

# OneOp Monthly Newsletter

FEBRUARY 2024

## Upcoming Programming

 February 7, 2023

### **The ABCs of Disability Benefits: Your Guide to SSDI & SSI in 2024**

Learn more about SSDI and SSI and gain information and resources to help navigate the complex landscape of disability benefits.

 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**

Attend this webinar to learn more about the National Strategy and explore your professional role in expanding access to Food is Medicine programs.

 February 29, 2024

### **Bullying as a Developmental Precursor to Sexual and Dating Violence**

Uncover several school-based intervention approaches that have shown modest success in reducing rates of bullying and sexual violence.

 March 6, 2024

### **Securing Tomorrow: Navigating Social Security Retirement and Survivor Benefits**

Gain the knowledge and resources to make informed decisions about retirement and survivor benefits from the SSA, ensuring a prosperous future for the families they serve.

 March 6, 2024

### **Public Health Approaches to Suicide Prevention: Working with Military Service Members**

Join this webinar to review the connection between anxiety, depression, and suicide risk and discuss best practices for engaging with individuals who are struggling.



## **Family Well-Being: Navigating the Social Justice Landscape**

This on-demand Military Family Readiness Academy series addresses the intersections between engaging a social justice mindset as a family service professional and the ability to support the well-being of diverse military families. It will equip family service providers with the skills to identify barriers that impact a family's health and well-being and identify opportunities for social justice advocacy in their work.

### **Course Offerings**

#### *Introduction to Social Justice Lenses for Family Well-Being*

- Through an understanding of intersectional self-identification, learners will gain skills to help families from diverse cultural and ethnic backgrounds navigate paths to well-being.

#### *Family Service Providers: Recognizing and Responding to Inequities*

- By utilizing a social justice framework, learners will gain ways of responding to institutional discrimination as it appears in organizational policy and in the management and practice of human services.

#### *Social Justice and Military Families*

- Incorporating both a personal and professional lens, learners will examine the concept of belonging and inclusion through a framework of self-care, healing, and resilience.

**Discover more about other offerings of the series:**

# On-Demand Programming



## 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.



## Military Teen Experiences and Food Security

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



## 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.

## Focused Programming: **Ethics**



Ethics is often described as the difference between right and wrong, but in reality, it is much more complicated. Finding the right ethical pathway requires informed judgment and perspective. Therefore, it is imperative to be well-versed in workplace ethics so that when you are faced with an ethical decision, you make the right, informed decision.

### **Ethical Compass Guiding Military Families with Integrity**

Practicing ethics in personal finance promotes financial well-being, fosters trust in financial relationships, and contributes to a positive and responsible financial culture within individuals and society as a whole. Explore ethics, including the military standards of ethics, and ethical guidelines from AFCPE and FinCert in this on-demand webinar.

### **Ethics in Action: Concepts, Practice, and Context**

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, in this on-demand webinar. Explore ethical frameworks and identify avenues for advancing your professional expertise in ethics.

### **Ethical Issues and Standards of Practice**

Ethics are principles of proper conduct derived from morals. Ethics are intimately grounded in the work that Personal Financial Managers do with clients. Ethical values incorporated in military ethics include truthfulness, straightforwardness, integrity, loyalty, accountability, fairness, caring, respect, promise-keeping, responsible citizenship, and pursuit of excellence. Discover more about the role of ethics in personal finance and the military in this blog post.



## SEASON 4 | EPISODE 15

### Reflections on Seeking Balance

Central to connection, communication and collaboration with others is knowing yourself, learning, and growing. Regular reflection practice can help with that. Discover reflections on seeking balance from various Practicing Connection guests such as:

- Randy Lioz - *Founder of Depolarizing Organizational Cultures*
- Courtney Paolicelli - *Office of the Deputy Assistant Secretary of Defense, Military Community and Family Policy*
- Cathy Marcello - *Assistant Director of Programs, Modern Military Association of America*
- Arletta Eldridge Thompson - *15 Medical Group Health Promotion Coordinator, Joint Base Pearl Harbor Hickam*

As well as reflections from our Practicing Connection hosts, Jessica Beckendorf and Bob Bertsch.

We invite you to join the *Weekly Digest* mailing list to stay updated!

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 **Practicing Connection**