

OneOp Monthly Newsletter

DECEMBER 2023

Upcoming Programming

 December 6, 2023

[Ethics in Action: Concepts, Practice, and Context](#)

Join us to delve into the realm of ethics, with a special focus on ethical considerations relevant to enhancing family readiness and well-being within the military setting.

 December 7, 2023

[Supporting Military Teens: Community Health, Living and Food Security Programs](#)

Learn more about programs and initiatives bridging the gap between community support resources and families needing those resources.

 December 12, 2023

[2023 Personal Finance Year in Review](#)

Explore the results of personal finance research studies that were published in 2023, financial events with military-specific implications, and preview announced 2024 changes.

 January 18, 2024

[IECMH: Practical Strategies to Support Attachment Relationships](#)

Add to your “attachment” toolbox with ideas for ensuring healthy attachment for young children and families.

 January 24, 2024

[Innovative Ways to Integrate Apps into Clinical Practice](#)

Discover how these innovative tools empower Registered Dietitian Nutritionists to lead data-driven discussions, drive personalized care, and help improve outcomes.

 January 25, 2024

[Building a Safer Future: Insights on Youth Violence and Bullying Prevention](#)

Review two decades of research and practice on bullying and cyberbullying, including definitional issues, prevalence, risk, and protective factors associated with different forms of bullying.



NEW FROM
ONEOP

[Planning a Nutritious Holiday Menu](#)

The winter holidays are just around the corner, and many of us are preparing to make our favorite holiday dishes.

As you plan your menu, keep in mind all the creative and delicious ways to increase your meals’ nutritional value. Some ideas include:



- Reducing added sugar
- Using colorful vegetables
- Substituting with low-fat options

Discover all the tips and tricks for healthy holiday cooking in this blog post.

[Research Briefs for Financial Educators Economic Well-Being for Financial Literacy](#)

To be an effective financial educator, your work should be informed by personal finance research. Discover findings and implications from three recent studies on economic well-being, financial literacy, and using “Buy Now Pay Later” plans to pay for groceries. Check out this blog post for more!



OneOp offers high-quality, research-based blog posts that are released multiple times a week! Gain knowledge about research and strategies to support military families and communities in [OneOp blogs](#).

On-Demand Programming



Managing Bumps in the IECMH Road

Discover strategies for addressing family stress and the impact of cultural differences on stress management.



The Importance of Nutrition in Breast Cancer Survivorship

Explore a review of the current evidence on nutritional recommendations for breast cancer survivors.



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.

Focused Programming: **Self-Care**



When the world shut down due to the COVID-19 pandemic, mental health professionals stepped up. Not only did the pandemic alter mental health delivery models, but it also complicated the struggle mental health professionals face to balance their personal and professional lives. To provide optimal care, service providers and caregivers need to ensure that they are practicing their own self-care techniques.

Rejuvenating the Caregiver: Incorporating Respite into Your Routine

Balancing the demands of caregiving with your own well-being can be a challenging task. However, by implementing effective tips and strategies, caregivers can seamlessly integrate essential respite moments into their daily routines, ensuring both their own health and the quality of care they provide.

Interactive Self-Care Workshop for Military & Veteran TBI Caregivers

Since the early 2000s, over 439,609 service members have been diagnosed with traumatic brain injury (TBI). Families and friends play a critical role in supporting the health and well-being of individuals with TBI. This webinar provides education and insight into TBI caregiver resources, common concerns, self-care strategies, current research, and identifies best practices to improve caregiver quality of life.

Learning to Balance Your Mental Health to Better Serve Others

For personal and professional effectiveness, mental health professionals should reflect on their own performance, set boundaries, utilize coping skills, and remain self-aware, being alert for signs of burnout and compassion fatigue. During this webinar, we reflect on what it can look like for mental health professionals to take care of themselves while working with service members and military families.



SEASON 4 | EPISODE 10

Burnout and Resilience in Service Providers

"I think if we start really respecting how mental health is health, it's all one body, then we can start respecting how can we reach out in those moments as well."

In this episode, co-hosts Jessica Beckendorf and Bob Bertsch talk about burnout and resilience with guests Dr. Charles (Chip) Benight and Nicole Weis from the Lyda Hill Institute for Human Resilience at the University of Colorado in Colorado Springs. Their research on human resilience paves the way for therapies that address the needs of trauma survivors, including service providers and others who may suffer secondary trauma.

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

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