day for our country. Join us in celebrating military families by supporting them through evidence-based professional development.

Five Ways to Help Military Spouses Search for a Job

According to the Office of People Analytics (2023), and the 2021 Active Duty Spouse Survey briefing, military spouses have an unemployment rate of 21%. Service providers can help. Discover five strategies to support military spouses in their job search.

The Military Family as a Cultural Identity: Supporting Families in Transition

The military carries its own culture as evidenced by its particular traditions, beliefs, language, and set of guiding principles. Military culture affects how service members and their families access healthcare services and related resources. Learn more about how the military family can be seen as a cultural identity.

Retirement Benefit Basics: The DoD Survivor Benefit Plan

Planning ahead for the care of loved ones in the event of death can be a daunting task for retiring service members and their families, but it is important to understand available benefits in order to make informed decisions. Be prepared to educate your clients by furthering your understanding of the DoD Survivor Benefit Plan and the Reserve Component SBP in this on-demand webinar.



Rethinking: How Your Mindset Can Transform Stress

Changing how we think about stress can lessen the amount of negative emotions we experience. In the article, “The Power of Rethinking,” Dr. James Gross writes that the way we think about negative experiences and emotions matters, and rethinking, the practice of replacing negative thoughts with more positive thoughts, can help. Our “stress” mindset, whether we think “stress is debilitating” or “stress is enhancing,” may affect not only how we experience and cope with stress, but also the impact of stress on our performance and health. This blog post offers guidance on how to practice your “rethinking” skills and change your stress mindset to improve your relationship with stress.

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

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