

OneOp Monthly Newsletter

JANUARY 2024

Upcoming Programming

 January 18, 2024

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

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

 January 24, 2024

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

Discover innovative tools that 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.

 January 30, 2024

[2024 Tax Updates: What Service Providers Need to Know](#)

Gain insights into the key 2024 tax updates that are pertinent for service providers such as Child Tax Credits, student loan interest deductions, and more.

 February 20, 2024

[Supporting Military Families in the Artificial Intelligence Era](#)

Explore AI as a tool for family service providers to increase efficiencies, creativity, and engagement in their work with military families.

 February 27, 2024

[Food as Medicine: A National Strategy on Hunger, Nutrition, and Health](#)

Learn more about the National Strategy and explore your professional role in expanding access to Food is Medicine programs.



[Join the Practicing Connection Community](#)

The Practicing Connection Community on LinkedIn is designed for people who support military families in a variety of settings, both on installations and in our communities. Each week, we'll dive into the skills we need to work more collaboratively and build community capacity to help families thrive. We will share a practice or skill for you to try and give you an opportunity to share how it went for you. We hope you'll share your insights and experiences, ask questions, and contribute to discussions related to working together to help families thrive. Join the 150+ members of the Practicing Connection Community and expand your connection skills today!

[JOIN THE COMMUNITY!](#)

On-Demand Programming



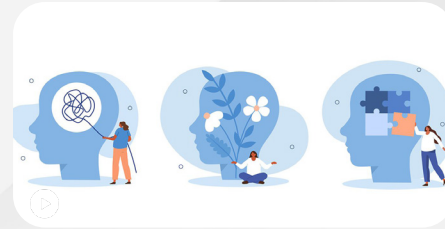
Understanding Childhood Traumatic Loss Through the Lens of Multidimensional Grief Theory

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



Ethical Compass: Guiding Military Families with Integrity

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



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.

Focused Programming: **Nutrition and Wellness**



Service providers are tasked with assisting with various layers of wellness. Disease prevention, chronic illness management, mental health care, and healthy eating habits are just some of the areas that service members need assistance with. Discover OneOp resources that cover the areas that you need to support your community.

Reframing the Narrative Around Kids' Food

Social norms surrounding children's food choices tend to promote the consumption of calorie-dense foods. However, shifting the narrative away from child-specific foods and instead emphasizing the importance of family meals and moderate portions has the potential to encourage the consumption of nutrient-dense foods.

The Relationship Between Health and Finances

Financial counselors frequently observe relationships between health and personal finances in their work with clients. Examples include money spent on smoking that cannot be saved, the financial impact of an accident or illness, and decisions that people make with respect to health insurance. This webinar explores associations between health and finances and health and financial practices.

Diabetes Management for Patients Experiencing Food Insecurity

Diabetes is a complicated chronic disease that requires daily medical treatment. This presentation provides practical ways to apply the ADA 2023 Standards of Care in Diabetes and reviews strategies to reduce food insecurity for patients with diabetes.



Centering Relationships in a Spectrum of Resilience

The U.S. Air Force's "Spectrum of Resilience" model emphasizes supportive connections with family, friends, peers, and service providers in helping airmen and their families thrive. Effective efforts to improve resilience and readiness should go beyond individual, internal factors to address the network of relationships at all levels.

The model outlines five levels that can provide support for airmen and gives examples for each:

Self - stress management, physical fitness, and mental fitness.

Family & Friends - spouses, partners, friends, and mentors.

Peer/Social - religious groups, clubs, and co-workers.

Support Entities - Military & Family Readiness Center, unit leaders, and Military OneSource.

Clinical/Medical Health - TRICARE, mental health clinic, and counseling.

Learn more about effective efforts to improve resilience and readiness in this Practicing Connection blog post.

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

SUBSCRIBE!


Readiness. Knowledge. Network.



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Connection